



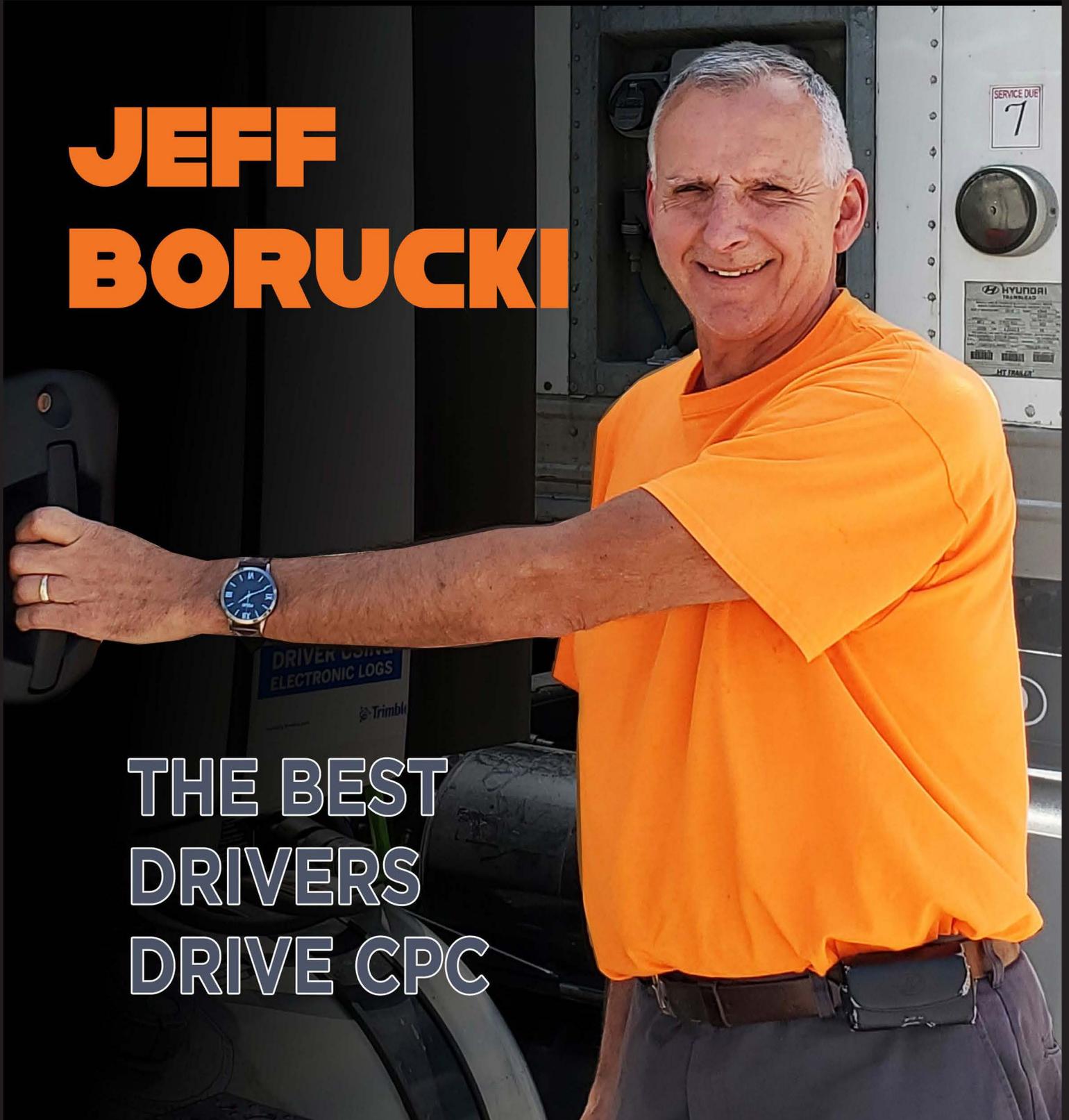
JUNE - 2020

# TATTOEM TALK

*A monthly news publication of CPC Logistics, Inc.*

# JEFF BORUCKI

THE BEST  
DRIVERS  
DRIVE CPC





## Meet Jeff Borucki

There are many drivers whose strong commitment to quality customer service might be overlooked with recognition for what they do. One such driver would be Jeff Borucki. In the trucking industry, there is no higher mission than striving for safety, and Jeff prides himself on doing the job the right way and being safe while doing it.

