



MONTHLY NEWSLETTER

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March 2024



Inside

Monthly Message	Pg. 2
Upcoming Event's	Pg. 3-4
Safety	Pg. 5
In the News	Pg. 6
Extras	Pg. 7-10

The Clothes Line

MARCH

Monthly Message

March marks National Nutrition Month, a time to prioritize health by making informed food choices, establishing consistent eating habits, and engaging in regular physical activity. This year's theme, "**Beyond the Table**," highlights the importance of understanding the journey of food from farm to fork.

This often involves restaurants sourcing foods directly from local farms and then preparing and serving them to customers. However, while this practice, commonly known as the farm-to-table, is important, it only reveals part of the story about the foods we consume. It underscores the importance of prioritizing locally sourced and seasonal ingredients.



In addition to nutrition, let's focus on wellness, defined as **actively pursuing activities, choices, and lifestyles that contribute to holistic health**. CLS is excited to announce our upcoming Wellness Fair in Kalamazoo on Friday, March 8, 2024, at the Covington location. Stay tuned for more details!



As we celebrate our 125th year in business, we're gearing up for exciting events and initiatives. Keep an eye out for our new logo, which will be unveiled soon, along with our Growler's baseball event for employees and their families. Any thoughts on who from CLS should throw out the first pitch? More news to come on this event.

On the operational front, we're investing in additional production equipment to enhance efficiency and capacity. In Alpena, a third washer and dryer will be installed in March, while Manchester Road will see the installation of another ironing line in April. Furthermore, a new iron filtration system will be implemented in May at Manchester, improving water quality and product outcomes. This new system will help tremendously with removing rust from the City of Kalamazoo water being used to wash our product. We are reinvesting back into our equipment!

At CLS, safety always comes first. We encourage all employees to share any safety suggestions or concerns with management, HR, or the Safety Committee. Your feedback is invaluable to us!



As we welcome the arrival of spring on March 19th, let's embrace the longer days and take advantage of the opportunities to enjoy the outdoors.

Sarah, Kurt, and Ron



Upcoming Events



Embrace a Healthier You: Celebrating National Nutrition Month! Prioritize your health by making informed food choices. Opt for seasonal produce for freshness and affordability. Plan your meals before shopping and focus on incorporating plenty of fruits and vegetables. And remember to stay hydrated throughout the day for optimal well-being!

March

SEASONAL PRODUCE GUIDE

VEGETABLES

ARTICHOKES
ARUGULA
AVOCADO
ASPARAGUS
BEETS
BOK CHOY
BROCCOLI
BRUSSEL SPROUTS
CABBAGE
CARROTS
CAULIFLOWER
CELERIAC, CELERY
CUCUMBER
ENDIVE, FENNEL
KALE, LEEKS
PARSNIPS
POTATOES
RADISHES, RADICCHIO
SPINACH
SPRING ONIONS
SWEET POTATO
TURNIPS

FRUITS

APPLES
BANANA
CLEMENTINE
GRAPEFRUIT
KIWI
KUMQUATS
LEMON
LIME
ORANGES
PEAR
PERSIMMON
STRAWBERRIES
TANGARINES



March Anniversaries

Steve Enos	20 Years
Kevin Hill	19 Years
Louis Husbenet	16 Years
Nathan Strzelecki	11 Years
Dawn McMillen	9 Years
Amanda Heywood	4 Years
Sven Naesset	4 Years
Deldania Helena Ortega	3 Years
Ma Larez	3 Years
Mabel Gomez	3 Years
Judith Franulic	2 Years
Brad Kidd	2 Years
Danny Deal	1 Year
Catalina Garcia Basilio	1 Year
Trairi Reyes Hernandez	1 Year
Estrella Bonilla Hernandez	1 Year
Scott McSweeney	1 Year
Dylan Farley	1 Year
Octavio Nunez Diaz	1 Year

March Birthdays

Steve Enos	03/07
Ever Olivares Ramirez	03/07
Matthew Vrugink	03/09
Florencio Gomez	03/14
Evani Garcia	03/24
Patricia Jackson	03/25
Zachary Dwyer	03/25
Alicia Santiago Martinez	03/27
Adela Ortiz	03/31

Upcoming Events



Wellness Fair

Friday, March 8, 2024

Experience the CLS Wellness Fair in Kalamazoo! Explore holistic health approaches and connect with wellness vendors. Win prizes and enjoy a healthy snack. See your supervisor for the "Teams" pre-set visits between 8am-12pm.

Prioritize your well-being!



Spring Ahead!

Sunday, March 10, 2024

Don't forget! Daylight Saving Time begins this weekend. Remember to set your clocks forward one hour before you go to bed on Saturday night.

Enjoy the longer evenings and brighter days ahead!



March Madness first 4 games kick off Tuesday, March 19th

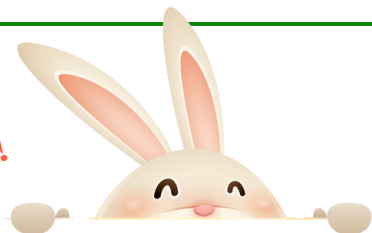
March Madness Bracket Boss!

