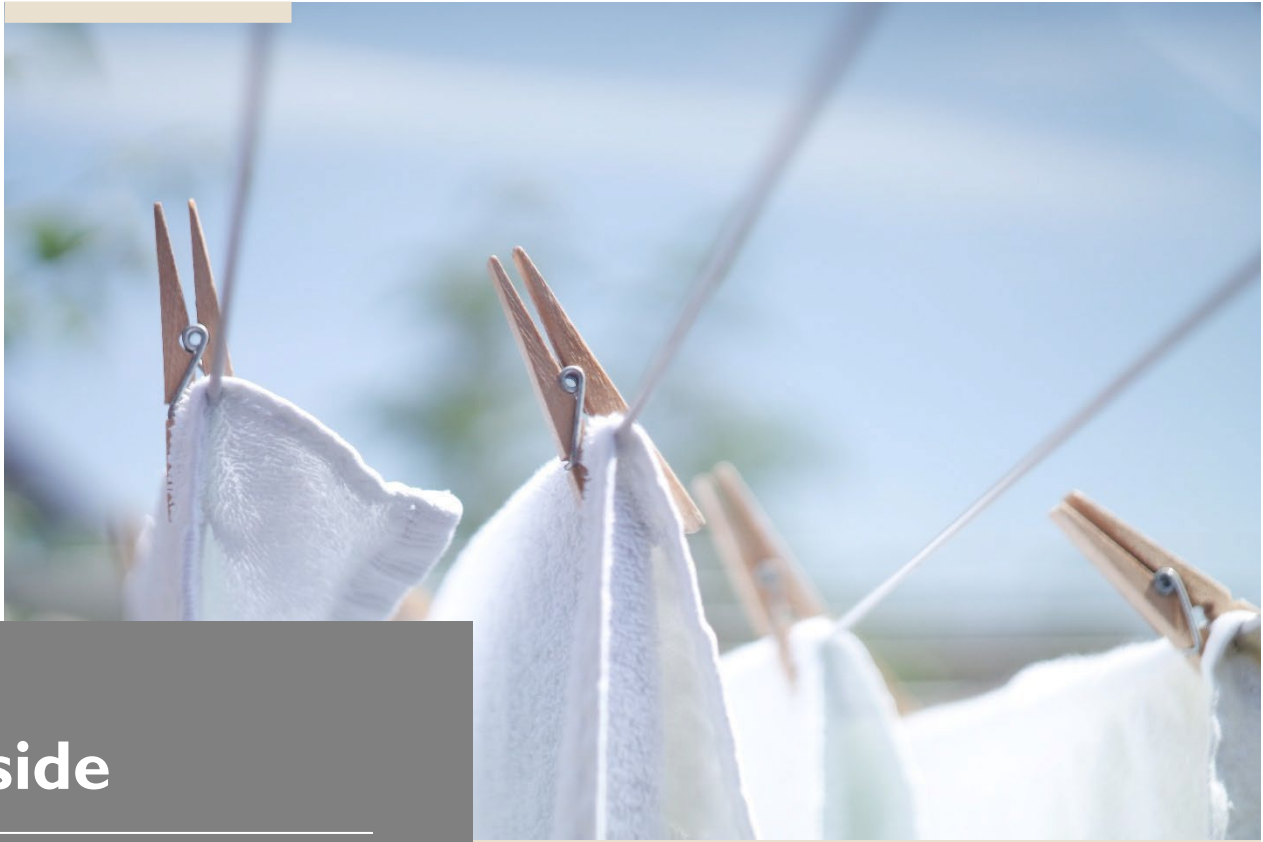




MONTHLY NEWSLETTER

Vol. 14/ issue 3
September 2023



Inside

Monthly Message
Pg. 2-3

Upcoming Events
Pg. 4-5

**American Cancer
Society**
Pg. 6-7

Extras
Pg. 8-9

The Clothes Line

Core Values





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
<p>Colorectal Cancer Testing</p> <p>Find out if you are at high risk for colon or rectal cancer. If not, then no test is needed at this time.</p>	<p>Colorectal Cancer Testing</p> <p>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.</p>		<p>Colorectal Cancer Testing</p> <p>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.</p>
<p>Prostate Cancer Testing</p> <p>No test is needed at this time.</p>	<p>Prostate Cancer Testing</p> <p>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.</p>	<p>Prostate Cancer Testing</p> <p>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.</p>	<p>Prostate Cancer Testing</p> <p>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.</p>
<p>Breast Cancer Testing</p> <p>Find out if you are at high risk for breast cancer. If not, testing is not needed at this time.</p> <p>Tell your doctor or nurse right away if you notice any changes in the way your breasts look or feel.</p>	<p>Breast Cancer Testing</p> <p>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.</p>	<p>Breast Cancer Testing</p> <p>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.</p>	<p>Mammogram</p> <p>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.</p>
<p>Cervical Cancer Testing</p> <p>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.</p> <p>People ages 66 and older who have had regular cervical cancer testing in the past 10 years with normal results should not be tested.</p> <p>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.</p> <p>People whose cervix was removed by surgery should stop testing unless the surgery was done to treat cervical cancer or a serious precancer.</p>			<p>Pap Test</p> <p>The Pap test checks for cell changes or abnormal cells in the cervix.</p> <p>HPV Test</p> <p>The human papillomavirus (HPV) test checks for the virus and can be done at the same time as the Pap test.</p> <p>Primary HPV test</p> <p>An HPV test that is done by itself for screening.</p> <p>Co-testing</p> <p>Testing with an HPV test and a Pap test</p>
		<p>Lung Cancer Testing</p> <p>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.</p>	<p>Lung Cancer Testing</p> <p>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.</p>

