



MONTHLY NEWSLETTER

Vol. 17/ Issue 11
May 2024



Inside

Monthly Message	Pg. 2
May Highlights	Pg. 3
Hot Off The Press	Pg. 4
Safety	Pg. 5
Health & Wellness	Pg. 6-7
In The News	Pg. 8-12

The Clothes Line



Monthly Message

Hello CLS Team Members:

May is like the lead up to the long days of Summer, with trees and flowers blooming, warmer days and sunshine galore! Mother's Day is also a traditional May holiday, all about celebrating moms, grandmas, mothers-in-law, and motherly figures in our lives. These women provide love and guidance year-round, and they deserve to know how much we appreciate them. While one day is not enough, it's the perfect time to show her some extra love. Now's the time!



But May isn't just about Mother's Day. It's also a time for graduations, weddings, and honoring our fallen heroes on Memorial Day. With all these events, things are buzzing around CLS. Shelves are clearing out, trucks are filling up, and laundry's piling up – but hey, we're ready for it all – bring on the dirty laundry!

We have been busy making preparations to celebrate CLS' 125th Anniversary. For our Team Members, we have the upcoming Growler's baseball game on June 15. There has been a lot of excitement surrounding that event and we are looking forward to a fun night at the ballpark celebrating with our extended families.



We are also very excited to reveal a new 125th CLS Logo! Designed by Leah Wrubel in the CLS Marketing Department to celebrate the milestones of 125 years with our Team Members and the community! This new logo will be used for the next several months on shirts, social media posts, press releases, etc. Watch for more!

If that isn't enough... we also have a fun Michigan Map to share with our customers and a Mural that WMU students will be painting to commemorate our 125th celebration. More information about these will be coming very soon!!

Every company needs to reinvest so we have ordered some new route trucks and are installing a new Ironer at Manchester this week! Also coming soon, we will be replacing the iron filters at Manchester Road to improve our water processing quality. Watch out for the contractors as they are busy with the installation.

Lately, a few Team Members have had injuries and that is the last thing anyone wants! It is our goal to provide a safe work environment for all, however, it takes everyone's help! Make sure to take your time with heavy loads, don't take shortcuts, and always follow safety precautions. CLS wants you healthy, but more importantly, your family needs you!!

Keep up the great work CLS Team! Each one of you is appreciated.
Sarah, Kurt, Ron



May Highlights

National Stroke Month

Did you know that Stroke can effect anyone at any age?

May is a time to raise awareness about the signs, symptoms, and prevention.

Encouraging everyone to prioritize their brain health.

F.A.S.T.

Face Drooping	Arm Weakness	Speech Difficulty	Time to Call 911
---------------	--------------	-------------------	------------------

[Read more on Page 6](#)

Cinco De Mayo

May 5, 2024

Cinco de Mayo commemorates the Mexican army's victory over the French forces at the Battle of Puebla on May 5, 1862.



Mother's Day

May 12, 2024

Whether a mother, grandmother, aunt, stepmother, foster parent, or other caregiver, honor and appreciate the love, sacrifice, and support they provide. Consider honoring a mother/mother figure in your life by simply expressing your gratitude.



Memorial Day

May 27, 2024

While many enjoy the Monday off work, it's good to remember the true purpose of Memorial Day. It's a solemn day of remembrance honoring the men and women who have died while serving in the U.S. military. A show of respect is to avoid 'Happy Memorial Day' greetings, instead, opt for 'Have a meaningful Memorial Day' or simply 'Remember the Fallen'.



May Birthdays

Quierra Stevenson	5/02
Maria Rodriguez	5/03
Nicole Berfalia	5/04
Lee Marcotte	5/09
Israel Salvador	5/10
John Waite	5/13
Hugo Mendez	5/13
Vidiana Rodas	5/14
Nancy Meztiza	5/15
Brian Bueno	5/17
Dawn McMillen	5/20
Judy Franulic	5/22
Ryan Dunmire	5/26

May Anniversaries

Bradley Bowers	22 Years
Adriana Lucero	21 Years
Brett Enos	21 Years
Adela Ortiz	19 Years
Alicia Nonato	17 Years
Joe Brenner	13 Years
Gracie Garcia	13 Years
Elaine Brinkert	11Years
Chad Gentry	11 Years
Marci Stephenson	7 Years
Adilene Antonio	7 Years
Adela Beltran	7 Years
Steve McCann	5 Years
Alejandro Cruz	3 Years
Jason Wolverton	2 Years
Nancy Meztiza	2 Years
Dave Vandyke	2 Years
Victor Ortiz	2 Years
Bayron Campos	1 Year
Nathan Mousseau	1 Year
DeWayne Cotton	1 Year
Floralidma Morales	1 Year

Hot Off The Press

Unveiling: CLS's Legacy Logo

We're thrilled to unveil the specially designed logo to celebrate our 125-year journey. This logo will accompany us during our Summer Celebrations!

