



DECEMBER 2020

# TANDEN TALK



*Seasons Greetings*



We extend a warm welcome to the newest member of our CPC family, **Miss Evelyn Quinn Smith**. Evelyn was born October 30th weighing 9 lbs. 10 oz. to **CPC Safety Supervisor Brad Smith and his wife, Brette**. She joins older siblings Anna and Iain. "She is definitely a keeper," says Brad. **Congratulations to the family!**

## *Sugar & Spice & Everything Nice*



**W E L C O M E**

CPC extends a warm "welcome back" to **Patrick Gleason** after an accident-related absence. Patrick's perseverance and hard work toward a full recovery served him well. He was greatly missed during his time off, but we are happy to share that he is back in the driver's seat!

**B A C K**

**Congratulations to the following employees on being selected CPC Drivers of the Month for November 2020:**

#### **East Division**

**Dale C. Sylvia** – Walgreen Company/Hartford CT  
**Carlos M. Zayas** – Walgreen Company/Nazareth PA

#### **West Division**

**Renard Davis** – Walgreen Company/Waxahachie TX  
**Mark A. Severtson** – Walgreen Company/Windsor WI

#### **Canada Division**

**Lloyd S. Smith** – Proctor & Gamble/Brantford ON

### **Windsor DC Wins Double Awards**

The Distribution Center located in Windsor, Wisconsin was awarded the Walgreens Pyramid and Transportation Awards for 2020. The awards show appreciation of the hard-working domicile team members, recognizing their outstanding record of on-time deliveries and decrease in accident numbers.

**Congratulations Team Windsor!**





Safety Manager Tip of the Month

PREVENTING

**FALLS**



Art Swank  
Safety Manager

**SLIPS AND TRIPS**

Slip, trip and fall hazards are all around us. Ice or snow covered steps, oil spills, debris in walking areas and a pothole are a few conditions that could cause a slip, trip or fall. According to the CDC, one out of five falls causes a serious injury such as broken bones or a head injury. Through using safe work practices and being aware of your surroundings, 100% of falls are preventable.



Here are some tips to avoid slips, trips and falls:

- **Rain, snow, ice, sleet and wind** are a few common contributing factors to slip/trip/fall incidents. Always visually inspect steps and other walk ways prior to walking and be aware of the temperature as black ice may be present. Consider traction aids, such as over sole grips when the weather is icy and snowy..



- **Proper footwear** is crucial to preventing slips, trips and falls. Closed toed shoes/boots should be worn at all times.

- **Report debris, spills or other hazards** to your manager. Do not risk an injury if unsafe conditions exist

- **Maintain 3 points of contact** while getting onto or off of equipment until you reach the ground, cab or a stable platform. This means one hand and two feet or two hands and one foot must be on the equipment at all times.



CPC Logistics and Walgreen Company were once again proud to have drivers participating on the Wreaths Across America program by transporting Christmas wreaths that ultimately are placed on the graves of our military veterans in a National Cemetery. This year, delivering to 3 cemeteries in the state of Wyoming with a police and Patriot Guard Riders escort were Joseph Schwertfeger and Robert Graham. Thank you, Joe and Bob, for participating in this memorable event to honor the many who made the ultimate sacrifice for our freedom.





## MOVEMENT: ALL IN A DAY'S WORK

The average person sits for a whopping 12 hours a day, whether they're working, driving, eating or watching TV. Sitting for too long, day after day, can lead to serious health problems, including heart disease, diabetes and cancer – even if you exercise regularly. According to JustStand.org, physical inactivity is the fourth leading risk factor for global mortality. There's even a term for the ill effects of an overly sedentary lifestyle – Sitting Disease – and it may be one of the most unanticipated health threats of our modern time. Here's how to combat it:

### PROTECT YOUR PEEPERS

To avoid eyestrain, use the "20-20-20"

rule: Look away from your computer at least every 20 minutes and gaze at an object that's at least 20 feet away for 20 seconds. Looking far away relaxes the focusing muscle inside the eye to reduce fatigue.



