



MONTHLY NEWSLETTER

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July 2024



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Monthly Message

Hello CLS Team Members:

Wow! June was brimming with activities and excitement as we celebrated our 125th Anniversary. Our mural unveiling was featured on Channel 3 news and across social media. Michigan Congressional Representative Bill Huizenga even recognized our milestone in the Congressional Record (see page 4). The Growlers game was a massive success, though Sarah's first pitch didn't quite make it to home plate! It was wonderful to see so many Team Members, their families, and friends enjoying the festivities.

A huge thank you to Kimberly Earnshaw, our entire HR Team, and Marketing for amping CLS up during this monumental time. So many memories were captured!!



JULY 4th

As we approach the 4th of July, the birthday of our great nation, we honor our fallen and actively serving soldiers. It is because of these brave men and women that our country remains free. Remember to thank veterans for their service when you see them in your community. We hope you celebrate the holiday with your friends and family.

Thank you for your flexibility with the work schedule as we prepare to serve our customers during this 4-day work week. Providing excellent quality products and services is what CLS is known for, and we must continue to deliver for our loyal customers. Keep up the great work!

FUNDRAISERS / PICNICS

Our annual fundraising activities for the American Cancer Society are fast approaching. This year, for the first time, we're taking the fundraising picnics on the road to each branch location. Sales and Services Teams will have the chance to "dunk" the boss, throw a pie in a manager's face, and enjoy yard games, food, and fun! In Kalamazoo, we'll host a party for the entire Team on the front lawn. Stay tuned for information on how you can get involved! *Check out page 7 for a sneak peek at our special edition donation truck banks!*



We're gearing up for our 9th Annual Ted Vander Meer Memorial Golf Classic this August. We're promoting this event with our vendors and local community supporters to raise vital funds. Cancer has touched all of us—our families, friends, and communities. Together, we are making a difference in the fight for a cure.

BEAT THE HEAT

Summer has arrived with high temperatures this June. Remember to eat healthily and drink plenty of water. Excessive sweating on hot days can lead to dehydration, so listen to your body and take breaks as needed to avoid heat-related illnesses. Don't hesitate to ask for help if you need it!

Thank you all for making CLS such a special place. You are the heartbeat!

Sarah, Kurt, Ron



July Highlights

Independence Day

July 4, 2024

The country unites to throw a massive birthday bash for America on Independence Day! It's all about celebrating the Declaration of Independence from 1776. Let the fireworks and BBQs begin!

CLS will be Closed



Branch Fundraiser Picnic Days!

Our annual fundraising activities for the American Cancer Society are fast approaching! This year, we're bringing the fun to each branch location with picnics and festivities!

Stay tuned for details and how you can help raise life-saving funds!



Tuesday, July 9	Alpena
Wednesday, July 10	Saginaw
Thursday, July 11	Livonia
Friday, July 12	Kalamazoo Svc.
Thursday, July 18	Cadillac
Thursday, August 1	Grand Rapids

SAVE THE DATE

Thursday, August 8

Kalamazoo Production and Office Teams Picnic!



Summer Olympics

July 26, 2024

The opening ceremony for the Summer 2024 Olympics in Paris will take place on Friday, July 26, 2024. The ceremony will be unique as it will be held along the Seine River, featuring a procession of athletes on boats, passing by famous Parisian landmarks.

SPIRIT DAYS

July 5th

Wear Stars or Stripes!



July 26th

Wear your favorite Olympic Team Colors!



July Birthdays

Faviola Huesca Espindola	07/01
Leah Wrubel	07/03
Idris Gonzalez Roblero	07/04
Micheal Milliman	07/09
Steve McCann	07/09
Arely Hernandez Serrano	07/10
Adrian Lucero Gonzalez	07/11
Scott Dyorich	07/11
Camilo Hernandez	07/13
Joe Brenner	07/14
Andrew Myszak	07/16
Brandon Balbo	07/18
James Matthyse	07/19
Katherin Varela	07/19
Selena Acosta Olazaran	07/23
Mckenna Caldwell	07/24
Zachary Elliot	07/24
Josue Zepeda	07/25
Catalina Garcia Basilio	07/27
Adilene Antonio Hernandez	07/29

July Anniversaries

Jon Crane	25 years
Manuel Belmont	17 years
Marcia Aguirre	16 years
Antonio Toledo Licona	16 years
Pamela Yarber	15 years
Erick Hutson	14 years
Kevin Robinson	14 years
Gregory Robertson	9 years
Cristina Elias Ramirez	6 years
Esequiel Esparza	6 years
Peter Sanchez-Ortiz	5 years
Stephen Saxe	3 years
Gilman Cardona	3 years
Ryan Toohey	3 years
Tyler Pelleran	3 years
Brian Garrett	3 years
Brian Hirdning	2 years
Jonathan Athens	1 year
Salustia Santos	1 year
Griselda Garcia Alonzo	1 year
Kent Linseman	1 year
William Laparr	1 year

Hot Off The Press

MURAL REVEALED!



