

September 2019



# TANDEM TALK

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



**WENDY JOHNSON**

**THE BEST DRIVERS DRIVE CPC**



## MEET WENDY JOHNSON

From the Walgreen Company domicile in Tonopah, Arizona, we would like to introduce you to CPC driver Wendy Johnson.

Wendy began her career with CPC Logistics in December of 2000. Since that time she has been a pivotal member of the Arizona team. Her professional attitude and exceptional work habits have set the bar high for other drivers joining this location. Not only is she an outstanding driver, but she has also assisted with training new hires, making store deliveries, fueling trucks and helping with routing issues.



Wendy's hard work has not gone unnoticed by CPC or Walgreens as she has received many awards over the years. Twice she received the Driver of the Month Awards; October 2005 and January 2015. In 2014 the Walgreens Moreno Valley Distribution Center acknowledged her for her outstanding Driving Performance Leadership. In February 2015 Wendy achieved the prestigious Million Mile Award status, and that same year she was named Driver of the Year for CPC Logistics.



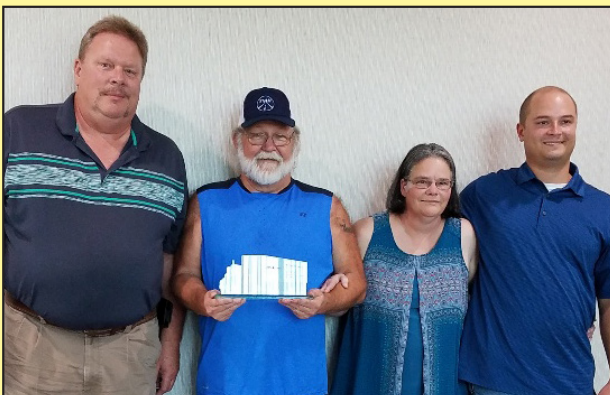
Having a stellar safety records that remains accident-free to this day, Wendy has certainly proven to be an exceptional driver with excellent store customer service skills. We appreciate all that she has done to provide quality service to both CPC Logistics and Walgreens.

Wendy Johnson is another fine example of why we say.....

**The Best Drivers Drive CPC!**

### CPC would like to wish a very Happy Retirement to Paul Oliver!

Paul has been assigned to TMH Transport in Pryor, Oklahoma since 2014. Pictured are John Fitzgerald, CPC Regional Manager, Paul Oliver, Tina Oliver and Nathan Simmons, TMH Fleet Supervisor.



### Congratulations to the following employees on being selected CPC Drivers of the Month for August 2019:

#### East Division

Jeremy J. Brown – Walgreen Company/Windsor WI  
Roberto C. Pereira – Benjamin Moore & Company/Clifton NJ

#### West Division

Jeffrey P. Moniz – Walgreen Company/Springfield OR  
Michael J. Shea – John Deere Shared Services/Davenport IA

#### Canada Division

Kenneth J. Laturnas  
John Deere Canada/Regina SK





RECENT SAFETY MEETING

BRIDGESTONE AMERICAS TIRE OPERATIONS – CLEVELAND, OH – SEPTEMBER 26, 2019



William Schneider & Jason Shepherd

ICU MEDICAL, INC. – RALEIGH, NC – SEPTEMBER 16, 2019



L-R: Tyrone Whitley & Clyde 'Mac' McRae

WALGREEN COMPANY – CORPUS CHRISTI & HARLINGEN, TX – SEPTEMBER 23, 2019



L-R: Glen Woods, Walgreens Logistics Manager, Marco Velazquez, Robert Trevino, Daniel Wahl, Aaron Mills, Joshua Cortinas, Tino Pantoja & Brian Coppinger, Walgreens Area Logistics Manager.

