



MONTHLY NEWSLETTER

Vol. 14/ issue 8

February 2024



Inside

Monthly Message

Pg 2

Upcoming Events

Pg 3-4

Safety

Pg 5

Extras

6-8

The Clothes Line

FEBRUARY

Monthly Message

Greetings CLS Team Members,

We are already a month into the new year and there is so much to be thankful for here at CLS. Our company is fortunate to have many dedicated Team Members who are focused on growing our business and providing excellent service to our customers. Thank you to our Team Members for taking pride in your work. We appreciate every one of you!



We're thrilled to welcome several new Team Members to the CLS family! As our company expands, we're continuing to invest in additional human talent to elevate CLS to a new level. Alongside our new Team Members, we also have several existing CLS Team Members who have taken on new roles within the company. To support our teams,

we aim to foster a culture of continuous learning through coaching, mentoring, and developing training programs, e-learning, and role-playing. A combination of these methods will enable us to create a blended and personalized learning experience for our talent. Please contact Kimberly Earnshaw, our Director of Organizational Development, for more information.

The first quarter of each year tends to be slower for our business, as the holiday season rush has passed. This is a good opportunity to catch up on tasks within our departments that need attention before the next busy season arrives in spring. For example, it might be time to clean out old files, tidy up your office or workspace, or catch up on some reading...

As winter continues, so does the cold and flu season. It's crucial that our Team Members stay healthy and come to work every day. Please remember the following:

- Wash your hands frequently.
- Cough and/or sneeze into your elbow, not your hand.
- Regularly disinfect all common surfaces.
- Stay healthy by getting enough sleep, eating well, and staying hydrated.



While snow adds beauty to this time of year, it also brings hazardous driving and walking conditions. Be sure to watch your footing carefully when moving in and out of buildings and vehicles. Allow extra time for your commute when roads are icy or slushy. It only takes a moment for an accident to occur. We want each of you to arrive at work and return home safely every day!

Remember that just one small positive thought in the morning can change your whole day. And don't forget, smiles are free, so share them!!

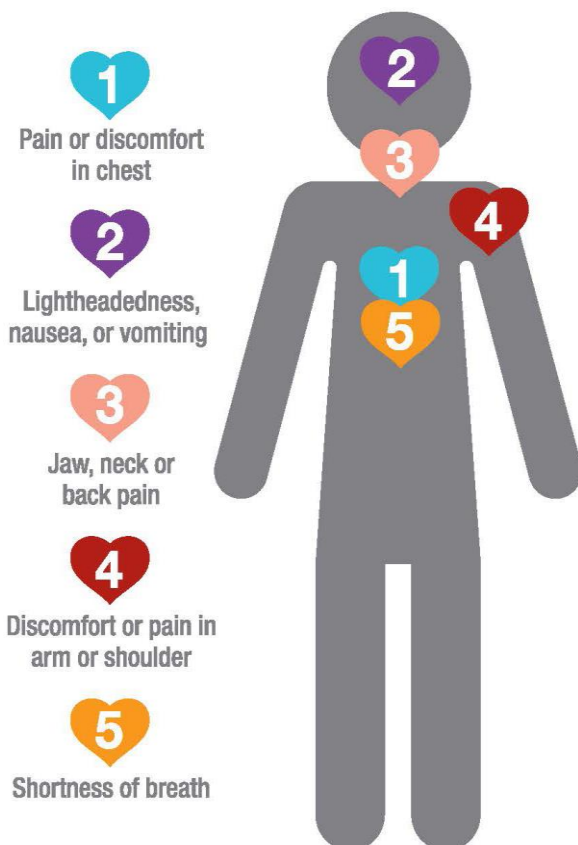
We are CLS!
Sarah, Kurt, and Ro

News & Events

February is **National Heart Month**, and one of the most meaningful ways to demonstrate your love is by being aware of the typical signs of a heart attack. Your well-being is of paramount importance to those who care about you, and being informed can make all the difference! www.heart.org



Common Heart Attack Warning Signs



Learn more at Heart.org/HeartAttack.

