

A MONTHLY NEWS PUBLICATION OF CPC LOGISTICS, INC.



LOGISTICS

TANDEM TALK

NOVEMBER 2020

Walgreens

THE BEST

DRIVERS

DRIVE CPC



Walgreens

SCOTT STRICKLAND



MEET SCOTT STRICKLAND

Matthew "Scott" Strickland is a dependable driver who is committed to providing excellent service to our customers. Currently assigned to Walgreens in Raleigh, North Carolina, Scott previously drove a local shuttle run for another CPC customer, ICU Medical (formerly Hospira, Inc.).

During his previous assignment with Hospira, Scott's daily duties included tasks such as moving loaded trailers between production and storage facilities in Rocky Mount and Raleigh, assisting regional operations by moving containers from Rocky Mount to the rail yard in Charlotte, and helping to ensure that the Rocky Mount production facility had necessary materials to package product.

"Scott Strickland drove for us through CPC for over 11 years," states Jeff Thompson, ICU Local Fleet Operations Manager. "Working primarily out of the Raleigh terminal, Scott provided a high level of service to our customer base. He worked in a professional, safe and compliant manner while maintaining a great attitude and work ethic in a demanding atmosphere of change. Scott's willingness to always go the extra mile is reflective of the quality of drivers that are employed by CPC Logistics."

Many positive comments about Scott have come into our office over the years, such as the one below which was sent as an impending ice and snow storm came about:

"Just a note to acknowledge the efforts of Scott Strickland to move the last few priority loads today before the Rocky Mount Plant shuts down. Please pass along our thanks! He is the consummate professional and a great asset to have locally."



Comments of this type are typical of Scott's daily performance. Ron Covert, CPC Regional Manager, has completed several On-Site Visits with Scott and has enjoyed seeing this safety-minded, professional driver in action. "His consistent performance and can-do attitude make him the type of driver everyone enjoys working with," says Ron. In September 2016 Scott transferred to his current assignment with Walgreens where his commitment to provide excellent customer service continues. During several visits since the transfer, Ken Pruitt, CPC Division Manager, notes that Scott continues to complete his daily activities in an outstanding and professional manner. Ken states, "Scott is just a great co-worker and teammate! He does a great job and he has since day one. Above and beyond that, Scott is an even better

person! I'm proud to be able to say that I work with him!"

"Scott is one of those drivers that you very seldom hear from, but you always know is performing to the best of his ability," says James Eunice, Walgreens Fleet Manager. "He provides great customer service to our stores, is always on time and dependable. Scott is the type of driver that you would like to have an entire fleet of."

Not just a star on the local level, Scott's dedication has also been noted on the national level with his induction into the National Private Truck Council (NPTC) All Stars Class of 2011. The NPTC Driver All-Stars program recognizes drivers from individual NPTC fleet members for their exceptional performance in the fields of safety, compliance and customer service. Scott is also a recipient of the CPC Driver of the Month Award for March 2014, and will soon be awarded a 16-year Safe Driver Award at the next safety meeting.

Scott Strickland is another outstanding example of why we say.....THE BEST DRIVERS DRIVE CPC!

Drivers of the Month - October 2020

CPC Logistics, Inc

East Division

Deborah F. Grizzard
New South Express | Lincoln AL

Miguel A. Valencia
Walgreen Company | Bolingbrook IL

West Division

Stephen P. Barela
Walgreen Company | Sweetwater TX

Matias Polanco Martinez
ICU Medical | Santa Fe Springs CA

Quality Driver Solutions

East Division

John A. Burgess
Indianapolis IN

West Division

Gilberto C. Amador
Ontario CA

CPC Logistics

Canada

Rober D. Copeman
John Deere Canada
Regina SK

Congratulations!



Max Clary - Safety Manager
**SAFETY MANAGER
 TIP OF THE MONTH**
**Defensive Driving -
 Anticipate/Adjust**

**SAFE
 DRIVING**

One of the key components of CPC FACT is the ability to anticipate the actions of others and make the appropriate adjustments to keep and maintain proper spacing. As we rapidly approach the holiday season, that also leads to an increased potential for adverse driving conditions.