Jeff began his career with CPC Logistics just over 16 years ago running delivery routes for the Walgreens DC in Perrysburg, Ohio. Once, he even covered routes in Florida just after Hurricane Katrina hit. He performs safely and efficiently, never having had a lost-time injury. Currently he services the Walgreens stores in Ohio, Michigan, and Indiana. He has earned a reputation for giving his complete focus and expertise to every store delivery. Known as the early bird, Jeff prefers the



early morning routes. "Get in early and get the job done," is his motto. After an on-site delivery visit from CPC Safety Manager James Long, Jeff was nicknamed, "Mr. Smooth." "I have done many on-site safety visits," says James, "but I do not recall one that went as smooth as the one I observed with Jeff."

Jeff Greene, Walgreens Fleet Manager, states that Jeff is always on-time to his stores, has a great attitude and shows a high level of commitment to getting the job done. He is a great asset to the Perrysburg team.

In his spare time, Jeff enjoys playing golf, visiting a casino every now and then, and he is an avid Detroit Tiger fan.

**Jeff Borucki represents the best of the best in world of trucking safety.**

**He is another reason why we say...**

***The Best Drivers Drive CPC!***



## Shout Out to Jimmy Young

In a recent Facebook post, new driver Mark Oldaker gave a **Shout Out to seasoned driver, Jimmy Young**, thanking him for a great week of job training.

Mark said, "Jimmy is a top-notch guy. He has a great working relationship with the store personnel at all of his stops. I highly recommend having Jimmy train any future CPC Logistics drivers." Mark went on to thank his CPC supervisor, Ron Covert and also CPC Logistics for this job opportunity. Welcome to CPC, Mark! Also, thank you to Jimmy Young for making sure drivers are well-trained and ready to hit the road.





Congratulations to the new Mr. & Mrs. Gibbons on their recent wedding! Robert Gibbons is a CPC driver assigned to Walgreen Company in Linden, New Jersey, which supports the New York City metropolitan area. He and his wife, Erica were married on June 2nd in a backyard ceremony at her parent's home in Lyndhurst, New Jersey.



*Mr. & Mrs. Gibbons*



## MAY 2020 DRIVERS OF THE MONTH

### East Division

**Leslie P. Lasenby, Jr.**  
Bridgestone Americas Tire  
Operations | Jacksonville FL

**Greg M. Williams**  
Walgreens Company  
Nazareth PA

### Canada Division

**Bruce Wright**  
Bridgestone Canada  
Montreal QC

### West Division

**Stephen O. Dixon**  
NAPCO  
Wichita Falls TX

**Jose Olivero Martine**  
Walgreens Company  
Moreno Valley CA

*Welcome Baby*

*Ka'lahnii Dior Singleton*

**It's a  
Girl**



### **Darnell Singleton**

recently welcomed a new daughter into the world. Ka'lahnii Dior Singleton was born June 17, 2020 at 11:00 a.m. The proud

father is a CPC driver assigned to Walgreen Company in Jupiter, Florida.





**Steve Watson** has been selected as May 2020 Driver of the Month for QDS/Boston MA.



Steve has been an outstanding driver for QDS since December 2018, working several customer locations. He and his wife of 30 years have 2 daughters and a 4 year old grandson, whom Steve loves spending time with.

## ST PETER'S HAVEN FOOD DRIVE

### Benjamin Moore & Company and CPC Logistics, Inc.



joined together to raise over 2000 pounds of food for the St. Peter's Haven Community Food Pantry in Clifton, New Jersey. The drive was organized by the Families of Veterans from V.F.W. Post 7165, whose goal was to replenish the food pantry which had been overwhelmed

as a result of Covid-19. A special thanks to CPC driver Connie Raible and retired CPC driver Ken Wasiewicz for leading the drive, and to all of the Families of Veterans who participated in this community event.



## Safety Manager Tip of the Month

**John Schlichter**, Sr. Safety Manager

### SUMMER DRIVING TIPS



Summer is upon us and with it comes different challenges on the roads that affect us this time of the year. If you are a truck driver, the summer season brings a different set of issues to be aware of and different safety measures to take. Here are a few tips to follow that will help ensure your safety and the safety of the motoring public as you travel the roadways:

#### Protect Your Eyes & Skin from the Sun

Sun glare can be a persistent problem. A good pair of polarized sunglasses will protect your eyes from damage & cut down on glare. Sunlight reflecting off the road can be especially dangerous at certain times of the day. Just because you are in a truck does not mean you are protected from the sun. Sunscreen, hats, sunglasses and long sleeves can all help to protect your skin.



