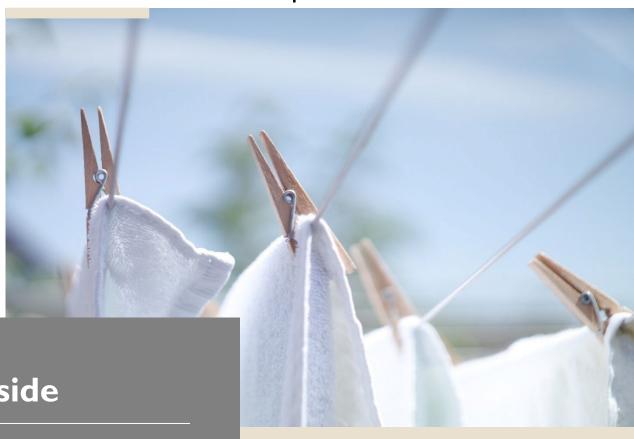


MONTHLY NEWSLETTER

Vol. 14/ issue 3 September 2023



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The Clothes Line

Core Values



Monthly Message

Greetings CLS Team Members, after publishing the CLS Clothes Line monthly for 14 years, it was time for a new look! We hope you enjoy the new format. We will be adding some new sections going forward to keep our Team Members informed and highlight the fun we have here at CLS.

School is back in session!

For those who have kids returning to the classroom, you may be coping with back-to-school anxieties and emotions, creating daily routines, and tiredness. Remember to talk to your kids daily to see how they are adjusting. Back to school also means buses are hitting the streets. Make sure to allow more time during your commute in the mornings just in case you get caught behind a bus.



In August we hosted the 8th annual fundraiser to benefit the American Cancer Society. Through the efforts of our Organizing Team, Sponsors, Customers, Friends, CLS Team Members, and Golf Guests, we were able to raise \$55,925 this year for the American Cancer Society!!! This is a huge sum of money to help in the fight against Cancer locally and globally. Thank you everyone for your support and participation. It was because of all of you that this event was so very successful!

A cancer diagnosis can affect the emotional health of patients, families, and caregivers. Common feelings during this life-changing experience include anxiety, distress, and depression. Roles at home, school, and work can be affected. It's important to recognize these changes and get help when needed.

Every cancer, every life. www.cancer.org

Cancer information, answers, and hope. Available every minute of every day.



Call Us

800.227.2345

During August and September, we are providing CPR and First Aid training to several Team Members within CLS. Each individual will complete a 4-hour training course to receive their American Red Cross certification. Thank you to our Team Members for receiving this critical training and being willing to help others!

Here at CLS we want our Team Members to feel their impact on the success of the company. The knowledge, skills, and talent that our Team Members possess contributes to our continued growth. We would like to thank each Team Member for choosing CLS, we value each one of you!

We are CLS! Sarah, Kurt, Ron

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Get your tests!

Recommended cancer testing can help save your life. Ask your doctor or nurse about these tests.

Recommended Cancer Screening Tests				
25 to 39 Years	40 to 49 Years	50+Years	GLOSSARY	
Colorectal Cancer Testing Find out if you are at high risk for colon or rectal cancer. If not, then no test is needed at this time.	Colorectal Cancer Testing Start testing at age 45. Several types of tests can be used. Talk with a health care provider about which tests are best for you. No matter which test you choose, the most important thing is to get tested.		Colorectal Cancer Testing These tests can help prevent colorectal cancer or find it early when it may be easier to treat. Colorectal cancer can be prevented by finding and removing a polyp before it becomes cancer.	
Prostate Cancer Testing No test is needed at this time.	Prostate Cancer Testing Starting at age 45, men at high risk (African American men, Caribbean men of African ancestry, and men with close family members who had prostate cancer before age 65) should discuss the potential risks and benefits of testing with a health care provider. They should then decide if they want to be tested with a PSA blood test with or without a digital rectal exam.	Prostate Cancer Testing Talk with a health care provider about the potential risks and benefits of testing to decide if testing is right for you. If you decide to be tested, you should have a PSA blood test with or without a digital rectal exam. Talk to your doctor about how often you will get tested.	Prostate Cancer Testing Levels of prostate-specific antigen (PSA) in the blood may be higher in men with prostate cancer, in addition to other conditions. With a digital rectal exam, a health care provider checks the prostate for lumps or abnormal size.	
Breast Cancer Testing Find out if you are at high risk for breast cancer. If not, testing is not needed at this time. Tell your doctor or nurse right away if you notice any changes in the way your breasts look or feel.	Breast Cancer Testing Women ages 40-44 should have the choice to start breast cancer screening with mammograms every year if they wish to do so. Starting at age 45, get a mammogram every year.	Breast Cancer Testing Get a mammogram every year between the ages of 45 and 54, then at 55 you can switch to mammograms every 2 years, or continue yearly screening. Screening should continue as long as you are in good health and are expected to live at least 10 more years.	Mammogram A screening mammogram is an x-ray of the breast that is used to help look for signs of breast cancer in women who don't have any breast symptoms or problems.	
Cervical Cancer Testing People ages 25 to 65 years old who have a cervix should get a primary HPV test every 5 years. If a primary HPV test is not available, get a co-test every 5 years or a Pap test alone every 3 years. People ages 66 and older who have had regular cervical cancer testing in the past 10 years with normal results should not be tested. People who have had serious cervical precancer should be tested for at least 25 years after that diagnosis, even if testing continues past age 65 years. People whose cervix was removed by surgery should stop testing unless the surgery was done to treat cervical cancer or a serious precancer.			Pap Test The Pap test checks for cell changes or abnormal cells in the cervix. HPV Test The human papillomavirus (HPV) test checks for the virus and can be done at the same time as the Pap test. Primary HPV test An HPV test that is done by itself for screening. Co-testing Testing with an HPV test and a Pap test	
		Lung Cancer Testing If you are a current or former smoker ages 50-80 and in fairly good health, you might benefit from screening for lung cancer with a yearly low-dose CT scan. s. Please check to confirm your spec	Lung Cancer Testing People who smoke or used to smoke are at higher risk for lung cancer. Talk to a health care provider about your risk for lung cancer, and the possible benefits, limitations, and harms of getting tested for early lung cancer.	