WALGREEN COMPANY – ANDERSON, SC – AUGUST 26, 2019



WALGREEN COMPANY – MT VERNON, IL – SEPTEMBER 15, 2019



NATIONAL TRUCK DRIVER APPRECIATION WEEK

A huge THANK YOU goes out to all CPC Logistics, Inc. drivers across the country for your hard work and commitment to safety. We appreciate your dedication and professionalism as you get the job done for our customers each day.



JOHN DEERE SHARED SERVICES - JOLIET, IL



BENJAMIN MOORE & COMPANY CAROL STREAM, IL



WALGREEN COMPANY BRADENTON, FL

ONE MILLION MILE AWARD



Congratulations to Howard Walker on earning the One Million Mile Award! Howard is assigned to the Walgreen Company domicile in Anderson, South Carolina. Presenting this award to Mr. Walker were James Eunice, Walgreens Transportation Manager and Dan Buckley, CPC Operations Manager.



James Long  
Safety Manager

## THE ROADSIDE BREAKDOWN

Breakdowns are usually unpredictable and always guaranteed to be annoying; however, they are a fact of life for a truck driver. There are several things to keep in mind to handle an equipment failure 'like a pro' and keep you, your equipment and the motoring public safe.

### REDUCE YOUR ODDS OF A BREAKDOWN

Pre-checks, post-trip checks and enroute checks are your best defense against a breakdown. Time spent here will pay off. If you start your day during darkness, try to do this in a well-lit parking lot, but still use a flashlight. The key is to slow your pace and take the time to shine the light on everything you inspect.

### BEGIN PLANNING AT YOUR FIRST INDICATION

Trucks rarely just quit and if you drive a dedicated route you can plan on a good place to stop and reduce the danger. Rest areas, exit ramps, ideally truck stops are all good choices. The roadside shoulder is the least ideal, but may be your only option. .

### IF BROKEN DOWN, REMAIN CALM AND STAY ALERT

No one makes their best decisions when they are aggravated or panicked.

- ◆ Keep your wits about you.
- ◆ Breakdowns can happen in anywhere.
- Your first action is to ensure your safety and the safety of passing motorists.
- ◆ **HANG UP THE PHONE.** It's tempting to multi task in order to get back on the road quickly, but keep your full attention on staying safe.
- ◆ Pull the vehicle as far out of the flow of traffic as possible.
- ◆ Put on a reflective vest, day or night. Motorists are familiar with construction workers wearing vests and will be alerted that something is wrong.
- ◆ Before you get out of the vehicle, assemble your triangles if you think you will be stopped for more **than 15 minutes.**
- ◆ **Check your mirrors before exiting the vehicle and keep your eye on oncoming traffic.**
- ◆ When you get out of the vehicle, if you are parked along a roadway, hold the reflective triangles in front of you as you walk towards the flow of traffic. **ONLY** walk down the right side if there is clear and sure footing. The idea is to avoid turning your back on oncoming traffic.
- ◆ Place your triangles at the recommended distance based on the roadway starting at the rear of the vehicle in 50', 100' and 150' intervals.
- ◆ **Once your reflectors are set up, stay in the vehicle until help arrives.**

## 6 SIMPLE STEPS TO FOLLOW WHEN YOUR TRUCK MALFUNCTIONS

### FOCUS

1. **Wide spot, flashers.** Go for the widest pullover spot you can find. Turn on flashers, tap your brakes and remember to watch your mirrors to monitor the traffic behind you.
2. **Ease off the road.** If you're able, ease off the road rather than making a quick movement to the side.

### ANTICIPATE

3. **Protect yourself and others.** Flashers, vest and triangles.
4. **Get back in the truck.**

### CORRECT

5. **Assess and report the problem.** Give dispatch a breakdown with as much information as you can regarding location, time, type of equipment involved, (tire size and location).

### TALK

6. **Keep in contact with dispatch.** Keep them informed of what's going on throughout the repair process, times, repairs, etc. and when you are back on the road.

