

# MONTHLY NEWSLETTER

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#### Hello CLS Team Members.

December is always bittersweet, as it marks the end of another year. For many, it is a favorite time—schools close, families gather to enjoy good food, exchange gifts, and cherish each other's company. It's also a perfect time to count our blessings. Too often, we focus on the negatives in life instead of celebrating the positives. This season, we encourage you to take a moment to reflect and intentionally focus on the good in your life!



We sincerely appreciate your flexibility as we navigate the holidays and adjust work schedules. Our goal is always to set schedules that work best for both our Team Members and Customers. This year, with the holidays falling midweek, we know it presents unique challenges. Thank you in advance for your understanding and commitment!

At CLS, we recognize the importance of change to remain relevant. Staying ahead of the competition requires hours of planning and hard work. While this year has brought its challenges, we remain optimistic and proud of what we've accomplished together. Let's take a moment to reflect on some of this year's highlights:

- Introduced a new product line Ready 1st Aid
- · Celebrated 125 years in business
- Hosted our 9th annual American Cancer Society fundraiser
- Earned our Hygienically Clean Certification
- And many more!

These achievements wouldn't have been possible without the incredible efforts of our Team Members, the support of our Customers, and the strength of the Communities we serve. Our Core Values continue to guide our decisions and remind us of what matters most.



We're also excited to recognize the Service Team for completing the Proactive Service Showcase promotion with outstanding results! They added over \$4,100 per week in products and services to help meet customer needs. A special thanks to the Service Management Team for their leadership and encouragement—what a fantastic achievement! Well done, Team!

As a family-owned business, CLS remains firmly committed to the success and longevity of our company. With your dedication, CLS will continue to thrive for many years to come. After all, our Team Members are the heartbeat of the company!

Happy Holidays from our family to yours! We wish you and your loved ones health, happiness, and success in 2024. We are excited about our bright future together and thank you for choosing to be part of the CLS Family.

Sincerely,
Sarah, Kurt, Ron and the CLS Executive Team



## **December Highlights**

# KALAMAZOO HOLIDAY LUNCH December 20, 2024!

**Fun & Food:** Enjoy a delicious meal, great company, and lots of holiday cheer.

Ugly Sweater Contest: Wear your best ugly Christmas sweater—a prize awaits the most creative look!

Gift Exchange (Optional): Bring a wrapped gender-neutral gift (maximum value of \$15) for a hilarious and fun exchange.

Remember, keep your gift a surprise until the big reveal!

Let's make it a day filled with laughter, good food, and festive



# SPREADING JOY AND CONNECTION THIS HOLIDAY SEASON

The holidays are all about finding joy, whether it's with loved ones, new friends, or in simple moments of self-care.

Sharing experiences like a cookie exchange, craft night, or even a solo movie marathon can lift your spirits and remind you of the magic this season holds.

If you're on your own, look for ways to connect—join local events, volunteer to spread kindness, or take time to treat yourself. Studies show that spending time with others, or simply focusing on gratitude, can boost your mood and reduce stress.

Let's celebrate the season by finding joy in togetherness, no matter how it looks for you. After all, the best gift is feeling connected.

#### **MORE HOLIDAY IDEAS**

- Hot Cocoa Bar: Set up a DIY station with assorted toppings.
- A Light Stroll or Drive: Admire all the local light displays.
- Game Night: Invite neighbors or friends for a fun game night!
- Nursing Home Helper: Play games, do crafts, read a story or have a singalong!

#### **December Birthdays**

Leticia Garcia Santos	12/2
Brian Schneider	12/2
Jaqueline Antonio Hernandez	12/4
Stacy Ackley	12/5
Justin Piliste	12/6
Mike Tremore	12/6
Ryan Toohey	12/6
Cody Rickerson	12/6
Theo Phillips	12/8
Louis Husbenet	12/15
Nick Percival	12/15
Marco Wieser	12/15
Kyle Chesner	12/18
Jeff Bridenstine	12/22
Errick Hutson	12/26
Peter Sanchez-Ortiz	12/26
Robert Olsen	12/29
Yulissa Garcia	12/31
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#### **December Anniversaries**

James Mattysse	9 years
Maricela Cardona Estrada	3 years
John Bodnar	1 year
Kimberly Earnshaw	1 year
Mike Milliman	1 year

What do you call a snowman with a six-pack?