Skillfully designed by Leah Wrubel, part of our CLS Marketing Team it is a fresh nod not only to our rich history but, also a symbol of our promising future.

While this logo may only be temporary, it's a testament to the dedication and hard work of our team members, reflecting the heart and soul they've poured into our company over the years.

Thank you for being a part of our history and our future.



Don't Forget to Celebrate the 125th Anniversary with Baseball Mania!

TAKE ME OUT TO THE BALLGAME!

JUNE 15, 2024 6:30 P.M.

We're stepping up to the plate for the big 125th bash, and recognizing it's all thanks to the hustle and heart of every player on our team!

- Score primo seats
- Family day out
- Delicious catered buffet
- Free refreshments all day
- Two drink tickets for 21+
- Swag and Giveaways!



Tickets are limited so book TODAY!

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

Safety

Safety is our top priority, and knowing how to read and use **Safety Data Sheets (SDSs)** is a big part of keeping our workplace safe. These documents aren't just paperwork; they are important tools that tell us everything we need to know about the chemicals we use every day.

What Are Safety Data Sheets?

Safety Data Sheets (SDSs), once called Material Safety Data Sheets (MSDSs), are detailed guides made by the chemical's maker or importer. They list a chemical's characteristics and properties, like its flash point, toxicity, and health effects. SDSs also cover how to handle first aid, storage, disposal, protective gear, and what to do if there's a spill.

Why Are SDSs Important?

- **Health and Safety:** SDSs explain the dangers of chemicals like detergents and bleaches, including potential health risks and how they react with other substances.
- **Emergency Procedures:** If there's an accident like a spill, SDSs give clear steps on how to handle it safely, reducing health and safety risks.
- **Proper Storage and Handling:** SDSs tell you the right way to store and handle each chemical, helping to prevent accidents from wrong storage or mixing.
- **Legal Compliance:** Following SDS guidelines keeps us in line with safety laws, protecting both you and our organization from legal issues.

How to Access and Use SDSs

At our Manchester location, you can find the SDS outside the supervisor's office. Here's how to use them effectively:

- **Familiarize Yourself Regularly:** Don't wait for an emergency. Keep checking the SDS for the chemicals you work with to stay sharp on safe handling and what to do in an emergency.
- **Follow All Recommendations:** Always use the personal protective equipment (PPE) listed in the SDS. Follow all the safe handling and storage instructions to keep you and your coworkers safe.
- **Emergency Response:** If there's an emergency, look at the SDS for that specific chemical. It will tell you what to do first and how to deal with a spill safely.
- **Ask Questions:** If you're unsure about anything in an SDS or how to handle chemicals safely, talk to your supervisor or safety manager. It's always better to ask than to guess and possibly make a mistake.



Safety Data Sheets are a fundamental part of our safety culture. By familiarizing yourself with SDSs and following their guidelines, you contribute to a safer workplace for everyone.

Health & Wellness

Your health is your greatest asset, and it's time to start investing in it! Explore our new Health and Wellness section for valuable tips and resources to prioritize your physical and mental wellness.

Buy Seasonal & Save!

Apples
Apricots
Bananas
Kiwi
Pineapples
Strawberries

Asparagus Kale
Avocados Lettuce
Broccoli Mushrooms
Cabbage Onions
Carrots Peas
Celery Radishes
Collard Spinach
Greens Turnips



May is the ideal month to plant the heat-lovers--the vegetables and flowers that seem to thrive and bloom more lustily when the weather's hot and sunny. In May and June, plants are settled in and growing fast due to the hot air temperatures and warm soil.

Small space or no garden? You're not limited to just houseplants, consider adding, herbs and a vegetable plant or two in pots. This is a great way to add freshness to meals!