FEBRUARY ANNIVERSARIES

Gregory Tuttle	22 Years
Steven Sherburn	11 Years
Lynne Miltenberger	11 Years
James Brandt	9 Years
Michael Toennesen	5 Years
Joseph Stannard	4 Years
Josue Zepeda	2 Years
Aaron Reason	2 Years
Inderpal Kaur	1 Year
Matthew Vruggink	1 Year

FEBRUARY BIRTHDAYS

Julie Pueblo	02/02
Tyler Pelleran	02/06
Justin LaPoint	02/07
David Bartman	02/09
Javier Redondo	02/09
DeWayne Cotton	02/09
Noelia Antonio	02/09
Joseph Anderson	02/10
Jesus Vidal	02/11
Jason Wolverton	02/11
Estrella Asbeury	02/14
Orlando Bautista	02/15
Kevin Robinson	02/17
Krystal Ball	02/18
Jon Athens	02/20
Pamela Yarber	02/20
Eugene Kruse	02/21
Jessie Bachmann	02/22
Kurt VanderMeer	02/23
Alejandro Cruz	02/23
Hunter Gerard	02/24
Victor Santiago	02/25
Trairi Reyes	02/26
Jante Nellum	02/28
Gerald Kopec	02/28

Upcoming Events

American Heart Association.



National Wear RED Day

Friday, February 2, 2024

People, especially women, are encouraged to wear red clothing or accessories to show their support for heart health awareness. The campaign seeks to empower women with knowledge and resources to take proactive steps to reduce their risk of heart disease and promote heart-healthy living.



Visitor Tour

Monday, February 12, 2024

Congressman Bill Huizenga will be visiting CLS Kalamazoo on Monday, February 12th! Let's extend a warm welcome to our distinguished guest. A simple smile and greeting would be a great way to begin!



Valentine's Day

Wednesday, February 14, 2024

Love is in the air! Valentine's Day doesn't have to be only about celebrating romance, but also an opportunity to show love and appreciation for yourself, your friends, and your family!



Leap Year Day

Thursday, February 29, 2024

Leap years occur every four years and helps synchronize our calendars with the Earth's orbit around the sun. It's a unique opportunity to make the most of an additional day, so start planning something special for Leap Day!



Spirit Days

Feb. 2

Wear RED

RED Outfits & Accessories
Take Over!

Feb. 9

SUPERBOWL 

Sport the Colors of your
Favorite Team!

Feb. 14 

HEART Day

It's All About the HEARTS!
Dress to impress with
some heart-themed
fashion!

Feb. 16

Wear PINK

PINK it up All Day!

Feb. 29

LEAP into Today!

Wear your Favorite
Wacky Color Combo!

Safety

The Importance of Identifying and Reporting Pinch Points and Machine Guarding in the Workplace

A pinch point is any point at which a person or part of a person's body can get caught between moving parts of a machine, between the moving and stationary parts of a machine, or between material and any part of the machine. These points are not always obvious, which makes them particularly dangerous.

The Risks Involved

Accidents involving pinch points can lead to serious injuries such as lacerations, amputations, and even crushing injuries. Being aware of these risks and knowing how to identify potential pinch points is critical in avoiding such incidents.



Identifying Pinch Points

Regular Inspection: Make it a habit to inspect your work area and the machines you operate before starting your work. Look for any points where moving parts come close together.

Check for Signs: Be aware of safety signs and warnings around machinery which might indicate the presence of pinch points.

Stay Alert: Always keep your hands, hair, jewelry, and clothing clear of moving parts.

Machine Guarding: A Critical Safety Measure

Machine guarding is essential for protecting workers from injuries that can occur from contact with moving parts. A machine guard is a barrier or device that provides a shield between the machine and the operator for safety purposes.

The Role of Machine Guarding

The primary purpose of machine guarding is to keep the operator safe from moving parts and can also help control flying pieces, and sparks, or help contain lubricants that the machine may use.

