

August 2018



TANDEM TALK

A monthly news publication of CPC Logistics, Inc.

Allen Nelson

8
9
1
0
2

Inside.....

- PAIN MANAGEMENT
- DRIVER FATIGUE
- RECENT SAFETY MEETINGS

The Best Drivers Drive CPC



MEET ALLEN NELSON



There are many outstanding drivers that serve customers in such a consistent and efficient manner that they are sometimes overlooked when it comes to recognition. Allen Nelson is one of those drivers.

Allen began his career with CPC Logistics over 14 years ago running one of the delivery routes out of the Walgreens distribution center in Perrysburg, Ohio. He performed safely and efficiently in that role for more than 4 years, never having a preventable accident or lost-time injury. Currently he is the Day Shift Spotter at this Perrysburg DC.

As a yard spotter Allen works a very hectic pace keeping up with the demands of the warehouse, but he always makes time to be helpful to other drivers and to Walgreens personnel. When called upon he never hesitates to lend a hand by jumping in a road truck, locating a trailer or helping a driver with directions.



"He is a great asset to have around here," says Jeff Greene, Walgreens Fleet Manager for Perrysburg. "He always has a great attitude and does a great job communicating anything out of the ordinary that sometimes happens."

With the coming Perrysburg DC expansion, Allen will really be challenged to be safety minded. There will be additional equipment and trucks, numerous contractor vehicles, changes in the right-of-ways, lanes of travel and surfaces. We have no doubt that Allen will stay focused and get the job done safely each day.



In his free time Allen enjoys working out, is an avid golfer and he is fan of college football.

Allen Nelson is just another reason why we say..... The Best Drivers Drive CPC!

**CONGRATULATIONS TO THE JULY 2018
CPC DRIVERS OF THE MONTH**

EASTERN DIVISION

Ricky Owens

Walgreen Company
Anderson, SC

Roy Senechal

Walgreen Company
Nazareth, PA

WESTERN DIVISION

Antonio Munoz

Bridgestone Americas Tire Operations
Ontario, CA

MIDWEST DIVISION

Leon Brown, Jr

Walgreen Company
Jeffersonville, IN

CANADA DIVISION

Linda Nadeau

Divisional Driver
Montreal, QC

DRIVERS OF THE MONTH PRESENTATION

Keith Rogalski

assigned to Walgreen Company in Perrysburg, Ohio was recently presented the Driver of the Month Award for May 2018.



Presenting the award were Martin Nelson, CPC Operations Manager and Jeff Green, Walgreens Fleet Manager, Perrysburg.



RECENT CPC SAFETY MEETINGS

SUCCESS LOGISTICS – FORT SMITH, AR – AUGUST 16, 2018



L to R: Vince Elliott, Dale Lane and John Dustman

SUCCESS LOGISTICS – TULSA, OK - AUGUST 15, 2018



L to R: Keith Cypert and David Henningsen

NAPCO – JANESVILLE, WI - AUGUST 3, 2018



L to R: Trevor Wolter, Jeff Johnson, Patrick Quirk and Karl Wendtland

SUCCESS LOGISTICS – WICHITA, KS – AUGUST 14, 2018



L to R: Ivan Hargis, David Cohrs, Matt Rosas and Robert Claibourn

WALGREEN COMPANY – LOUISVILLE, KY - JULY 23, 2018



L to R: Jim Ponder, CPC Division Manager, Randy Taylor, Leon Brown, Delvin Fields, Peter Caputo, Shelley Crisel, Walgreens Sr. Business Process Manager, Paul Holsapple, Walgreens Business Process Manager, Victor McCoy, CPC Regional Manager and John Schlichter, CPC Regional Safety Manager

TOYOTA QUALITY PARTS EXPRESS - PHOENIX, AZ - AUGUST 16, 2018



L to R: Jermaine Woodfork, Rene Trachsel, Jesus Fierros, Mark Yahraus and Fabian Alvarez. Not Pictured: Ruben Velasco

MILLION MILE AWARD

Congratulations to Joe Janusz

on achieving the One Million Mile Award. Joe has been employed with CPC Logistics since April of 2001 and assigned to the John Deere Shared Services domicile in Davenport, Iowa.



CPC Logistics was honored to present to **Matt Dosland** the 2 Million Mile Award. Matt is assigned to the John Deere Shared Services domicile in Davenport, Iowa.

Congratulations on this outstanding achievement, Matt!

SMOOTHIE DAY AT CPC LOGISTICS



Smoothie Facts:

- ♥ Rich in Antioxidants
- ♥ Fights Free Radicals and Carcinogens
- ♥ Maintains Proper Hearing Function
- ♥ Improved Energy Levels
- ♥ Contains a healthy source of fiber, protein and omega-3 fats.
- ♥ Also contains Vitamins: A, C, E, K & B, Folic Acid, Iron, Potassium, Phosphorus, Zinc, Chromium and other essential vitamins and minerals.