Going vegetarian for just two days a week can help reduce the risk of heart disease & other chronic conditions

BLACK BEAN BURGERS!

15 ounce can black beans, drained and mashed.
1/2 lb. fresh mushrooms, 1/2 green bell pepper, 1 small onion, 2 garlic cloves. 1cup breadcrumbs.
1 tbs. chili powder, 1 tsp cumin, 1 tsp coriander, salt & pepper, to taste. Finely chop or pulse mushrooms, peppers and onion. Then combine mashed black beans, seasonings and breadcrumbs with mushroom mixture. MIX WELL
Portion into 4 equal patties. Lightly oil all sides and place on well oiled baking tray or in a pan.

Bake 20 minutes on 400 (turn once) or on Stovetop pan for 4 to 6 minutes on each side. Looking for a crispy top and bottom, firm burger that holds it's shape. Top with cheese and serve on an brioche roll with your favorite toppings!



FARMERS MARKET
Opens May 4th!
1204 Bank Street,
Kalamazoo 49001

Health & Wellness

Signs of a Stroke

F.A.S.T.

Face
Drooping

Arm
Weakness

Speech
Difficulty

Time to
Call 911

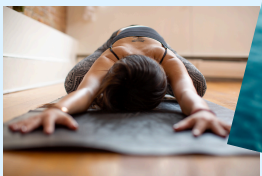
Over 800,000 Strokes occur every year and can happen to anyone.

May is National Stroke and knowing the signs of Stroke and acting quickly can prevent or minimize long term catastrophic disabilities or even death.

Help minimize your risk of Stroke by knowing your numbers and keeping them in a healthy range: Blood Pressure, Cholesterol, Blood Sugar, and Body Weight. Also, Quit Smoking, Treat Heart Disease, and Get active!

THE "HEALTHY SELFIE" CHALLENGE!

Take a selfie while doing good for your Physical and Mental health in May. Snap a pic doing Yoga, Biking, Walking, Gardening, Fishing, Dancing, etc. The HR team will pop up unexpected throughout May and ask to see a selfie. Show it quickly and win a treat!



FREE virtual visits

Teladoc
HEALTH

WHAT IS TELEDOC?

- Talk to U.S. Board- certified doctors and nurse practioners, 24/7
- Connect by phone , web or app from anywhere
- Get medical treatment for a wide range of conditions

HOW CAN I USE IT ?

- If you are insured with CLS, the HR team will help you with easy enrollment throughout May.
- Do it now so you are ready when you need it.

Watch the TV's for enrollment help dates and times.

Marathon Health Hours

Mon 7am-3:30pm Wed 7am-5:30pm Thurs 7am-1pm

In the News

CLS Shines at 46th Annual Governor's Breakfast!



Pictured: John Bodnar (DSM) , Governor Whitmer, and Geoff Major (RM)

We're thrilled to share the CLS Cadillac Team made a memorable impact at the Cadillac Area Chamber of Commerce and the Cadillac Area Visitor's Bureau event. Our team had the privilege of connecting with local businesses, meeting Governor Gretchen Whitmer, and supporting Michigan's youth with door prizes. This event has already sparked interest from local businesses seeking CLS services. Way to Go Cadillac!

NEW PRODUCT LAUNCH AT CLS

On April 29th, our Service Team met in Mount Pleasant for an energetic half-day training session on the newest CLS First Aid Products. The event featured guest speakers, product insights, challenges, and plenty of laughs. It marked the first time in 8 years that our Service Team gathered, igniting a renewed sense of camaraderie and excitement. We even did new head shots and team pics all around!

CLS is thrilled by the team's enthusiasm and anticipate this event to be just the beginning, with hopes for more collaborative and enriching experiences in the future.

Want to see the new products? Ask your Supervisor for a peek!



In the News

BABY BOOM AT CLS



River James Saville

April 2, 2024

6 lbs 12 oz 19.5 inches long

Congratulations Dustin & Alexis



Claire Ellen Bachmann

April 10, 2024

6 lbs 3 oz 19 inches long.

Congratulations Jessie & Shelby



Camden Athens

April 24, 2024

7 lbs 9 oz 19.5 inches

Congratulations Jon & Anne Marie



Wellness Gift Bag Winner
Yulissa Garcia



April Walk Challenge!

A huge high-five to ALL our awesome Team Members who rocked out and walked rain or shine for the April Walk Challenge!

