



MONTHLY NEWSLETTER

Vol. 16/ Issue 10
April 2024



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The Clothes Line



Monthly Message

Greetings CLS Team Members,

Spring is here! The birds are chirping and the daffodils are blooming all around us. Our days will get longer and the sun will set even later in the day. Dust off those golf clubs, find your tennis shoes, and get ready for wine tasting... Michigan has so many fun things to do during Spring. So, get out there and enjoy!

This year is full of excitement!! We have so much at CLS to be thankful for. Here are things to look forward to:

New Truck Graphics

Some of our CLS route trucks are getting new graphics. Over the years our graphics have faded and it was time for a new look.



New Videos

Our Marketing Team is currently working on a few new videos to add to our library. Later in April a video crew will be in Manchester to capture our facilities and equipment.

Our 125th Year in Business

To commemorate our 125th Year in Business, we have many things in the works to celebrate. Make sure to mark your calendars for the **Growlers baseball event on June 15, 2024**. We have a few other exciting things planned to make this year memorable...stay tuned!



9th Annual American Cancer Society Fundraiser

Coming up later this summer we will hold our fundraiser drive to raise awareness and collect donations. We are proud to support the American Cancer Society and look forward to gathering together to raise funds for this important cause.

Hygienically Clean Certification

In April, we will undergo an audit to secure our Hygienically Clean Certification. This certification acknowledges the dedication of linen, uniform, and facility services companies to cleanliness, assessed through thorough laundry plant inspections and third-party, quantified biological testing. We're hopeful that the audit will proceed smoothly.

Make time with friends and family this spring. Time is precious so never miss an opportunity to make memories that last a lifetime!

Sarah, Kurt, Ron



April Highlights

Total Eclipse

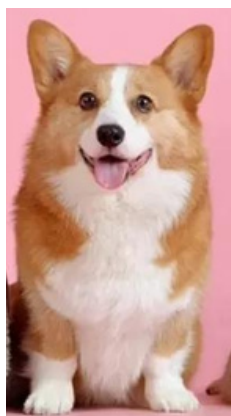
Monday, April 8, 2024

Michigan will be plunged into near darkness during the next total solar eclipse. This eclipse will cross North America, reaching its peak totality in West Michigan around 3:10 p.m. and East Michigan around 3:14 p.m. E.S.T



April Birthdays

Oswaldo Cruz	04/01
Jeremiah Sicher	04/02
Laura Pozos Duran	04/03
Ofelia Flores	04/04
Dave Vandyke	04/07
Phillip Hopper	04/07
Greg Robertson	04/10
Yolanda de la Cruz	04/10
Ramon Gomez	04/10
Maria Santiago Garcia	04/12
Mario Ordonez Lopez	04/12
Floralma Morales Mauricio	04/17
Bradley Bowers	04/19
Marci Stephenson	04/22
Joyce Burnett	04/22
Fidel Martinez	04/23
Drew Duncan	04/24
Ruben Guerra Veral	04/24
Jon Crane	04/25
Martha Santiago Martinez	04/25
Maria Gutierrez	04/27
Bryan Mueller	04/27
Gilman Cardona	04/30



National Pet Day / Dog Therapy Day

Thursday, April 11, 2024

Join a few of our furry friends as they lead our Walk Challenge today! Meet outside the Manchester Parking lot and we will walk at 10:30 a.m., 11am, and again at 11:30 a.m.!

National Exercise Day

April 18, 2024

Get pumped to explore fresh ways to level up your health and fitness game! Nowadays, there's no excuse not to treat your body like a VIP. Don't forget to join our Lunchtime Walk Challenge.



April Anniversaries

Ronald Vander Meer	58 Years
Theo Phillips	20 Years
Mirian Garcia	19 Years
Ronald Pearce	19 Years
Gregory Place	19 Years
Wally Roznowski	18 Years
Tim Balbo	10 Years
Brandon Balbo	6 Years
Zach Dwyer	6 Years
Lindsey Peters	3 Years
Dustin Saville	3 Years
Jeffery Penning	2 Years
Andrew Myszak	2 Years
Noe Garcia	2 Years
Anthony Smith	1 Year
Anxhelo Borakaj	1 Year
Geoff Major	1 Year

Earth Day

April 22, 2024

Let's throw a big shout out for Earth Day and celebrate our planet's awesomeness! The very first Earth Day kicked off in 1970. Plant something today or take a walk in nature.



NEWS

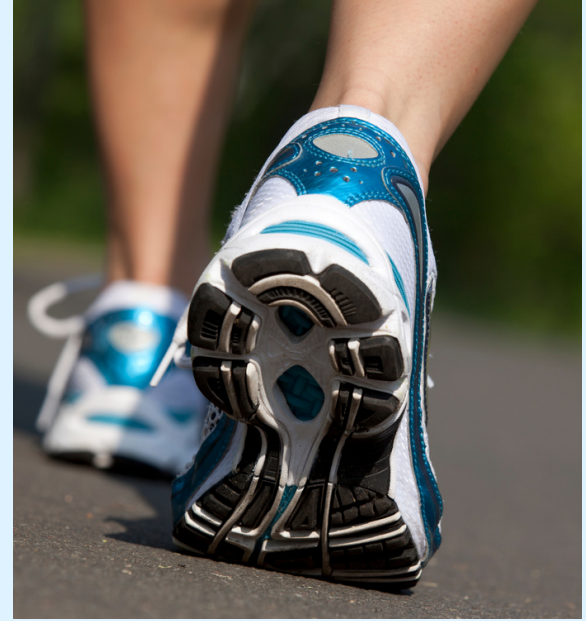
LET'S GET MOVING IN APRIL

Starting on April 5, National Walking Day we are doing a steps challenge every **Monday, Wednesday, and Thursday** throughout April. During lunch (10 a.m.-1 p.m.), parade your way to Marathon Health (just a short distance down Covington Rd.) and get a Challenge Day Stamp from the Marathon Team!