Insurance typically covers prevention and screening services. Please check to confirm your specific health care benefits.

Be sure to tell your doctor or nurse if you have had any type of cancer or if your mother, father, brother, sister, or children have had cancer.

You may need to begin testing for some cancers earlier or be tested more often if you have certain risk factors. Talk to your doctor about this.

cancer.org | 1.800.227.2345

@2020, American Cancer Society, Inc. No. 243701 Rev. 8/21

Monthly Newsletter

Upcoming Events



September Birthdays!

Kalvin Berner Brian Hirdning Sept 4 Perry Shepard Sept 5 Manuel Belmont Sept 9 Ronald Pearce Sept 10 Ghawash Karim Sept 13 Salustia Santos Sept 14 Melissa Wiers Timothy Balbo Lasheena Daniels John Bodnar Sept 23 Wade McKinney Marisa Gonzales-Krug Clara Counterman Sept 24 Michael Toennessen Sept 26 Rafaela Felipe Castillo Sept 27 Travis Shelton Sept 28 Stept 28 Stephen Colyer Laura Torres Mendez Sept 29 Sept 29 Laura Torres Mendez Sept 29 Sept 29 Sept 29 Laura Torres Mendez Sept 29 Sept 29 Sept 29 Laura Torres Mendez Sept 29 Sept 29 Laura Torres Mendez		
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Rafaela Felipe Castillo Danny Deal Sept 27 Travis Shelton Gregory Tuttle Lynne Miltenberger Stephen Colyer Sept 28 Sept 28 Sept 29	Michael Toennessen	Sept 26
Danny Deal Sept 27 Travis Shelton Sept 27 Gregory Tuttle Sept 28 Lynne Miltenberger Sept 28 Stephen Colyer Sept 29	Scott Rogers	Sept 26
Travis Shelton Sept 27 Gregory Tuttle Sept 28 Lynne Miltenberger Sept 28 Stephen Colyer Sept 29	Rafaela Felipe Castillo	Sept 26
Gregory Tuttle Sept 28 Lynne Miltenberger Sept 28 Stephen Colyer Sept 29	Danny Deal	Sept 27
Lynne Miltenberger Sept 28 Stephen Colyer Sept 29	Travis Shelton	Sept 27
Stephen Colyer Sept 29	Gregory Tuttle	Sept 28
	Lynne Miltenberger	Sept 28
Laura Torres Mendez Sept 30	Stephen Colyer	Sept 29
	Laura Torres Mendez	Sept 30



September Anniversaries!

Patricia Jackson	10 years
Lee Marcotte	9 years
David Bartman	6 years
Terecita Mejia	6 years
Jeremiah Sicher	5 years
Oswaldo Cruz	3 years
Monica Garcia Vasquez	3 years
Selena Acosta-Olazaran	3 years
Brandon Curtis	3 years
Kimberly Ball	3 years
Scott Rogers	2 years
Orlando Bautista Lopez	2 years
Camilo Hernandez	2 years

Another year in the books!



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Upcoming Events



Labor Day

September 4th

Labor Day is a federal holiday in the United States celebrated on the first Monday in September to honor and recognize the American labor movement and the works and contributions of laborers to the development and achievements of the United States.

THANK YOU for your hard work and dedication to our company, it doesn't go unnoticed.