#### TRAFFIC ADVISORY



#### Prepare for Congestion & Traffic Hazards

During summer months, many families choose to take road trips for vacation. This may be even more true this year because of the current health safety issue. Heavy traffic volume presents more dangers for truck drivers, so stay extra alert and aware of other vehicles on the road. Be prepared for distracted drivers. Summer weather is a favored time for road construction. Depending on the complexity of a project, detours on unfamiliar roads may be necessary. Stay alert as you drive thru construction zones. Maintain speed limits, follow all signs and watch for road workers.

#### Check the Weather

While winter brings icy roads and snow storms, summer weather can be very unpredictable. Tornadoes, thunderstorms and flash floods can occur without much warning. Always check the forecast for your route and heed all warnings. Never underestimate the possible severity of summer weather.



#### Maintain Your Truck

In the extreme heat of the summer, many of your truck's components can suffer mechanical issues. Heat can cause tire blowouts, so be sure your tires are properly inflated. Heat can also affect your truck's brakes. Have them checked frequently and be sure to get any small problems fixed before they become bigger ones. Remember your engine can also overheat. Consider slowing down when climbing hills. Proper inspections will go a long way to insure vehicle maintenance.

#### Stay Hydrated

With particularly hot days, your air conditioner isn't enough to stop dehydration. When driving long distances, you may tend to avoid drinking liquids, so you don't have to stop as frequently. Avoid this habit... Keep plenty of water with you and get in the habit of drinking even when you don't feel thirsty. The feeling of thirst comes long after other symptoms of dehydration start to set in. Headaches, muscle cramps, or dizziness are all signs & symptoms of heat stroke. Recognizing these signs will help you decide when you need water and when you need to pull over to rest and get some fluids.



*Remember, summer driving is not without its challenges. Adopting a few summer driving tips for truck drivers can help you avoid issues with your personal health and your vehicle's well-being.*

**STAY SAFE & ENJOY THE SUMMER!**

SAFETY IS A **GPC FACT**





## Sleep Make it a health priority

A good night's sleep is an essential part of a healthy lifestyle. In fact, sleep is necessary for survival. Just as you need food and water, you also need sleep. Your ability to sleep well has a direct impact on your quality of life because it affects your outlook and mood, sense of well-being, energy, productivity and relationships with others. Sleep allows the body to rest and restore its energy levels and ensures that the nervous system functions properly. Even though it may seem as if nothing is happening during sleep, important activity for your health is going on.

Sleep problems are common and can have a serious effect on your health. However, most sleep disorders can be effectively treated. Improving your sleep habits and talking with your doctor about persistent sleep problems can help you get the good night's sleep your body needs. Sleep is essential for good health, mental and emotional functioning, and safety – so make sleep a health priority.

### Improving the quantity and quality of sleep

Several lifestyle and behavior changes can improve both the quantity and quality of your sleep:

- 1. Set and maintain a regular schedule** by going to bed at the same time each night and awakening at the same time each morning, including weekends and holidays.
- 2. Don't smoke cigarettes or use tobacco products.** Nicotine is a stimulant and smoking is dangerous to good health on every level. Smokers frequently awaken during the night because of nicotine withdrawal.
- 3. Avoid caffeine close to bedtime** (coffee, tea, soft drinks or chocolate) and limit eating two to three hours before bedtime.
- 4. Use alcohol only in moderation**, if at all, and not close to bedtime. Alcohol may speed the onset of sleep, but it causes an increase in the number of awakenings during the night.
- 5. Enjoy regular exercise** each day with at least 30 minutes of physical activity. Stop any strenuous workouts three to four hours before sleep.
- 6. Create a bedtime routine** that's relaxing. Stress can be the number one block to good sleep. Take a warm bath, listen to music, read or do other activities that help you transition to sleep.
- 7. Make your bedroom a relaxing place** for settling down before bed. Select a comfortable, supportive mattress and pillow. Keep the room dark, quiet, comfortable and cool.
- 8. Don't lie awake in bed** if you're unable to fall asleep. The anxiety and frustration of being unable to sleep can make things worse. Instead, get up and do something else until you feel tired enough to return to bed.