Participate and get 7 or more stamps for a chance to win a wellness basket, but remember, the **true champions** are those who prioritize their health.

It's the additional efforts you make beyond your regular work duties that hold the greatest importance.

Can't wait to WALK with you!



PROTECT YOURSELF & LOVED ONES

Spring brings more spam calls! Be careful of any sales calls or special offers via text or email too!

A common tactic scammers may use is trying to get you to say "yes" or agree to something without fully understanding what you're agreeing to. This "yes" can then be recorded and potentially used to authorize fraudulent charges or manipulate your information.

for example

Caller: Hi, can you hear me?

You: I can hear you, or hang up if unknown

Caller: Did you say Yes, you can hear me?

You: I can hear you, or Hang Up

To protect yourself, be cautious about giving out personal information over the phone, especially if you didn't initiate the call. If you receive a call from an unknown number or a suspicious caller, it's best to hang up and verify the legitimacy of the call through official channels.

Additionally, consider registering your number on the national Do Not Call Registry and using call-blocking apps to help filter out potential scam calls.

SCAM ALERTS

SNACKS ON THE GO!

Fruit: apple, pear, banana, strawberries, or grapes.

Easy Vegetable Sticks: cucumber, carrot, celery, or peppers.

Other: string cheese or air-popped popcorn. Trail mix with sunflower seeds, pumpkin seeds, raisins, or nuts



Safety

The Importance of Accident Reporting in the Workplace

A Safe Workplace is a Productive Workplace

In our ongoing effort to make our workplace safe and healthy, the main part is carefully reporting any accidents. Whether it's a small slip or a more significant issue it's very important to report every occurrence to keep our workplace safe.

Why Report Every Accident?

Reporting every accident, big or small, helps us spot and fix hazards early, keeping everyone safer and avoiding future problems. It also means we follow safety laws, supporting our commitment to a safe workplace. Plus, it ensures anyone hurt gets the right care and helps manage their recovery process smoothly. By sharing details of accidents, we learn and improve our safety steps, making our workplace better for everyone.

How to Report an Accident

Notify Your Supervisor immediately (no later than 24 hours). They will guide you through the reporting process.

Accident Report Form: Both you and your supervisor will complete an accident report form with as much detail as possible. This should include the date, time, and location of the incident, a description of what happened, and any injuries sustained.

Follow-Up: After an initial report, there may be follow-up questions or investigations to gather additional information. Your cooperation is important in this process to help improve workplace safety.

Medical Attention: If you suffer a workplace injury or illness, CLS may ask you to see a doctor they select, at the expense of CLS. This approach guarantees that all treatments follow company guidelines. Please make sure to get approval from CLS before you get any medical treatment. Failure to follow these instructions may result in medical expenses that CLS will not pay for.

Your Role in Workplace Safety

Accident reporting is a shared responsibility. Quickly reporting incidents is key to safeguarding everyone. It promotes a culture of safety, empowering everyone to report risks. Commit to actively reporting all accidents, as each report contributes to a safer workplace.



RESERVE YOUR SEATS!

JUNE 15, 2024 6:30 P.M.

We're excited to present this unforgettable event and cordially invite every member of the CLS Team. Come join us for an evening packed with entertainment, featuring complimentary tickets, a delectable spread of food and beverages, and a memorable souvenir to cherish. Additionally, feel free to bring up to three guests from your household to share in the festivities—all expenses covered by CLS!

*125th
Anniversary
Celebration*



Click on the QR Code and make your reservation today!



If you need help making a reservation please reach out to Sulema

Tickets are limited so book TODAY!

News



Wellness Fair 2024



ASK ALYSON...

Dear Alyson,

I recently had my cholesterol checked and I am not sure what LDL and HDL mean and what should be my goal. Sincerely, P

Thank you for reaching out and congratulations on starting your wellness journey having your numbers checked. LDL (bad) cholesterol is a buildup and blockage in the arteries. HDL (good) cholesterol helps remove cholesterol from your arteries. Usually, LDL can be lowered by reducing saturated fats, found primarily in red meat, full-fat dairy products, and processed foods. So, eat more foods rich in omega-3 fatty acids, increasing soluble fiber, and fresh leafy greens. Impact your HDL by increasing physical activity - everything counts: taking the stairs, walking, biking, weight training, and even yoga. Have a happy health journey, P!



Marathon
Health.

If you're interested in knowing your cholesterol or other health numbers, and you're insured with CLS, reach out to Marathon Health today to schedule your FREE BioMetrics screening.

Marathon Health Center 269-924-0500

Open Monday 7:00am-3:30pm, Wednesday 7:00am - 5:30pm, Thursday 7:00am - 1:00pm

Congratulations Grandpa Danny



Skylar Rae-Marie
8 lbs 14 oz
22 inches long
Born 3/7/24 at 10:01pm



AS WEATHER GETS NICER, HERE ARE A FEW SAFETY TIPS FOR WALKING ON THE ROAD.

- Walk Facing Traffic
- Cross Safely
- Walk on Roads Single File
- Be Aware of Bikes and Runners
- Be Visible
- Be Predictable
- Keep the Volume Down
- Hang Up and Eyes Up

What type of bow
can't be tied or untied?

A Rainbow



Have A Great Month!



CLS

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