Driving defensively can be defined in many ways. In general, it means not only taking responsibility for yourself and your actions, but also keeping an eye on the "other guy". Below are just a few suggested guidelines to help reduce your risks on the road. For many of you that have been trained and instructed in the 5 Keys of the Smith System, most, if not all, of these should be familiar.

TAKE ACTION:

- Don't start the engine without securing yourself in your vehicle. Seat belts save thousands of lives each year and protect the most valuable cargo, YOU!
- Remember that driving too fast or too slow can increase the likelihood of collisions.
- Be Alert/Get the Big Picture. If you notice a car straddling the center line, weaving or drifting in and out of the lane, the driver is likely impaired or distracted.
- Avoid the distracted/impaired driver by getting off the roadway at the nearest exit.
- Follow the Rules of the Road. Don't contest the "right of way" or try to race another vehicle during a merge. Be respectful and courteous of other motorists and drivers.
- Don't follow too closely. Leave yourself an out. When possible, always use a seven (7) second following distance. If you find yourself in heavy traffic, reduce your speed by 2 or 3 mph from the flow until such time as the traffic conditions improve.
- When considering making a pass or a lane change, remember that you do not have to grab the first break that comes along. Take into account other traffic and consider waiting for a better opportunity.
- Use your turn signals to make sure they see you. If you always signal, then you are one step closer to being predictable, which is a benefit to other drivers on the road. Consider the use of SMOG - Signal/Mirror/Over-the-shoulder/Go.

Whatever area you work in, adverse conditions can lead to reduced visibilities and reduced traction for your vehicle. SLOW DOWN and increase your following distance. Braking on wet pavement will double your stopping distance. If on snow or ice covered roadways, the stopping distance can be as much as four to five times greater compared to dry conditions.

SAFETY IS A **CPC FACT**



DRIVERS OF THE MONTH PRESENTATION



Audie Brodie

is pictured accepting the August 2020 Driver of the Month Award. Audie has been a CPC Logistics driver since February 2004 and is assigned to Walgreen Company in Wagoner, Oklahoma.



Ozzie Whitten

is shown receiving the East Division Driver of the Month Award for August 2020. Ozzie is assigned to the Walgreen Company in Tallahassee, Florida, and has been employed as a driver for CPC Logistics since August 2015.



Brooks Carter

is shown with his Driver of the Month Award for August 2020. Brooks has been with CPC since 2013 and is assigned to Walgreen Company in Florence, South Carolina.

ONE MILLION MILE AWARD ORVEL LEDFORD



Congratulations to Orvel Ledford on recently earning the One Million Mile Safety Award. Orville has been with CPC Logistics since 2012 and is assigned to John Deere Shared Services in Pryor, Oklahoma.

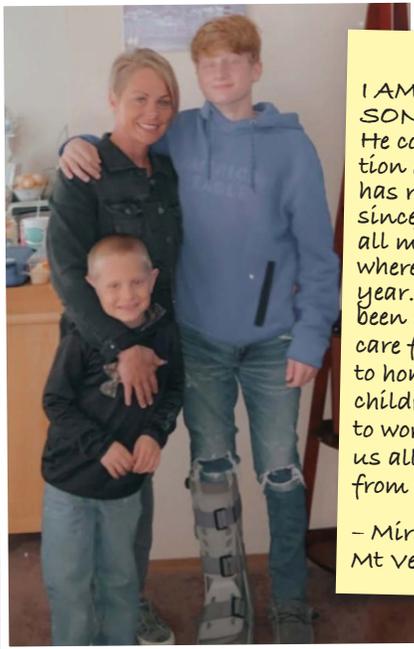


I am thankful for the many provisions that God continues to bless me with, including His grace and mercy; for my loving family, my job, our home and for good health.