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

Upcoming Events



September Birthdays!

Kalvin Berner	Sept 2
Brian Hirdning	Sept 4
Perry Shepard	Sept 4
Susana Matzar	Sept 5
Manuel Belmont	Sept 9
Ronald Pearce	Sept 10
Ghawash Karim	Sept 12
Aaron Campbell II	Sept 13
Salustia Santos	Sept 14
Melissa Wiers	Sept 14
Timothy Balbo	Sept 15
Kevin Hill	Sept 20
Lasheena Daniels	Sept 22
John Bodnar	Sept 23
Adela Beltran	Sept 23
Wade McKinney	Sept 24
Marisa Gonzales-Krug	Sept 24
Clara Counterman	Sept 25
Josefina Torres	Sept 26
Michael Toennesen	Sept 26
Scott Rogers	Sept 26
Rafaela Felipe Castillo	Sept 26
Danny Deal	Sept 27
Travis Shelton	Sept 27
Gregory Tuttle	Sept 28
Lynne Miltenberger	Sept 28
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-Olazarán	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!**



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.



American
Foundation
for Suicide
Prevention



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!



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!

American Cancer Society

TVM (Ted Vander Meer Memorial)



Ted Vander Meer

Ted was born September 9, 1927, in Grand Rapids, MI. He was a veteran serving the U.S. Army during World War II. 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.



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



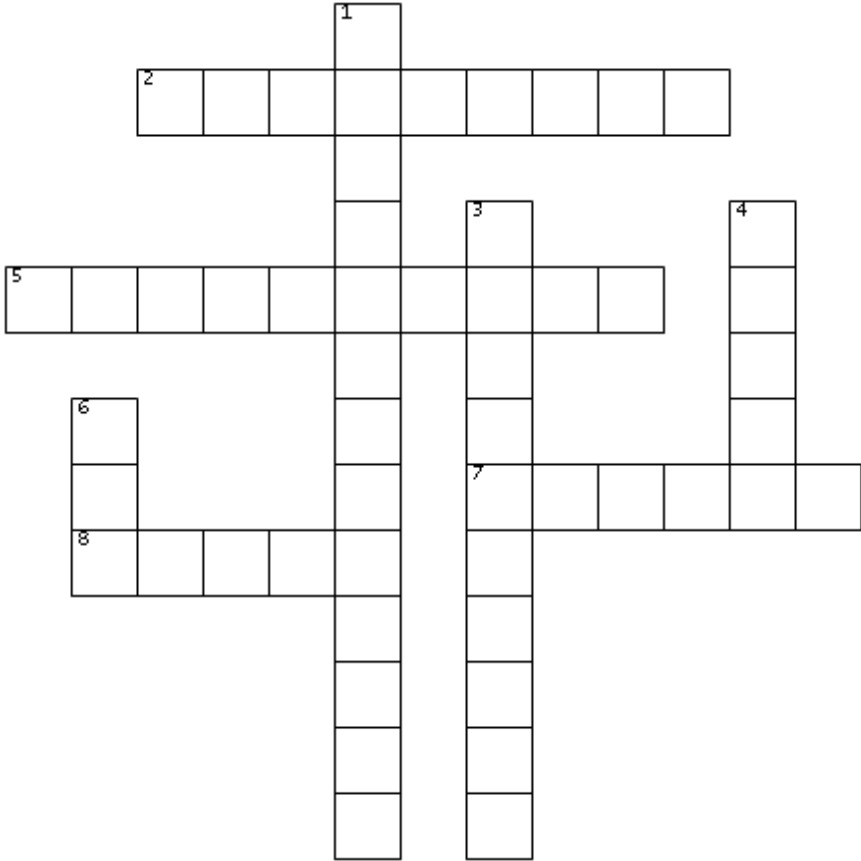
It's a BOY!

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.

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





Have A Good Month!

CLS

Continental Linen
Services

ADDRESS:

4200 Manchester Rd,
Kalamazoo, MI 49001