Employees assigned to the Walgreens domicile in Linden, New Jersey were treated to a Smoothie Day by CPC Logistics Operations Manager, Allan Flores.

This month's smoothie, called The Forever Young Blend, consisted of almond milk, blueberries, bananas, carrots, mandarin oranges and ground flaxseeds.



Pain Management

Nearly any part of your body is vulnerable to pain. Acute pain warns us that something may be wrong. Chronic pain can rob us of our daily life, making it difficult or sometimes unbearable.

Chronic pain is complex but many people with chronic pain can be helped by understanding the causes, symptoms and treatments for pain, and how to cope with the frustrations. The aim of managing chronic pain is to have the good days outweigh the bad and improve overall quality of life for the sufferer.



RELAXATION

Chronic stress is known to contribute to chronic pain. Constant worry about work, finances, and relationships makes the nervous system keep the body on alert. This takes a big toll on your body. Levels of stress hormones increase, and muscles remain in a nearly constant state of tension. Studies on people with chronic back pain have shown that simply thinking or talking about a stressful event dramatically increase tension in the back muscles. Using relaxation techniques regularly really can lead to long-term changes in the body to counteract the harmful effects on stress. Choose whatever relaxes you: music, prayer, gardening, reading, walking, or talking with a friend on the phone. There are also techniques to help you relax. The soothing power of repetition is at the heart of some forms of meditation.



MEDICATION

Your doctor prescribes medicine, and you take it as directed. That's how it's supposed to go. If you take prescription drugs for another reason, such as to get high, that's abuse. Some medications used to treat pain can be addictive. Addiction is different from physical dependence or tolerance. With physical dependence, withdrawal symptoms occur when a substance is suddenly stopped. Tolerance occurs when the initial dose loses its effectiveness over time.

Addiction is a disease that changes the way you think and act. Over time, you need larger doses of the drug to get the same feeling. Soon, you take them just to feel normal. You can't control your urge for the drug, despite the damage that it causes to your life and relationships. In general, addiction occurs in only a small percentage of people when narcotics are used under proper medical supervision. A condition like anxiety, depression, or posttraumatic stress disorder raises your odds of addiction. That's because certain prescription medicines like opioid painkillers can ease that emotional distress.

These drugs attach to tiny parts of your nerves and block feelings of emotional pain. This can lessen your worry or sadness. Therefore, if you're prescribed a painkiller for a broken leg, you may be tempted to keep taking it even after it's healed. If you feel you may be depressed, discuss with your doctor as this is a condition that can be treated separately from pain management.

Always work closely with your doctor to manage your pain. Some people may be at higher risk of becoming addicted than others. People who have been addicted to substances in the past or those with a family member who is or has been addicted to drugs or alcohol may be at increased risk of becoming addicted to narcotics. Share with your doctor any personal and/or family history of substance abuse or addiction. Your doctor needs this information to prescribe the medicines that will work best for you. Fears about addiction should not prevent you from using narcotics to effectively relieve your pain.



EXERCISE

Boost chronic pain relief with the natural endorphins from exercise. Endorphins are brain chemicals that help improve your mood while also blocking pain signals. Exercise also strengthens muscles helping to prevent another injury and further pain. Your doctor can advise you on the best physical activities for you.

RELAXATION TECHNIQUES



Foursquare breathing. Breathe deeply, so that your abdomen expands and contracts like a balloon with each breath. Inhale to a count of four, hold for a count of four, exhale to a count of four, then hold to a count of four. Repeat for ten cycles.

Guided imagery. Breathe slowly and deeply. For example, imagine a tranquil scene in which you feel comfortable, safe, and relaxed. Include colors, sounds, smells, and your feelings. Do five to ten minutes each day.



Self-talk. Change how you think about your pain and yourself. For example, change "Pain prevents me from keeping house the way I used to – I'm a failure" to "No one will die if the house isn't perfect. I can get a lot done by breaking down tasks into baby steps."



Hypnosis. Hypnotherapists can induce hypnosis and implant suggestions, such as, "You're going to sleep soundly tonight." Audiotape the session so that you can repeat it at home.

Mindfulness meditation. Sit or lie quietly and notice your breathing without controlling it. If pain or thoughts interfere, simply notice them without trying to push them away. Think of them as a cloud passing.



TRACK AND SHARE YOUR PRESCRIPTION INFORMATION

If you take a prescription medication for a chronic medical condition, be sure to follow your doctor's instructions for dosage and frequency, and to stay on schedule for ordering refills.