### PRACTICE GOOD POSTURE



let your head fall forward.

Poor posture puts stress on the back, so sit straight with your shoulders relaxed, elbows at your sides, wrists straight and hands in front. Posture often becomes worse as the day goes on, so try not to slouch or

### CUSTOMIZE YOUR CHAIR

Make sure you have a sturdy chair with your seat positioned for:

- Stability with your feet solidly on the floor (no dangling)
- Clearance with your seat depth adjusted to accommodate leg length
- Support by using the lumbar support and arm rests

### SIT-STAND-SWITCH



SIT. STAND. SWITCH.

Something as simple as standing up more often might be as important as exercise to our health. For optimal results, switch between sitting and standing every 30 minutes. Try these tips for incorporating more activity into your workday\*:

- Stand during meetings or conference calls.
- Get up and stretch at a set time each day.
- Take the stairs when possible.
- Go for a brisk walk on your lunch break.
- Stand up and move once an hour – walk to the water cooler,

take a few laps around the hallways or just stretch.

- Got a question? Walk to a colleague's cubicle instead of coming or calling.
- Hold a "moving" meeting if you don't need to look at a computer.
- Request a treadmill or standing desk – or create a makeshift one.

### BE SMART

It's easy to say, "I'll stand more this week," but chances are your habits won't change without attention and intention. Start by setting a goal that's SMART (Specific, Measurable, Attainable, Realistic and Time-Based). For example: "I want to be sure to stand up at least once an hour every day this week. I will do this by setting a timer every half hour and taking a few minutes to stretch, refill my water bottle or check in with a co-worker. I will also stand at the beginning of every conference call and take a 10-minute walk after lunch."

- Talk with your doctor before significantly increasing your activity level.
- Take a stretch break

## STRETCHING

If you spend much of your workday sitting at a desk or workstation, you may begin to notice pain or stiffness in your shoulders, neck and hips. Simple stretches throughout the day can ease the tightness in your muscles and improve your flexibility. **Here are six easy stretches to add to your daily routine:**

### UPPER ARM STRETCH

To stretch the back of your upper arm and shoulder:

- Lift one arm over your head then bend it behind your back.
- Raise your other arm and place that hand on the bent elbow to help stretch your upper arm and shoulder.
- Hold the stretch for 15 to 30 seconds.
- Relax your arms and slowly return to the starting position.
- Repeat with the opposite arm.

### HEAD TURN

You can also stretch the muscles in your neck by turning your head sideways:

- Stand or sit straight and tall, looking forward.
- Turn your head to the right side while keeping your shoulders straight.
- Hold this pose for 15 to 30 seconds. You may feel tension in the side of your neck and your shoulder.
- Relax and slowly turn your head back to the starting position.
- Repeat, this time turning your head to the left.

### SHOULDER STRETCH

To stretch your shoulders:

- Stand against a wall with your feet shoulder-width apart and your arms straight out at shoulder height.
- Bend your elbows backward so your fingertips point toward the ceiling and touch the wall behind you. Stop when you feel a stretch.
- Hold this pose for 10 to 30 seconds
- Slowly roll your arms forward while keeping them bent at the elbows until they point toward the floor and touch the wall again. Stop when you feel a stretch.
- Hold this pose for 10 to 30 seconds
- Repeat at least 3 to 5 times.

### STANDING HIP FLEX OR STRETCH

To stretch your hips:

- Stand up and put one hand on your chair or desk to steady yourself.
- Bend your right knee and grip your right ankle while bringing your right heel toward your right gluteus muscle (butt). Remember to keep both gluteus muscles tight.
- Bring your right knee toward your left knee while keeping the gluteus muscles tight and standing up straight. Try to straighten your left leg.
- Hold this pose for 30 seconds.
- Repeat by stretching your left hip.