Wednesday, March 13, 2024

Get ready and gear up to compete in the Bracket Boss contest! Open to **All Branches!** You don't need to be a basketball expert to join in on the fun. Whether you're picking based on team colors, mascots, or just going with your gut, everyone's got a shot to be the Boss!

Let the games begin

**More Clues
Coming Soon!**

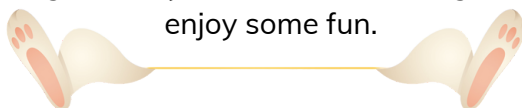


Easter Scavenger Hunt

Friday, March 29, 2024

Let's get egg-cited! An Easter scavenger hunt for Team Members will start hopping in the morning. Small teams will follow the clues scattered around inside to solve the riddles. **Meet the Easter Bunny and his side kick, Carrot.** Win prizes, fun photos, treats and bragging rights!

It's a great way to bond with colleagues and enjoy some fun.



SPIRIT DAYS



March 15

Wear Green

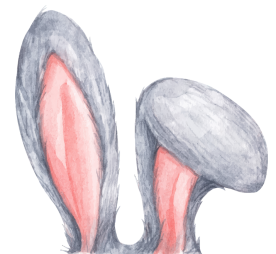


First Day Of



March 19

Wear Floral



March 29

Bunny Ears or Bunny Pattern Day!

Safety

Let's talk about something very important in our workplace: **Confined Spaces**. These are places like tanks, tunnels, or pipes that aren't meant for people to be in. They're small, hard to get in and out of, and can be very risky.

We need everyone to understand this is a very specialized role reserved ONLY for the Maintenance Team.

Why Confined Spaces Are Important

- Safety First: Confined spaces can be dangerous. They might have harmful gases, not enough air, or other risks like getting trapped. Keeping safe around these areas is super important.
- Following the Rules: There are specific safety rules even for our specialist Maintenance Team about working in or near these spaces. Knowing and following these rules helps us avoid accidents and keep everything running smoothly.
- Everyone's Job: We all play a part in staying safe and not going into any Confined Spaces. Knowing the dangers and what to do helps keep everyone safe.

Simple Tips for Safety

- Know Before You Go: Always understand what you're getting into before entering a confined space and **ONLY** if part of your pre-approved job. If it's part of your job, make sure you have the right training and gear.
- Watch Out for Each Other: If you see someone or something unsafe, speak up.
- Follow the Plan: Always stick to the safety procedures we have in place. They're there to protect you.

Your Role

How you act can make a big difference and by being careful, following the rules, and helping others do the same, you help make our workplace safer and better for everyone.

Let's Keep It Safe

Confined spaces might be a small part of our organization, but they're a big deal when it comes to safety. By working together and being aware, we can tackle these challenges head-on.

Remember, stay safe and call Maintenance.



Thanks for all you do. Let's keep up the good work and stay safe out there!



News



U.S. Representative Bill Huizenga (R-MI) was warmly welcomed at CLS's Kalamazoo, MI, plant, thanks to an arrangement by TRSA. The visit included an insightful tour of the facility, where Congressman Huizenga had the pleasure of meeting with CLS team members including Theo Phillips, Leah, Sarah and Ron who all shared their experiences and insights with the congressman, fostering a meaningful exchange of ideas.



Congratulations Laura! Manchester Production came together to celebrate Laura's baby shower and you can really feel the love and support from the CLS family!



A Glowing Review!

A customer expressed appreciation for the CLS Team, and we wanted to ensure you heard their recognition.

This wouldn't be possible without every single team member, spanning Sales, Service, Production, Customer Service, Accounts, and every role in between!

Those who may be looking to partner with CLS...

"CLS has been a strong partner with our company for over 5 years. A great local company that we appreciate very much. Working with Brett and the rest of the team has been nothing short of amazing. Every person I work with has been responsive, professional, and service driven. Not only do they offer very competitive pricing, the response time and resolution to any issues I may have is quick and immediate. The quality of the rugs, towels, shirts, and aprons they supply to us is high quality. If we were looking for a linen company, I would start with CLS."

Thank you,
Jason, Director of Operations
CLS Customer

Extras

The benefits of healthy eating add up over time, bite by bite.

Yogurt 5 WAYS

MOVE TO LOW-FAT OR FAT-FREE DAIRY!