Suicide Awareness Walk

September 10th

September 10th is also national suicide prevention day. On this day we raise awareness of the tragic issue of suicide, promoting prevention efforts, and supporting those affected by suicide.

Join the CLS Team as we walk together through Bronson Park. The walk starts at 1:00 pm, if you are interested in attending, please reach out to Dawn.







Grandparents Day

September 10th

Grandparents Day honors the contributions that grandparents make to families and society. This day seeks to show appreciation and respect towards our grandparents. It is an opportunity for families to come together and honor the older generation who have played vital roles in their lives.

Potluck

September 15th

We will be hosting a potluck September 15th in Kalamazoo at 12 pm. There is a sign-up sheet posted around the buildings if interested in bringing a dish. We hope to see you there!



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American Cancer Society

Kalamazoo- Team Member Fundraiser Aug. 11, 2023



Great Time for a Great Cause!

Thank you for helping CLS raise money for the National Cancer Society.

We raised over \$2,000!

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American Cancer Society

TVM (Ted Vander Meer Memorial)







Ted Vander Meer

Ted was born September 9, 1927, in Grand Rapids, Ml. He was a veteran serving the U.S. Army during World War 11. Ted retired from Continental Linen Services (CLS), the business which he owned, operated and took great pride in for many years. We celebrate Ted without annual TVM golf outing to raise money towards the National Cancer Society in his name.



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Extras

Save The Date

October 28th

We will be hosting a Halloween themed prom in Kalamazoo on October 28th. There will be prizes for the best costumes. So, save the date now and get thinking about your Halloween costumes.



Pamela Yarber - Grandson

-Congrats grandma!

Name: Isiah Akil Allen Jr Birthdate: 08/19/2023

Time: 6:08am Weight: 7lbs 1.2 oz Height:18 inches



Thank You! Greg Robertson (Livonia)



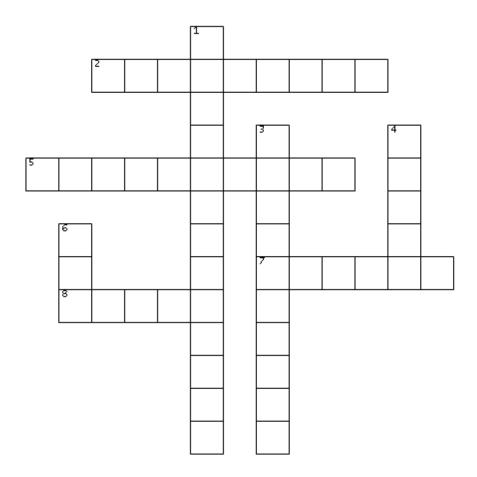
We would like to thank you and CLS so much for your support for a Cedar Point fun field day. Donations was used to pay for the Youth to get into the park, food for them to eat on the bus ride to and from the park.

Everyone was given a backpack to carry their goodies in and wrist band that had emergency contact information on it.

It was also used in the park to help if someone needed something to eat.

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September Cross Word Puzzle



ACROSS

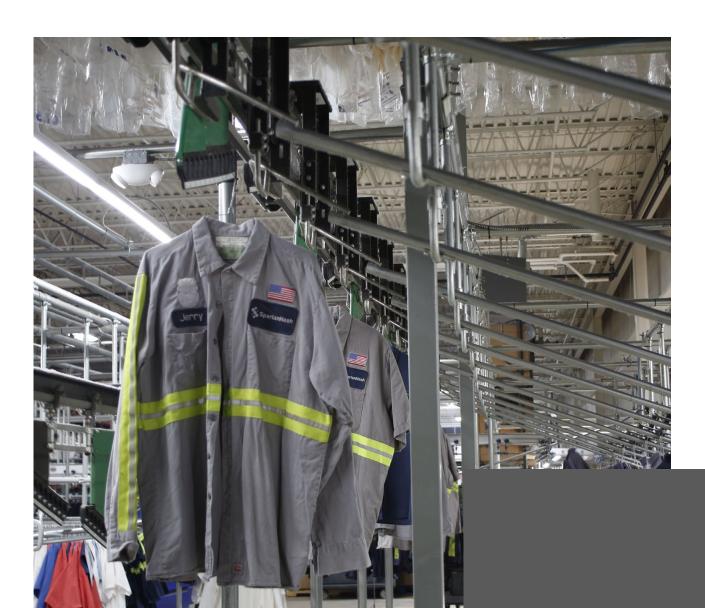
- 2. one of the four core values
- 5. one of the four core values
- 7. one of the four core values
- 8. selling or the number of goods sold

DOWN

- 1. one of the four core values
- 3. the quality of being dedicated or committed to a task or
- 4. light fabric material
- 6. our company



Monthly Newsletter



Have A Good Month!

CLS

Continental Linen
Services

ADDRESS:

4200 Manchester Rd, Kalamazoo, MI 49001