The Abdominal Snowman

WISHING YOU ALL THE BEST AS WE CLOSE 2024 AND STEP INTO 2025 WITH HOPE, GRATITUDE, AND DETERMINATION!

#### **WELCOME TO OUR NEWEST TEAM MEMBERS**

We're excited to welcome our newest team members to CLS! While we don't have headshots to share just yet, keep an eye on the screens for more about these awesome newcomers. Let's give them a warm CLS welcome and help them feel right at home!

Rachel Benavides: Talent Acquisition, Kalamazoo

Joseph Bolton: Relay Driver, Kalamazoo

Sadie Honholt: RSP, Grand Rapids

Will Johnson: DSM, Livonia

Tyrone Rowe: RSP, Grand Rapids

Sam Thibeault: Route Manager, Saginaw



#### DECK THE HALLS... THE LOCKERS AND DOORS!!

The season of joy and celebration is upon us, and we've got some festive fun lined up for everyone:

Decorate Your Locker, Door, Desk or Break Space!

Get creative and deck the halls by December 13.

The Most Spirited winner will be crowned, so bring on the holiday magic!

#### **HEY BRANCHES, THIS MEANS YOU TOO!**

No, bah humbugs here! It's your time to shine! Create the most dazzling holiday display, snap a photo, and send it to Kimberly by December 13. The winning branch will receive a special holiday gift basket filled with cheer!

Let's make this season merry and bright—together!



#### IT CAN BE EASY TO SPREAD SOME HOLIDAY CHEER!

- Help with holiday tasks, like wrapping presents or decorating.
- Volunteer your skills, such as fixing something, cooking, or babysitting, as a way to lighten someone's load.
- Write heartfelt, anonymous notes of appreciation and encouragement, leaving them where a friend, colleague or family member will find them.
- Create a "Holiday Happiness Basket" with small treats, puzzles, or crafts to brighten their season.
- Host a low-cost event decorate cookies or a movie night with popcorn and hot cocoa!



# Safety

### **General Winter Safety Tips**

Preparing for the Workday:

Allow extra time in the morning for safe travel to work. Check weather and road conditions, warm up your vehicle, and drive cautiously on potentially icy roads.

Winter conditions significantly increase the risk of accidents.

#### **Dressing Appropriately:**

Opt for waterproof jackets, pants, and gloves to stay dry and maintain body heat in cold environments.

- Wear insulated, waterproof footwear with good traction to help prevent slips and falls on ice and snow.
- Ensure boots fit well with thick socks; avoid overly tight footwear, as it can restrict blood flow and increase the risk of frostbite.

#### Slip, Trip, and Fall Prevention:

- Choose shoes or boots with non-slip soles or thermal rubber for better traction on snow and ice.
- Walk flat-footed whenever possible to maximize sole contact with the ground.
- Stay alert for black ice, particularly in shaded or low-traffic areas where it can be nearly invisible but very slippery.
- Avoid carrying heavy loads that could affect your balance.
- Stay focused on your footing—avoid distractions such as using your phone while walking in icy conditions.

#### **Entering and Exiting Vehicles:**

- Use caution when getting in and out of vehicles. Hold onto the vehicle for support until you have firm footing on the ground.
- Check for icy patches around your vehicle, particularly in parking lots or driveways.

#### **Vehicle Safety:**

- Battery: Cold weather reduces battery power. Make sure your battery is in good condition.
- Antifreeze Levels: Ensure the antifreeze mixture is appropriate to prevent coolant from freezing.
- Tires: Consider winter tires for improved traction. Check tire pressure regularly, as it tends to drop in colder temperatures.
- Windshield Wipers and Fluid: Use freeze-resistant wiper fluid and replace any old or worn wipers for clear visibility.