**No one wants to be broken down, but being prepared can save you time, trouble and injury or worse.**

SAFETY IS A **CPC** **FABT**



## SPECIAL RECOGNITION



**JEREMY BROWN** assigned to Walgreen Company in Windsor, Wisconsin was recently recognized by CPC Logistics Operations Manager, Dean Cretsinger for always going above and beyond in the area of customer service to our client, Walgreens. Dean states he has received 8 calls this year from store managers praising Jeremy for continually being on time and being very helpful in the unload process. Many said they actually get excited when they see Jeremy's route number on the store tracker because they know the unload process will be smooth.

From all of us at CPC, thank you, Jeremy, for representing us in such a friendly and professional manner. We appreciate it!

## DRIVER OF THE MONTH PRESENTATION



**Tiffany Lowe** received the Driver of the Month Award for June 2019. Tiffany is assigned to Bridgestone

Americas Tire Operations in Perrysburg, Ohio.



## HEALTH LITERACY

### WHY IS HEALTH LITERACY IMPORTANT?

Health literacy is the ability to receive, understand and communicate basic health information and services.

#### Your health literacy impacts your ability to navigate the health care system:



- Filling out complicated forms
- Sharing important health information with your doctor
- Finding the right providers and services
- Making decisions about your care
- Following instructions about your care

### How to improve your health literacy?

Patients who are willing to talk with their doctors tend to be happier with their care. So start by working with a doctor who is willing to listen.

*The next time you make a health care appointment, take the following steps:*



**STEP 1:** Before your appointment, make a list of your symptoms, current medications, past surgeries and illnesses, and any questions or concerns.



**STEP 2:** Don't be afraid to ask questions and repeat what you heard your doctor say. Let them know if you're worried about being able to follow their instructions.



**STEP 3:** Ask for more information about any tests or medical conditions your doctor diagnoses or prescribes.



**STEP 4:** If you're confused or have questions after your appointment, call. Ask your pharmacist if you have a question about medication.

### Having good health literacy can help you with:

- Calculating health care premiums, co-pays and deductibles
- Measuring medications
- Understanding MNI, cholesterol or blood sugar level readings
- Reading nutrition labels
- Creating a diet and exercise plan



#### **NEW! Accolade: Personalized Health and Benefits Support**

We're excited to share that we have partnered with Accolade to provide you and your family personalized support for your health and benefits needs.

Employees and their family members enrolled in the CPC medical plan can connect with an Accolade Health Assistant to help with health or benefits questions, big or small. Your Health Assistant takes the time to get to know you and understand your needs, while partnering with a team of doctors, nurses and benefits specialists to support you in making the best healthcare decisions possible.

#### **Accolade can help with:**

- Maximizing your benefits
- Understanding your healthcare options
- Resolving claims issues
- Finding an in-network provider
- Getting the right care
- And so much more!



#### **It's easy to connect with a Health Assistant — even on the go:**

- Visit [member.accolade.com](http://member.accolade.com)
- Text FRMB to 67793 to download the **Accolade mobile app\***
- Call **844-351-3536** (Monday through Friday, 8AM to 8PM CT)

\*Message and data charges may apply, visit [accolade.com](http://accolade.com) for privacy policy. Accolade does not practice medicine or provide patient care. It is an independent resource to support and assist you as you use the healthcare system and receive medical care from your own doctors, nurses and healthcare professionals. If you have a medical emergency, please contact 911 immediately.



## CPC LOGISTICS CANADA SAFETY MEETINGS

Bridgestone Canada - Montreal, QC -  
September 19, 2019



**1st Row L-R:** Mario Soucy, Jose Santos & Roger Pugh, Bridgestone Fleet Coordinator  
**2nd Row L-R:** Benoit Charbonneau, Claud Rivard, Bruce Wright, Marc-Andre Proulx & Isaac Olmstead

Bridgestone Canada – Mississauga, ON -  
September 20, 2019



**L-R:** Kapila Piyasena, Evangeline Millado, Conroy Drummond, Jack Currie, Cosmos Sarkodie, Artur Zacharewicz, Roger Pugh, Deby Melillo, Daryl Johnston, Joemel Hoyte, Mark Burrell & Sean Holden

### June Driver of the Month Award for Canada

*Congratulations!*

Paul Page was presented the June Driver of the Month Award for Canada. Paul has been assigned to Canadian Tire in Brampton, Ontario since July of 2017.