### 5 Common reasons you may not be sleeping well

- 1. Acid reflux** – Acid reflux can lead to heartburn, causing you to have restless sleep and wake up frequently during the night.
- 2. Medications** – Some medications may keep you up at night or have you getting up frequently to use the bathroom.
- 3. Mental health** – You may have depression or anxiety that is interfering with your sleep.
- 4. Sleep apnea** – Some people with COPD have sleep apnea, which is related to loud snoring, waking up frequently during the night and being very sleepy during the day.
- 5. Sleep-related breathing changes** – Breathing changes that occur during sleep can cause problems for people that have COPD



**The right amount of sleep** - The actual total amount of sleep each individual needs depends on many factors, including age. Sleep requirements change over the span of our life cycle.

**The National Sleep Foundation suggests the following guidelines:**

Infants (3-11 months)	14 - 15 hours
Toddlers (12 - 35 months)	12 - 14 hours
Preschoolers (3 - 5 years)	11 - 13 hours
Elementary school children (5-12 yrs.)	10 - 11 hours
Teenagers (13 - 19 years)	9 hours plus
Adults	8 - 8.5 hours

**Sleep Apnea** The statistics surrounding accidents and the potential for accidents relating to sleep apnea are compelling and disturbing. Sleep apnea is a major sleep disrupter and a potentially serious, chronic sleep disorder in which breathing persistently stops and starts. Sleep apnea is also a progressive condition which means it can worsen over time. Breathing pauses can last from a few seconds to minutes. They may occur 30 times or more per hour. When your breathing pauses or becomes shallow, you will often move out of deep sleep and into light sleep. As a result, the quality of sleep is poor, which makes you tired during waking hours. Sleep apnea is a leading cause of daytime sleepiness. Most people who have sleep apnea don't know or think they have it because it only occurs during sleep. A family member or bed partner is often the first to notice signs of sleep apnea.

#### Untreated sleep apnea can:

- Increase the risk of high blood pressure, heart attack, stroke, obesity, and diabetes
- Increase the risk of, or worsen, heart failure
- Make arrhythmias or irregular heartbeats, more likely
- Increase the chance of having work-related or driving accidents

Sleep apnea is not a problem to be taken lightly. The risks of mortality faced by those with untreated sleep apnea are simply not worth it when there are treatments available. Contact your Nurse Advocate Mandy at 888-417-1219 or [cpcnurseadvocate@lockton.com](mailto:cpcnurseadvocate@lockton.com) for more information about CPC's Sleep Apnea Assistance Program or to discuss other health issues that may be of concern.





### Foodborne Illnesses are no Picnic

At a summertime picnic, no one wants to save a seat at the table for foodborne bacteria. These nasty germs multiply rapidly in hot weather and can spoil your party in more ways than one.

Foodborne diseases can bring nausea, vomiting, diarrhea, and stomach cramps, and can be life-threatening.

### To keep your picnic healthy as well as delicious, take time to follow some food safety steps:



**Keep your cool.** Cold food should be stored at 40 degrees F. Place it in a cooler with ice or ice packs.

**Use the deep-freeze.** If you're taking meat, poultry, or seafood along, pack it in your cooler while it's still frozen.



**Keep a lid on it.** To keep contents cold longer, open the cooler infrequently.

**Separate the drinks.** People are likely to open and reopen a cooler often as they look for a beverage. Pack perishable foods in a separate cooler so they don't get exposed to the warm air as often.



**Be careful with meat.** Raw meat, poultry and seafood should be securely wrapped. Don't let their juices contaminate fruits and vegetable that are eaten raw.



**Wash it off.** All fresh fruits and vegetable should be rinsed before they are packed. Dry them with a clean towel or paper cloth.



**Wash it off, part II.** Plates or utensils that have held raw meat, poultry, or seafood should not be reused unless they have been washed in hot, soapy water. Remember this rule when grilling. Don't put cook food on an unwashed plate.



**Keep it hot.** Hot food should be kept above 140 degrees F. Don't let it sit out for more than two hours, or one hour if the temperature is above 90 degrees.

## In Remembrance



**Jason Ryan Guildford**  
Jan 5 1985 – May 29 2020

Jason started with ITP in 2015 as a casual driver. In 2017, he came onboard full-time shunting at Canadian Tire. Jason was a respected team member and was well liked by all he interacted with. He was dedicated to his position and would even visit the other drivers on his days off, just in case extra help was needed. Jason was a humble young man, who always had a smile and a positive outlook. He will be sorely missed by all who knew him.

*Our deepest sympathies are extended to his loved ones.*