### CHIN TUCK

To loosen stiff neck and shoulder muscles, try the chin tuck:

- Stand or sit straight and tall, looking forward.
- Lower your chin to your chest.
- Hold this pose for 15 to 30 seconds. You may feel tension in the back of our neck.
- Relax and slowly raise your head to the starting position.
- Repeat.

### SIDE NECK STRETCH

To stretch the muscles on the side of your neck:

- Stand or sit straight and tall, looking forward.
- Tilt your head so that your right ear moves down toward your right shoulder. Try not to raise your shoulder up to your ear.
- Hold this pose for 15 to 30 seconds. You may feel tension in the side of your neck.
- Relax and slowly raise your head back to the starting position.
- Repeat by stretching your head toward your left shoulder.





10 WAYS TO PREVENT AND RELIEVE BACK PAIN



You'd be hard pressed to find someone who hasn't been impacted negatively by the COVID-19 pandemic. People are worried and stressed. They're working from home more. Their routines have been altered, sometimes drastically. And all these things can take a big toll on your back and neck – even if you're not injured.

**HOW SO?** • **Stress and tension** can cause the muscles in our back or neck and along the spine to tighten, which leads to pain.

• **Working from home**, possibly from the couch, the kitchen table, or a not-so-ergonomically correct office space can cause poor posture and unhealthy repetitive motions that lead to back pain.

• **Those who have children** and are accustomed to breaks from parenting may be providing 24/7 child care – lifting babies and toddlers; bending, crouching or sitting on the floor to play; playing the role of teacher or camp counselor; or cooking all day long – which can be physically grueling.

When back pain strikes...

Now, more than ever, it's important to take both preventive and therapeutic approaches to keeping your back healthy.

**Following are some tips to help you avoid and treat back aches.**

**1. Strengthen your core**

Do core strengthening exercises for your back and abdomen to support your lower back. Talk to your health care provider before beginning a new exercise program and ask for specific instructions regarding back exercises.

**2. Get regular aerobic exercise**

A regular program of walking or swimming builds endurance and core muscle strength. It may also help with weight management.

**3. Practice good sitting posture**

Ears and shoulders should be aligned over your hips, producing an inward curve in your lower back. Sit close enough to your desk or workspace so you don't have to lean forward. Stand up, stretch and even take a short walk at least once per hour.

**4. Crank up the heat**

Applying a heating pad or heat therapy patch to tight muscles can help boost circulation and ease tension. A hot shower may also bring relief.

**5. Don't smoke**

Smokers are more prone to back pain than non-smokers because nicotine and tobacco restrict the flow of blood to the discs that cushion your vertebrae.

**6. Lift and carry properly**

- Lift with your legs, not your back, keeping the object close to your body at all times. Do not bend from your waist.
- Pushing is easier on your back than pulling. Use your body weight to start the push. Avoid twisting motions when pushing or pulling items.
- If you must lift a heavy item, get someone to help you.

**7. Seek professional help**

If your back pain doesn't ease up or if you suspect a back injury, you may want to seek professional help. A chiropractor, massage therapist, physical therapist or your primary care physician can help determine a course of treatment that's right for you.

**8. Sleep tight**

If you sleep on your back, put a couple pillows under your knees. If you prefer side sleeping, place a pillow between your knees to maintain the natural curve of your back.

**9. Watch your weight**

Weight control is important to maintaining a healthy back. Additional weight, especially in the stomach, puts additional strain on your spine and back muscles.

**10. Stand strong**

Draw your shoulders back. Stand with your head level and aligned with your trunk. Keep your feet about a foot apart and your knees slightly relaxed. When standing for a prolonged time, try shifting your weight from foot to foot and from heels to toes.

**CPC CANADA NOVEMBER DRIVER OF THE MONTH**



**Congratulations to Lloyd Smith** on being selected the CPC Canada Driver of the Month for November 2020. Lloyd has been with CPC since September 2020 and is assigned to Proctor & Gamble in Brantford, Ontario. He is charismatic, jovial and a genuinely fun person to be around. Lloyd is a great leader who is always willing to help whenever and wherever he is needed.