It is also important to let your doctor know what other prescription medicines, over-the-counter medications, vitamins or supplements you use. This will help your doctor recommend a safe and effective treatment plan and lower your risk for a dangerous drug interaction.

The following tips can help you have an open and productive conversation with your doctor about any concerns related to your medication use:

- ❑ **Keep a record of all medicines** you are taking and share your list with your physician. Include all prescription and non-prescription medications, vitamins, herbal remedies and health supplements you use regularly. This will save you time during your visit, help ensure you don't forget anything, and allow your doctor to accurately update his or her records.
- ❑ **Make note** of any allergic reactions or interactions you might have had related to your use of medications or other treatments for your condition.
- ❑ **Mention if you have experienced side effects** associated with your medications. Your doctor might be able to prescribe an alternate medication or change the dosage or frequency of your current medicine.
- ❑ **Let your doctor know** of any factors that could affect your use of medication. This could include difficulty swallowing, reading pill bottle labels or remembering to take your medicine.
- ❑ **Tell your doctor if you are pregnant**, might become pregnant or are currently breast-feeding.
- ❑ **Disclose whether paying** for a prescription medication might be a problem. Your doctor might suggest a generic alternative or other options to reduce the cost.

DID YOU KNOW...?

- From 1999 to 2016, more than 630,000 people have died from a drug overdose.
- Around 66% of the more than 63,600 drug overdose deaths in 2016 involved an opioid.
- In 2016, the number of overdose deaths involving opioids (including prescription opioids and illegal opioids like heroin and illicitly manufactured fentanyl) was 5 times higher than in 1999.
- On average, 115 Americans die every day from an opioid overdose.

Recipe: Bruschetta Salad



INGREDIENTS:

- 3 cups chopped **roma tomatoes**
- ½ cup chopped **red onion**
- ¼ cup fresh **chopped basil**
- ½ teaspoon **salt**
- ¼ teaspoon **black pepper**
- 2 tablespoon **balsamic or red wine vinegar**
- 1 tablespoon **oil**
- 2 cups **croutons**

DIRECTIONS:

1. Combine the tomatoes, onion, basil, salt, black pepper, vinegar and oil in a bowl.
2. Stir croutons in the salad and serve.
3. Refrigerate leftovers within 2 hours.



New Map Shows Available CPC Positions

*Are you looking for a new job? Are you looking to relocate?
Do you have a friend in need of a job?*

CPC now has an easy map to use to see current employment opportunities.

Try our new Mobile-Friendly Job Locator at: <https://callcpc.com/jobs-map>

Simply zoom on the area of interest & click the icons to review available positions.



APPLY ONLINE TODAY!

SAFETY AWARDS

1 YEAR

Amato Jr, Carl
Bigham, Kimberly
Davis, Richard
Simons Jr, Gary

2 YEARS

Thompson, Maurice

3 YEARS

Case, James
Johnson, Christopher

4 YEARS

Parks, Barbara
Sneed, Jr., William

5 YEARS

Marsh, Gerard

6 YEARS

Cooper, Steven
Harrison, Michael
Munoz, Jaime

7 YEARS

Deweerd, David

8 YEARS

McCuiston, Richard

9 YEARS

Holubar, Kenneth
Norwood, Michael

10 YEARS

Bronson, Robert
Harvey, Robert
Macy, Neil
Rodriguez, Jesus

11 YEARS

Barron, Richard
Moore, William

12 YEARS

Thiefoldt, Michael

15 YEARS

Zanella, Joel

SAFETY MANAGER'S TIP OF THE MONTH

JAMES LONG

DRIVER FATIGUE

Fatigue is a constant battle for local and regional drivers.



Drivers may have 10 or more of hours off-duty time, but many factors can present obstacles in getting much needed rest. Some of the leading contributing factors of accumulating sleep debt this time of the year are: longer days, warmer temperatures, family outings, summer hobbies.



Ensure you are aware of some of the fatigue symptoms:

- ❖ Decreased alertness ❖ Decreased attention ❖ Reduced performance
- ❖ Reduced motivation ❖ Irritability ❖ Impaired reaction time ❖ Wondering thoughts

If you find yourself falling victim to fatigue while behind the wheel, try pulling over and performing an in-route inspection or, if possible, take a 10-20 minute nap to recharge.

F	Focus on getting the amount of rest needed.
A	Anticipate and recognize when fatigue is setting in.
C	Correct don't ignore the symptoms for sleep fatigue.
T	Talk with your employer and family regarding correcting any fatigue related issue.

SAFETY IS A **CPC** **FACT**



Check out the Company Store on the CPC website for good quality CPC logo apparel...
www.callcpc.com