Red Potato Salad

- + Plain yogurt (fat-free)
- + Mayonnaise (low-fat)
- + Yellow mustard
- + Red potatoes
- + Celery
- + Onion
- + Salt & pepper

Strawberry Kiwi Pops

- + Vanilla yogurt (low-fat)
- + Strawberries
- + Ice cube tray or paper cups
- + Kiwi

Cucumber Yogurt Dip

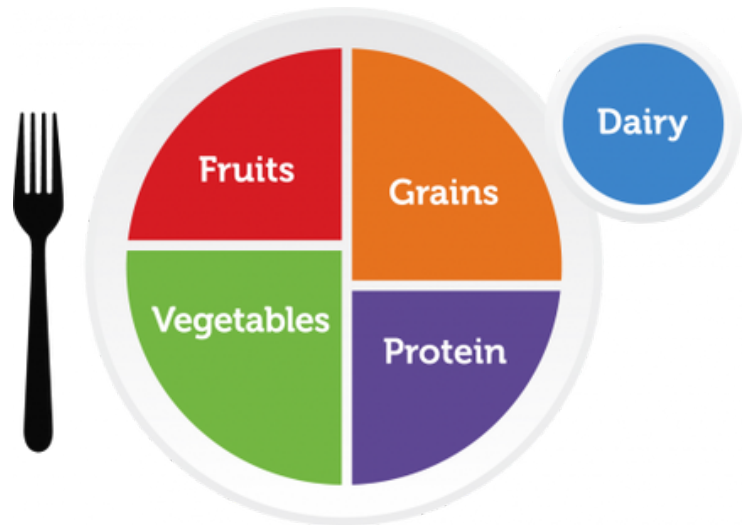
- + Plain yogurt (low-fat)
- + Cucumbers
- + Sour cream (low-fat)
- + Lemon juice
- + Dill
- + Garlic clove
- + Cherry tomatoes
- + Broccoli florets
- + Baby carrots

Greek Salad with Chicken

- + Romaine lettuce
- + Cherry tomatoes
- + Cucumber
- + Red onion
- + Black olives
- + Cooked chicken breast
- + Feta cheese
- + Plain Greek yogurt (fat-free)
- + Lemon juice
- + Olive oil
- + Garlic clove
- + Oregano
- + Salt & pepper

Peanut Butter Banana Smoothie

- + Bananas (frozen, ripe)
- + Milk (low-fat)
- + Vanilla yogurt (low-fat)
- + Peanut butter
- + Unsweetened cocoa powder
- + Ice



Check out MyPlate.gov it's a FREE website and resource portal that offers nutritional tips, recipes, shopping guides, family recipes, food hacks, meal planning, and even personalized daily calorie goals.

Click the Plate image above to be taken to the "Are you Making Every Bite Count?" quick quiz and explore all the tools available.

[Download the FREE app!](#)

Shake the Habit

Limiting daily sodium intake to 2,300 mg is advised for most people, and even less for kids under 14. Higher sodium intake is associated with elevated blood pressure. Research suggests that reducing sodium intake can lower the risk of heart disease and high blood pressure.



HIDDEN SALT

1-10oz can (1 1/2 cup serving) of condensed chicken noodle soup contains 2,225 mg of sodium!

Extras

125 years in Mural Magic!

We have some fantastic news to share! As part of our 125th anniversary celebrations here at CLS, we've partnered with Western Michigan University to invite students to participate in an artist class project. They will be tasked with creating proposed designs and eventually installation for a special mural that will honor our 125 years of excellence.



A shout out to Leah Wrubel who came up with this great idea to involve WMU students in this project, and we can't wait to see the creative ideas they come up with. We encourage you all to show your support for our partnership with WMU and stay tuned for updates on the progress of this exciting project!

Culture Club is Re-ignited!

The Culture Club has been re-ignited to help inspire, educate and engage colleagues in activities and discussions that promote a thriving and harmonious workplace culture for everyone.

Do you have ideas for activities, development or learning opportunities?
Feel free to share by contacting
HR or your Supervisor.

Thank you for your input!



As we prepare to turn our clocks forward for Daylight Saving Time, here are some quick and easy tips to help you make the most of the season ahead:

- Change Smoke Detector Batteries
- Change Toothbrush
- Clean Out Dryer Vents
- Check Expiration Dates on Meds
- Change Air Filters

Wellness Fair Vendors joining us on Friday, March 8, 2024



Spirit Days, Going Red, & Showing the Love During Heart Month





Spring Word Search



N Q F I P F S D R I B L S B F Z R
 J V P X X O X S B G P I S R E P S
 T D X M R A W S N P T R R F S Q E
 N M Z B G T E A E O Z P E N J M O
 Y D B M P G A R N I X A W A J E U
 G S Y C T X S G I U R V O T N V V
 G I S N Q E T X H V U L H Q X Q C
 E V P F J V E K S Y U S S Z B Y L
 V D T L C P R E N A P R E E Q M I
 K D W O R Y D R U M B R E L L A W
 M R G W D Z B A S E B A L L L R Q
 R R T E Q W Q Y V T J D L A H C E
 M B H R M W D Q T W W Q R Q X H U
 M F M S E R J F N O T T A G S H E
 N G N I R P S X X B G A I S I V W
 E R H I I I L M G R E E N Y L T R
 Y R W D M L G Q T T I A O A F F B

Have A Great Month!

SPRING
MAY
GREEN
WARM
UMBRELLA



MARCH
FLOWERS
GRASS
SHOWERS
EASTER



APRIL
BASEBALL
SUNSHINE
RAIN
BIRDS



What does every rabbit
fairytale story end with?

And they lived happily ever after.



CLS

Continental Linen Services:
4200 Manchester Rd
Kalamazoo, MI 49001

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