Stepping it up for a healthier YOU!

A winner is chosen from all entries received.

**CLS will be
Closed**

Memorial Day
Monday, May 27

Keep Us Green with Pride!



Let's give Mother Nature a high-five by pitching in to keep our building's surroundings spick and span. Just imagine the boost a tidy environment can bring to our outdoor spaces - it's like a mood-lifting makeover! If you See It, Pick It Up, Toss It!

Meet the Service Team

Every department is crucial to our work at CLS, and this month, we're highlighting our exceptional Service Team! They ensure seamless laundry pickup, delivery, and top-notch service to our valued customers. Their dedication makes all the difference, and we're truly grateful for their commitment to excellence. Thank you for all that you do!

Jon Crane
Regional Manager
Alpena, Saginaw, Cadillac



Alpena



Wally Roznowski (DSM), Kory Keegan (RSP), Kevin Hill (RSP), Nathan Strzelecki (RSP), Chad Gentry (RSP), and Marco Wieser (RM)

Saginaw



Mike Milliman (RM), Dewayne Cotton (RSP), Louis Husbenet (RSP), Brian Schneider (RSP), and James Brandt (RSP)

Cadillac



Ty Booms (RSP), Anthony Smith (RSP), Doug Klatt (RSP), John Bodnar (DSM), Geoff Major (RM), Bill Laparr (RSP), Dave Bartman (RSP), and Gerry Kopec (RSP)

Meet the Service Team

Marcus Dohm
Regional Manager
Grand Rapids, Kalamazoo



Grand Rapids



Kyle Hartman (RSP), Greg Place (RSP), Ryan Toohey (RSP), Jessie Bachmann (RSP), Greg Tuttle (RSP), Matt McKalko (RSP), Jamie Matthyse (RSP), Lee Marcotte (DSM), Mike Tremore (RM), Jeff Penning (RSP), Aaron Reason (RSP), Steve Saxe (RM), Erich Vandermolen (RSP). Not pictured -Holly Hopkins (PSP)

Kalamazoo



Brad Bowers (RSP), Joey Stannard (RSP), Nick Percival (RSP), Bryan Mueller (RSP), Mike Toennesen (RSP), Mike Watson (RM), Wade McKinney (RM), Dustin Saville (RSP), Perry Shepard (RSP), Ryan Dunmire (RSP), Zach Elliott (RSP). Not pictured Brett Enos (DSM), Calvin Berner (RSP) and Steve Enos (RSP)

Jeremiah Sicher
Regional Manager
Livonia



Livonia



Jarnell Thomas (RS), Jeremiah Sicher (REG), Greg Robertson (DSM), John Waite (RSP), Paul Powell (RM), Scott Dyorich (RSP), Barry Hopper (RSP), Kyle Chesner (DSM), Mike Bowen (RSP), Kevin Robinson (RSP), Cody Rickerson (RSP), Joey Cates (RM), Ron Pearce (RSP), Malik Norris (RSP), and Dylan Farley (RSP). Not pictured Brian Garrett (PSP),

Have A Great Month!

As Summer is getting closer, start making plans for unforgettable memories, enjoying fun activities with family and friends. From picnics to beach days and outdoor adventures, there's something for everyone to enjoy. To explore your local areas, check out the websites below and start making plans to play!

<https://michiganfamilyfun.com>

Alpena Area

<https://www.visitalpena.com/creative-summer-activities-kids-will-love-in-alpena/>

Cadillac Area

<https://cadillacmichigan.com/things-to-do/>

Grand Rapids Area

<https://www.experiencegr.com/things-to-do/by-season/summer/>

Kalamazoo Area

<https://www.kzooparks.org/Home>

Livonia Area

<https://livonia.gov/1449/Summer-Camps>

Saginaw Area

<https://www.gogreat.com/blog/how-to-spend-a-weekend-in-saginaw-mi-with-kids/>



What is the longest word in the dictionary?



Smiles, because there is a mile between each "s"



CLS

Continental Linen Services:

4200 Manchester Rd

Kalamazoo, MI 49001

FOLLOW US ON SOCIAL MEDIA

Facebook - [CLS Uniform and Linen](#)

Instagram - [CLS_Image](#)

Linkedin - [CLS](#)

Twitter - [CLSuniformLinen](#)