A special thanks to Joe Brenner and Jon Athens for the installation!

The Mural, a collaboration between CLS and Western Michigan University (WMU), saw students pour their creativity and passion into crafting a masterpiece that celebrates the rich history and spirit of our beloved company and the community we live and work in!

The unveiling was a great celebration, providing the first viewing for everyone, a chance to meet the talented student artists, and an opportunity to celebrate our amazing Team Members who made 125 years possible.

The Mural will be on display throughout summer, and then move into our event space at Covington Road to be enjoyed for years to come.

CELEBRATING A MILESTONE: CLS RECEIVES CONGRESSIONAL RECORD

We are thrilled to announce that CLS has been honored with a Congressional Record from the U.S. Congress in recognition of our 125th anniversary!

Receiving a Congressional Record is a significant honor, as it marks our company's contributions to the industry and the positive impact we've had on our community.

A continuing testament to the hard work and dedication of our incredible Team Members.

Read more by using the QR Code or visit www.CLSimage.com/latest-news/



Congressional Record

PROCEEDINGS AND DEBATES OF THE 118th CONGRESS, SECOND SESSION

House of Representatives

COMMEMORATING THE 125TH ANNIVERSARY OF CONTINENTAL LINEN SERVICE

HON. BILL HUIZENGA
of Michigan

Safety

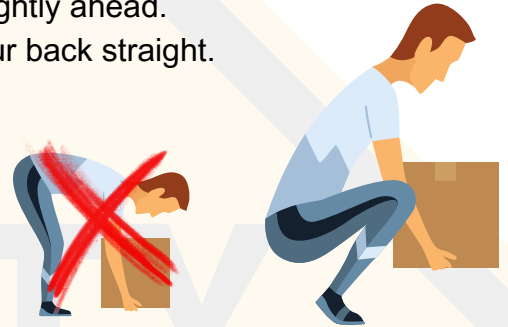
Material Handling Safety: Proper Lifting and Pushing Techniques

In our industry, ensuring Team Member safety during material handling is crucial. Proper lifting and pushing techniques can prevent injuries, promote productivity, and maintain a safe workplace.

Proper Lifting Techniques

Assess the Load: Evaluate the weight and size. Seek assistance or use mechanical aids if needed.

- Plan the Lift: Clear your path and know your destination.
- Stable Stance: Stand with feet shoulder-width apart, one foot slightly ahead.
- Bend Knees, Not Waist: Squat with knees and hips, keeping your back straight.
- Secure Grip: Use both hands, ensuring hands and load are dry.
- Lift with Legs: Use leg muscles to lift, keeping the load close.
- Move Smoothly: Avoid jerky movements.
- Set Down Safely: Bend knees and hips, lower with legs.



Proper Pushing Techniques

Assess the Load: Evaluate if you need help or equipment.

- Use Whole Body: Engage legs and torso, not just arms.
- Neutral Spine: Keep your back straight.
- Firm Grip: Ensure secure, dry grip.
- Push, Don't Pull: Use body weight and leg strength.
- Short Steps: Maintain balance and control.
- Avoid Twisting: Align your body with the push direction.
- Keep Load Low: Push at waist level or lower.

Additional Tips

Use Mechanical Aids: Utilize carts and dollies.

- Work in Teams: Partner up for heavy or awkward loads.
- Stay Fit: Regular exercise enhances handling abilities.
- Training: Attend safety sessions for updated techniques.



Following these techniques can reduce injury risks and ensure a safe, efficient work environment.

Safety is everyone's responsibility - let's work together to keep it a top priority.



Sun Smart. It's your skin. Wear it well!

PROTECT YOUR FAMILY FROM THE SUN

Skin cancer is the most common of all cancers. The sun can damage your skin year-round, so it's important to protect yourself and your loved ones from its harmful effects.

SEEK SHADE

Avoid the sun when ultraviolet (UV) rays are strongest, generally between 10 a.m. and 4 p.m.

PROTECT YOUR SKIN WITH CLOTHING

When you are out in the sun, wear clothing to cover your skin. Choose clothes made of tightly woven fabrics you can't see through when held up to a light. Look for clothing made to protect against UV rays.

USE SUNSCREEN

Use a broad-spectrum sunscreen with a sun protection factor (SPF) of at least 30. Be sure to apply to all exposed skin. Apply sunscreen 20 to 30 minutes before going outdoors, and be sure to put on more at least every 2 hours, especially after swimming, sweating, or toweling off.