**It's W-2 Time Again!**

As we say goodbye to 2020, it is a great idea to review your personal payroll information, which is used to generate your W-2 Form. The address that is shown on your paycheck will be the address used when mailing your W-2 Form. Take time today to review your payroll information and make sure we have your current mailing address on file. Should you find any inaccuracies, please contact your CPC manager and request an update to your employment records.



## SAFETY AWARDS

**1 YEAR**

Barnett, Jack  
 Bryan, Christopher  
 Callahan Jr, James  
 Castro Diaz, Nelson  
 Childress, Duane  
 Connolly, John  
 Cordero Rivera, Daniel  
 Cummings Jr, Glenn  
 Ewing, John  
 Ferguson, Brent  
 Gabbard, Herman  
 Geisler, Carl  
 Grigg, John  
 Hause, Eric  
 Hill, Donald  
 Holbrook, Lance  
 Hollars, Randall  
 King, Tyrone  
 Kinman, Donald  
 Knifke, Justin  
 Macio, Christian  
 Maxwell, Derrick  
 McGuire, Robert  
 Mills, James  
 Mitchell, Albert  
 Moore, Stephen  
 Nelson, Johnat  
 Perkins Jr, Calvin  
 Phillips, John  
 Phillips, Melissa  
 Pierce, Kyle  
 Pinkerton, Thomas  
 Poitra, Aaron  
 Raedel Jr, Alexander  
 Raedel, Samuel  
 Rogers, Drake  
 Stultz III, Floyd  
 Urrutia, Mario  
 Vaughn, Doyle  
 Williams, Tyre  
 Wooten, Jesse  
 Ziegler, Austin

**2 YEARS**

Albuquerque, Ezequias  
 Barley, Nicholas  
 Charlot, Jeffrey  
 Diaz Concha, Pedro  
 Duran Cordova, Jose Luis  
 Etienne, Eddy  
 Gonzalez, Pedro  
 Jean Simon, David  
 Johnson, Randy  
 Kallick, Austin  
 Laurent, Ludvig  
 Lechel, Kurt  
 Lopez, Juan  
 May, Zachary  
 Pugh, Marlin  
 Renteria, Rodolfo  
 Rodriguez Vega, Jorge  
 Santiago Rodriguez, Angel  
 Severtson, Mark  
 Showers, Christopher  
 Singleton, Darnell

**3 YEARS**

Bryan, John  
 Figueroa, Eduardo  
 Gomez, Nestor  
 Knox, Christopher  
 Meza, Gerardo  
 Montoya Gonzalez, Carlos  
 Piloto, Johnny  
 Rojas, Johnny  
 Ross, Richard  
 Vazquez Kuilan, Luis

**4 YEARS**

Brown, Jeremy  
 Chapman, Wesley  
 Cordero, Mario  
 Hard, Jeremy  
 Lam, Van  
 Oney, David  
 Rogers, Donald  
 Sane, Daniel  
 Schade, Michael  
 Schuettpeiz, Llewellyn  
 Willis, Dwayne

**5 YEARS**

Burch Jr, James  
 Galarza, Damian  
 Gallina, Louis  
 Harris, Joseph  
 Kujundzic, Ivan  
 Mesch, Keith  
 Milledge, Anthony  
 Nolasco, Manuel  
 Pettaway, Marcus  
 Vorass, Michael  
 Whitten, Ozzie  
 Zlotnick, Galen

**6 YEARS**

Garner, Brian  
 Gumer, Daniel  
 Karam, Elias  
 Kassal, Randell  
 Knox, Robert  
 Lambrecht, Jeffrey  
 Ostiguin, Saul  
 Piantadosi, Michael  
 Rolling Sr, Jonathan  
 Story, Justin  
 Williams, Dwayne