Reporting and Addressing Issues

Report Any Concerns: If you notice a machine that is not properly guarded or has a potential pinch point, please report it to your supervisor or the maintenance department immediately.



Don't Bypass Guards: Never operate a machine if its guards have been removed or are not functioning properly.

Extras

Healthy Start

February is not just about Valentine's Day; it's also National Heart Month, a time to focus on heart health and raise awareness about the importance of a strong and healthy heart. We want you to take good care of your heart and the hearts of your loved ones.

Let's make an effort to prioritize our health this month, with a particular focus on promoting optimal heart health.

10 ways to improve your heart health

- 1 Balance calories eaten with physical activity.
- 2 Reach for a variety of fruits and vegetables.
- 3 Choose whole grains.
- 4 Include healthy protein sources, mostly plants and seafood.
- 5 Use liquid non-tropical plant oils.
- 6 Choose minimally processed foods.
- 7 Subtract added sugars.
- 8 Cut down on salt.
- 9 Limit alcohol.
- 10 Do all this wherever you eat!

Need more food for thought? Go to www.heart.org/eatsmart

Delicious!

Sweet and Fiery Roasted Nuts

Jazz up plain nuts with this sweet and spicy mixture for a warm coating of baked-on goodness.

- 2 teaspoons olive oil
- 1/2 tsp. stevia sweetener or 1 stevia pkt.
- 10 drops cinnamon-flavored liquid stevia
OR 1 tsp. ground cinnamon
- 1/2 tsp. ground cumin
- 1/8 tsp. cayenne (More if you like spicy!)
- 1/3 cup EACH of walnuts, pecans, almonds

Preheat the oven to 350°F.

In a small bowl, mix all ingredients stirring thoroughly. Then add ALL nuts stirring to coat.



Pour the nut mixture into an 8-inch square baking pan (no cooking spraying needed). Bake for 5 minutes. Remove the pan from the oven. Stir the nut mixture. Bake for 2 to 3 minutes, or until the nuts are golden brown. Transfer to a bowl. Let cool for 5 minutes. Serve warm or at room temperature.

Meet The Sales Team

CLS Sales & Development Team

RENTAL SALES



Kyle Ackermann
Business Dev. Manager



Gene Kruse
VP Customer Development

CIW CUSTOM IMAGE WEAR



Marci Stephenson
CIW Manager



Jared Caron
Kalamazoo



Brandon Curtis
Cadillac



Stacy Ackley
Kalamazoo



George Fotis
Grand Rapids



Matt Vrugink
Grand Rapids

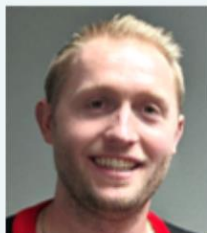


Open Position
Grand Rapids

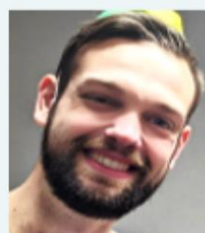
Facilities



David Vandyke
Kalamazoo



Quinn Peterson
Livonia



Scott McSweeney
Livonia

Marketing



Drew Duncan
Kalamazoo



Leah Wrubel
Kalamazoo

Have A Great Month!



Since 1976, Black History Month has been an annual celebration of achievements by African Americans and a time for recognizing their central role in U.S. history.

The 2024 Black History Month theme, ***African Americans and the Arts***, explores key influences African Americans have had in fields of visual and performing arts, literature, fashion, folklore, language, film, music, architecture, culinary and other forms of cultural expression. We hope everyone takes some time to celebrate these great artists in all forms of media. To learn more visit <https://www.history.com/topics/black-history/black-history-month>

WE NEED YOUR FEEDBACK!

Laughter and Fun are the best medicine. At CLS we want to hear a little more about what you like. Please take this brief 2-minute survey to share your feedback on planned activities and culture at CLS.

[CLICK TO TAKE SURVEY](#)



CLS

Continental Linen Service:

4200 Manchester Ave

Kalamazoo, MI 49001

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