WEAR A HAT

Cover your head with a wide-brimmed hat that shades your face, neck, and ears. If you wear a baseball cap, remember to put sunscreen on your face, ears, and neck.

WEAR SUNGLASSES THAT BLOCK UV RAYS

UV rays can also damage your eyes. Wrap-around sunglasses with 99%-100% UV absorption provide the best protection for the eyes and the skin around them.

Strawberry Heaven Cake!

- 1 10oz Angel Food Cake
- 1 Vanilla Pudding Mix (Make the Pudding)
- 1 cup Whipped Cream
- 1 Cup Crushed Strawberries or Pie Filling

Cut angel food cake into cubes, set aside. Make Vanilla Pudding. Take 9×13in baking dish, arrange ½ of the cake cubes in a layer. Dollop about ⅔ of the strawberry pie filling over the top of cake cubes. Carefully spread pudding over the filling in an even layer. Place remaining cake cubes evenly on top of the pudding layer. Dollop the remaining pie filling over the cake cubes. Carefully spread whipped topping in an even layer. Chill for 3-4 hours before serving. Garnish with strawberries.



MAKE IT LIGHT BY USING SUGAR FREE PUDDING AND WHIPPED TOPPING



Keep Food Safe - Keep You Safe

The Danger Zone is the temperature range where bacteria multiply rapidly between 40 and 140F. To avoid the Danger Zone, cold foods must be kept at 40F or below by placing them in the refrigerator, insulated coolers with cold sources, or nestled over ice.

If the Danger Zone can't be avoided, follow the 2-hour rule or 1-hour rule if outside temps soar above 90 F. After these timeframes, perishable foods are no longer safe and should be discarded.

In the News

STEERING HOPE: CLS DONATES VEHICLES TO SUPPORT VETERANS

Recently, CLS donated four (4) of our older fleet vehicles to **Vehicles For Veterans**, a program that supports numerous Veteran charities across the United States. Providing essential support to organizations such as the Oscar Mike Foundation, USO, Homes For Our Troops, Operation Homefront, K9s For Warriors, Gary Sinise Foundation, and many more.

We are proud to support these organizations and the invaluable work they do for our veterans. This donation aligns with our core values and we hope it will positively impact the lives of many who have served our country.

Thank you to Danny Deal and all our team members who made this donation possible. Together, we continue to strengthen our commitment to serving our community and supporting those in need.



FUEL THE FIGHT!

At CLS, our annual TVM fundraiser for cancer is more than just an event—it's a cause that touches all our lives. Whether through personal experiences or supporting loved ones, we are all connected in the fight against cancer. In honor of Ted Vander Meer (CLS founder) and our 125th year, we are committed to making this the best year yet in raising awareness, and funds to support the lifesaving work of the American Cancer Society.

DRIVE FUNDRAISING!

Check out our new CLS Truck Banks!

Each team member receives one donation truck "bank" to fill with contributions. You can gather spare change or ask friends and family to support your efforts!

More details and trucks coming soon!

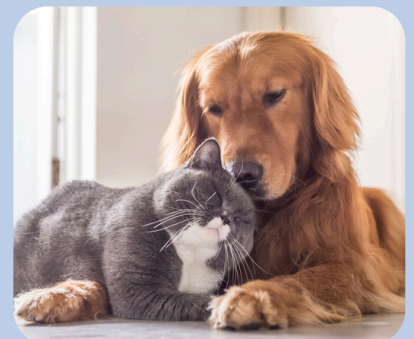
EVERY PENNY COUNTS!



You have until August 30th to raise LIFESAVING Funds!



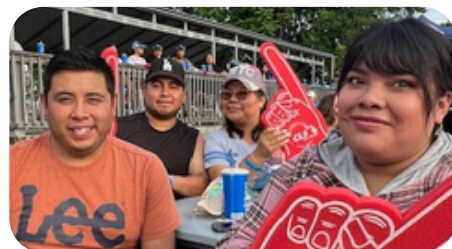
Keep Pets Safe During Fireworks



- Get your pets inside well before dark. Even outdoor cats/dogs should be brought inside.
- Make sure they are safe from loud noises and flashes of light while inside.
- If you know that your pets are startled by loud noises, have someone stay at home.
- Close up your house. Scared animals are great escape artists and will find a way out.
- To lessen the boom of fireworks, leave on the TV or radio.
- Make sure your animals are wearing ID tags and microchip info is up to date.



In the News



125 Years, Celebrated with Baseball & Friends!

In the News



More Growlers Fun!





Be Safe and Healthy

CLS
Continental Linen Services:
4200 Manchester Rd
Kalamazoo, MI 49001

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