**7 YEARS**

Perez, Rodolfo  
 Savignano, Harold  
 Smith, Ulysses

**8 YEARS**

Adams, James  
 Diaz, Angel  
 Paul, Richard  
 Rodriguez, Fernando

**9 YEARS**

Hitchcock, Jerome  
 Rodriguez, Roberto  
 Totten, Michael  
 Vazquez, Rickey

**10 YEARS**

Dhaiti, Wilner  
 Serrano Mills, Heriberto  
**11 YEARS**  
 Freeman Jr, Jerry  
 O'Reilly, Ronald  
 Stege, Glenn  
 Tribo, Steven

**12 YEARS**

Archambeau, Brian  
 Arthur, Johnny  
 Billman, Patrick  
 Delapenha, Robert  
 Landreville, Mitchell  
 Majchrowitz, John  
 Mitchell, Kenneth  
 Perez, Edwin  
 Quinn, Edward  
 Sloan, Anthony  
 Whatley, Lonnie

**13 YEARS**

Burch Sr, James  
 Heal Jr, George  
 Rosenstiel Jr, Wayne  
 Wilson, Kenneth  
 Zubke, Dean

**14 YEARS**

Borrero, Ricardo  
 Kratz Jr, Harold  
 McKay, Jerome  
 McLean, Anthony  
 Neff, Phillip  
 Paulino, Johanne

**15 YEARS**

Masterson, Douglas  
 Raines, Reginald

**17 YEARS**

Chamberlin, Daniel

**18 YEARS**

Chrosicki, Peter  
 Jansen, Steven  
 Wieland, James

**19 YEARS**

Rawlins, Steve  
 Walmer, Steven

**20 YEARS**

Corning, David

**21 YEARS**

Cuminale, Peter  
 Farley, Christopher

**27 YEARS**

Marks, Melvin

## Vaping habit brings risks, including nicotine addiction

The health effects of traditional cigarette smoking are well-known (it's responsible for 1 in 5 deaths each year), but using its electronic counterpart carries plenty of risks as well.

Using an e-cigarette or another vaping device can expose the lungs to a variety of chemicals, including nicotine. THC (the chemical in marijuana causing the high), as well as flavorants and other chemicals.

While e-cigarettes may be less harmful than traditional cigarettes for a regular smoker who switches, that doesn't mean vaping is good for your health.

In 2019 and early 2020, lung injuries and deaths were linked to Vitamin E acetate, a chemical sometimes used in THC vape products. In addition, vaping can expose the lungs to other chemicals they simply weren't meant to handle on a regular basis.

The popularity of vaping among young people is especially worrisome to health experts.

A 2020 study from the Centers for Disease Control and Prevention (CDC) found that 1 in 5 high school students currently uses e-cigarettes.

Many of these products contain nicotine, which is especially addictive for people under age 25 whose brains are still developing. In addition, teens who vape may be more likely to smoke traditional cigarettes. Which cause cancer, heart disease, and lung diseases.

While vaping nicotine can be addictive. It's also possible to quit successfully. Understanding the dangers of vaping can motivate a person to take steps toward breaking a dangerous habit.

**How they work**

Vaping devices (also called e-cigarettes, vape pens, or e-hookahs) contain a battery-powered device that heats liquid in a cartridge. The liquid vaporizes and is inhaled.

**Tips for quitting**

- Think about why you're quitting.
- Set your quit date.
- Understand your smoking or vaping triggers. Imagine your life without nicotine.
- Get support from friends and family.
- Get help from a health care professional or visit smokefree.gov.

Information from National Institutes of Health

## Merry Christmas & Happy Holidays to All!

Judging by the many lights on the houses in our neighborhoods, it is the holiday season once again.

As we prepare to celebrate in new or different ways due to Covid-19, may we still be able to see the blessings that filled our lives during this unimaginable year. Instead of dwelling on how things used to be, let us rededicate ourselves to helping the many who have become casualties of the pandemic and are in need.

To all of our employees and their families and to our customers and their families, we wish you a Merry Christmas, Happy Hanukkah, Happy Kwanzaa, Happy Holidays and, most of all, a very Happy New Year.