Pictured are Linda O'Grady and Paul.

### Congratulations to Deby Melillo

On 20 years of service with CPC Logistics Canada Ltd. Deby originally started with Huron Services Group and has become a critical resource for all of our employees and clients. Since joining our operations over 20 years ago, her contribution has been nothing less than remarkable. Deby's work ethic and personal standards have become part of the foundation for all of our operations. We are proud to celebrate the employment milestone with Deby.



## 1 Million Mile Award

CPC Canada is proud to announce Kapila Piyasena as the latest recipient of the 1 Million Mile Award. Kapila has been with CPC since September 2009 and is currently assigned to the Bridgestone Canada in Mississauga, Ontario.

Congratulations, Kapila, on this outstanding career achievement!



*It is with sadness that we announce the passing of James C. Roblee. James has been with In Transit for over four years assigned to Federated Logistics. Although a steady part time driver, James was always willing to pick up an extra shift if we were short a driver. He loved his weekly golf game with his buddies on Wednesdays. Jim was always pleasant to deal with and will be missed.*

### ROBLEE, JAMES (JIM) CAMERON



#### THE TRUCKER'S LAST RIDE

*He traveled the roads*

*In Years gone past*

*A Life he chose and*

*Hoped it would last.*

*Driving all night*

*From state to state*

*Trying to get home*

*And arriving so late.*

*He picked his truck now*

*His engine has stopped.*

*And those who love him*

*Their hearts have dropped.*

*He traveled the county*

*With a smile of great pride.*

*Now he drives the streets of Heaven*

*On the trucker's last ride.*

## SAFETY AWARDS

### ONE YEAR

Quintanilla, Jose  
Roragen, David  
Rosas, Matthew  
Tedrick, John

### TWO YEARS

Abbe Jr, Gary  
Allison Jr, Clifford  
Cohrs, David  
Coney, Tyrone  
Hussein, Mohamed  
Makros, Michael  
McDaniel, Billie  
Orona, Shannon  
Pantoja, Celestino  
Schneider, William  
Trevino, Robert

### THREE YEARS

Bowe, Thomas  
Cypert, Ronald  
Mills, Aaron  
Rood, Robert  
VanHorn, Dennis

### FOUR YEARS

Alexander, Lanard  
Coogler, Jodie  
Daniels, Trent  
Hillers, James  
Tison, Roger

### FIVE YEARS

Thompson, Stuart

### SIX YEARS

Bonner Jr, Thomas  
Fenlon, Donald  
Ledford, Orvel  
Skokanek, Miroslav

### SEVEN YEARS

Centeno, Caleb  
Szweda, Thomas  
Thomas, Leodis

### EIGHT YEARS

Cortinas, Joshua  
Grant, David  
Nieto, Rodrigo

### NINE YEARS

Porter, Kevin  
Taylor, Fowler

### TEN YEARS

Chavez-Perea, David  
Edelman, Kenneth  
Garcia, Jose

### ELEVEN YEARS

Hargis, Ivan  
Volante, James

### TWELVE YEARS

Bechstein, Scott  
Donelson, Victor  
Lowe, Tiffany

### FOURTEEN YEARS

Mooney, James  
Morris, Jeffery

### FIFTEEN YEARS

Gonier, Travis  
Helton, Richard

### SIXTEEN YEARS

Tamosaitis, Darius  
Wahl Sr., Daniel

### EIGHTEEN YEARS

Sudberry Jr, Thomas

### NINETEEN YEARS

Henningsen, David

### TWENTY YEARS

Bienemann, John  
Holland, John  
Wall, Richard