- Vienna Childers, Chesterfield MO

My wife is at high risk for COVID, but our family has so far avoided illness. We are thankful for good health and pray that it continues.

- Harry Hoover, LaVergne TN

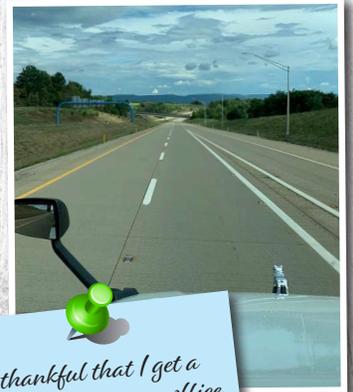


I AM THANKFUL THAT MY SON IS IN REMISSION!!! He continues to fight rejection of his cadaver bone and has remained on bedrest since July 10th, but this is all mediocre compared to where we stood this time last year. I am thankful to have been able to stay home and care for him, for being able to homeschool both of my children and for being able to work from home, keeping us all of us safely guarded from this pandemic.

- Miranda Kraft, Mt Vernon IL

I am thankful for working in an industry that has made a difference for all Americans in these difficult times, and I am so thankful for life.

- Joe Cosenza, Allentown PA



I am thankful that I get a view like this from my office window every day.

- Bryan Cikers, Indianapolis IN

An Abundance of Gratitude

This year has been extremely challenging in many respects, with Covid-19 leading the way as being one of the biggest challenges this generation will face. It is more essential than ever that we pause for a moment to focus on the positive, count our blessings and express our gratitude. CPC employees from across the country share their thoughts on what Giving Thanks in 2020 looks like to them.

I am thankful for the leadership of CPC Logistics and for the support they give their employees. The tools they provide us to succeed is unmatched.

- Jeff Boyington, Austell GA

I am thankful for all of the people in the transportation industry who have kept America supplied with the everyday needs.

- John Fitzgerald, Davenport IA



I am thankful for my Mother, my wife, my daughter & son-in-law and my new granddaughter. Family is what matters most.

- Randy Crumley, Chattanooga TN



I'm thankful for so much! Topping the list would be my fabulous family, followed by good health, a job that I love, friends and neighbors who caringly look out for one another and our two fantastic dogs, Wilson and Rufus.

- Kelly Miles, Henderson NV



I am thankful for the opportunity to have visited the CPC Logistics Canada office last month. Although I am 15 and my years of chasing Frisbees and squirrels are behind me, I can still work a room with joy and be a calming influence in a fast-paced office setting.

- Sky The Border Collie, Mississauga ON



An Abundance of Gratitude

I think I have most of the normal items that all too often we forget to "stop" and "give thanks" for, not only on Thanksgiving Day, BUT EVERY DAY! For example, I am blessed with a wonderful wife, three healthy and happy sons, six fantastic grandchildren, tons of friends too numerous to mention, and all my longtime friends and associates at CPC. However, this year I am especially thankful for our CPC drivers who "keep the wheels turning" no matter what! This includes working not only in spite of any personal day-to-day problems, but also through many various weather challenges and, this year, the pandemic! I feel totally blessed to have been associated with all of you at CPC for the past 47 years!

- John Bickel, Sr., Chesterfield MO



I am thankful for my family, friends and co-workers who have made going through this pandemic a little easier.

- Alex Cima, Chesterfield MO



I am thankful for my wife! She supports me in every way and is the rock of our entire family!

- Ken Pruitt, Rocky Mt NC



I have a lot to be thankful for. My stepdaughter graduated from College with Clinical Excellence, and we were able to purchase a house in the middle of a pandemic.

- Linnette Torres, Orlando FL

I am thankful for good health for me and my family, for the professional opportunities extended to me by CPC Logistics, and for the great drivers that I manage.

- Allan Flores, Linden NJ



Although COVID-19 has brought many uncertainties and hardships, it has been a real eye-opener. The pandemic slowed everything down for a bit and showed me how blessed I truly am. This Thanksgiving, I am extra thankful for a happy and healthy family to come home to and to celebrate the upcoming holidays with.