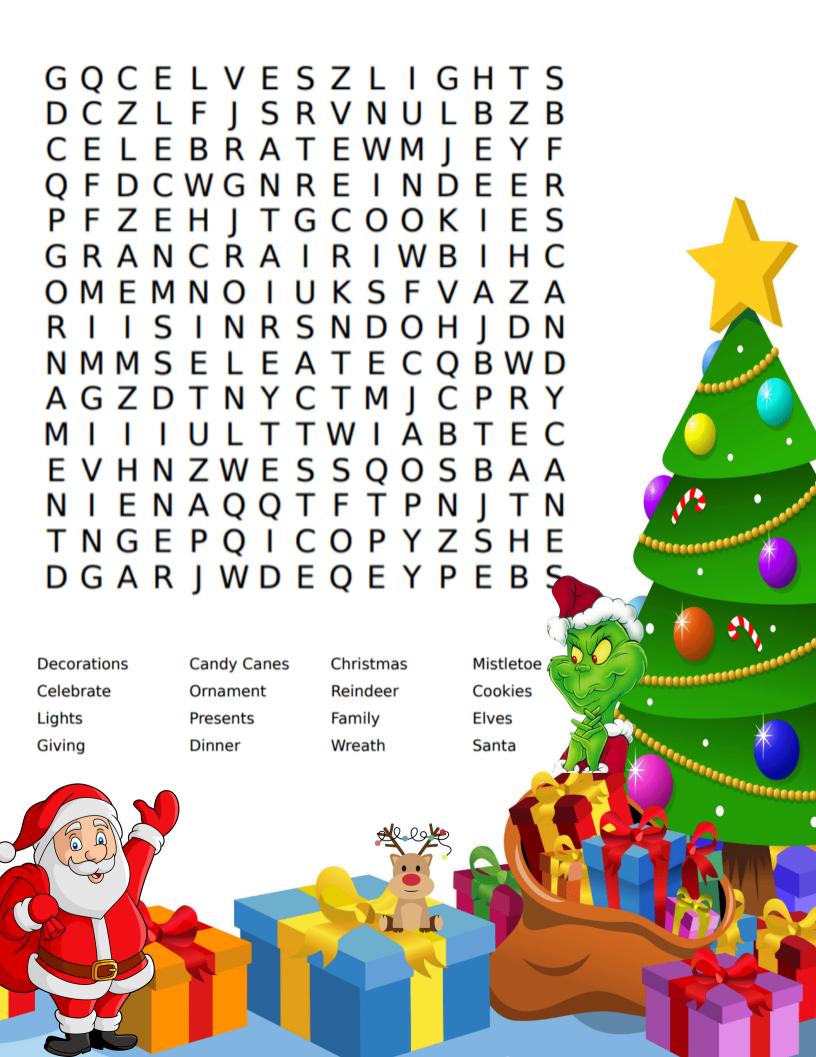
Stay safe and warm this wintery season.



### **A Thanksgiving Potluck Dream!**

A huge thank you to everyone who joined and contributed to our incredible potluck on Wednesday, November 27! The variety of dishes and favorite recipes from so many different homes and traditions was truly a feast for the eyes—and the tummy! We're so grateful to everyone who brought food and to all who enjoyed it with such gusto. What a wonderful way to come together and celebrate!





# **Family Fun Santa Stuff!**



Google Santa Tracker is live now with fun games and a countdown to track Santa on Christmas Eve.

### https://www.noradsanta.org/en/

The North American Aerospace Defense Command (NORAD) is a binational military command responsible for aerospace warning, aerospace control, and maritime warning. But, the real job... is tracking Santa as he makes his way around the globe on Christmas Eve.



M: 7AM-3:30PM W: 7AM-5:30PM TH: 7AM-1PM

The Kalamazoo based clinic is here for your wellness needs; routine check-ups, health advice, and more.