- Dwayne Kelley, Iva SC



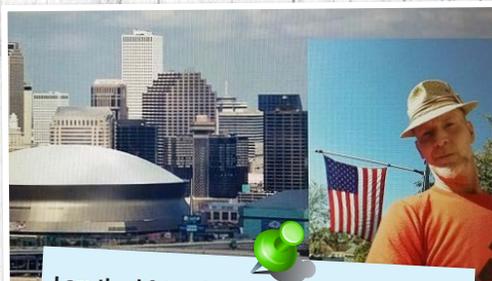
We are thankful for the opportunity to be working for such a great organization, surrounded by awesome teammates.

- Mike Trotter and the QDS Midwest Region Team



I am thankful for all the things that my job has given me. I'm thankful for my family and friends who have helped get me through a very rough 2020. My hope for 2021 is that we have better year and we all stay healthy.

- Bonnie Kriel, Madison WI



I am thankful and proud to be part of my community, New Orleans, Louisiana. New Orleans started building its community 300 hundred years ago with people from around the world. Great leadership and its diverse community and culture have kept that dream alive to this day. NOLA.Strong.Together

- Ryan Christy, New Orleans LA

I would have to say that I'm thankful for the beautiful daughter that I've raised into a beautiful young lady, and for having survived the things that come along with fatherhood.

- James Dorsey, Castalian TN



I am thankful for the health of my family, and also for my CPC work family.

- Michelle Powers, Davenport IA



DIABETES SCREENING AND PREVENTION

More than 29 million Americans are living with diabetes, and 86 million are living with prediabetes, a serious health condition that increases a person's risk of type 2 diabetes and other chronic diseases. And many adults with prediabetes don't even know they're in the danger zone. In order to identify those individuals and help minimize the likelihood of developing type 2 diabetes, the United States Preventive Services Task Force (USPSTF)

DIABETES SCREENING

There are several different tests used to screen for diabetes.

- Hemoglobin A1C
- Fasting blood sugar (FBS)
- A two-hour oral glucose tolerance test (OGTT)

The American Diabetes Association recommends diabetes screening for everyone at age 45. The ADA also recommends screening for adults younger than 45 if they are overweight or obese and have one or more risk factors for diabetes. Follow-up screening is recommended at least every three years for a negative result depending on risk factors, and at least annually for people with prediabetes.



LOVE YOURSELF FROM HEAD TO TOE

Diabetes affects your whole body.

Here are some ways to help protect it:

Kidneys - Your doctor may order blood and urine tests every year to check for kidney problems.

Blood - Monitor your daily blood sugar levels at home. And ask how often you need A1C, blood pressure and cholesterol tests – and what your goals should be.

Feet - Check them daily for sores or cuts. Report any problems you spot and have your doctor examine your feet at every visit.

Eyes - Yearly dilated eye exams help protect your sight.

Mouth - Yearly dental visits – plus daily brushing and flossing – help keep mouth problems in check.



DIABETES PREVENTION

Before someone develops type 2 diabetes, they almost always have prediabetes – fasting blood sugar (glucose) levels between 100 - 125 mg/dL (higher than normal, but not yet high enough to be diagnosed as diabetes).

Prediabetes is a red flag for future diabetes risk and is your opportunity to make changes to help avoid type 2 diabetes and its serious health consequences. Recent research shows that long-term damage to the body, especially the heart and blood vessels, may already occur during prediabetes. Fortunately, research also shows that if you take action when prediabetes is detected, you may be able to delay or prevent type 2 diabetes.

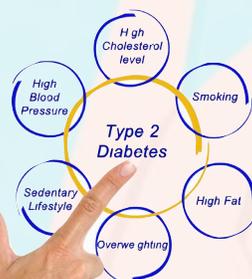


IF YOU HAVE PREDIABETES, IT IS IMPORTANT TO:

- Seek counseling and instruction on weight loss if you are overweight. Even modest amounts of weight loss in persons who are overweight will help to reduce the risk for developing diabetes. Include follow-up counseling for your weight loss – it increases your chance for success.
- Increase your physical activity. Talk with your health care provider before beginning a new exercise program. Start slow and gradually increase the intensity and the number of minutes.
- Get a fasting blood sugar test every year to check for diabetes.
- Work with your physician and take action on your other risk factors for heart disease (tobacco use, high blood pressure, high cholesterol).
- Talk with your doctor about whether taking metformin to prevent type 2 diabetes is right for you – especially if you have a high BMI, are 60 years old or greater, have a history of gestational diabetes and/or your A1C continues to increase despite lifestyle changes.

If you've been diagnosed with prediabetes, this is your chance to help avoid type 2 diabetes. Don't let your opportunity slip away.

RISK FACTORS FOR DIABETES



- A1C equal to or greater than 5.7%
- First-degree relative with diabetes
- Certain high-risk races (African-American, Latino, Native American, Asian American or Pacific Islander)
- History of gestational diabetes
- High blood pressure (B/P greater or equal to 140/90 mmHg or taking medicine for high blood pressure)
- History of cardiovascular disease
- HDL cholesterol less than 35 or triglycerides greater than 250
- Women with polycystic ovary syndrome
- Physical inactivity



SHOUT OUT TO THE PAYROLL DEPT.

During this month of thankfulness, CPC would like to take a moment and celebrate the heroes of our Payroll Department. Together, they process payroll for over 3,000 truck drivers each week, making sure each is paid accurately and on time. Coordinating payroll while working from home during the pandemic has been no small task; but they always come through and get the job done! We salute our dedicated payroll professionals and want them to know that we appreciate everything they do, each and every day, to ensure the best payroll experience for our CPC, CPC Canada and QDS employees.



Sheila



Rosanne



Cheryl



Sharon



Kelly



TURKEY BASKET RAFFLE

This past week CPC Regional Manager **Allan Flores** held a turkey basket raffle for the drivers at the Walgreens domicile in Linden, New Jersey.

Congratulations to the winners, Alex Gruesso and Troy Ortiz!

"Both drivers of were super excited," Allan says. "One mentioned he had never won anything in his life. Seeing their smiles of happiness is what makes what I do so rewarding."



Alex Gruesso



Troy Ortiz

SUPER DRIVER DALE



When the Walgreens Fleet Team in Hartford, Connecticut, asked Dale Sylvia to lend a hand on their special project, he gladly accepted. The project is a facility flow introduction in which brief clips were made to create a process map of how each department interacts with each other, and with the product. Showing the available product arriv-

ing at the store for customer purchase was the final step. Dale made a delivery to a Walgreens store so the Fleet Team could be on-hand to record the delivery process and the receiving of product from the store's perspective. "We just wanted thank Super Driver Dale for helping us with this project. He was awesome, super helpful and this picture is proof of his enthusiasm," states Amandine Lowderback, Walgreen Company, Admin DC Supervisor, Hartford Region DC.

Dale has been employed with CPC since March 2011. He has been nominated 4 times for the Driver of the Month Award thanks to his positive outlook and can-do attitude. In the past, Dale was responsible for taking new hires into New York City for training. We are proud to have him on our CPC Team.



Accolade: Personalized Health and Benefits Support

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:

- Mental well-being support
- 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
 - Call 844-351-3536
- (Monday through Friday, 8AM to 8PM CT)**

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.



How often should I wash my cloth face mask?



A cloth face mask should be washed after each use. Fortunately, it's not difficult to do.

The Centers for Disease Control and Prevention (CDC) says masks can be washed with a regular load of laundry. You can use regular laundry detergent; nothing special is needed. When setting the water temperature, choose the warmest setting that's appropriate for the cloth that was used to make the mask. Another option is to wash it by hand in a bleach solution. The bleach should be the kind intended for disinfection (a bleach product designed for safe use on colored clothing might not disinfect).

To wash a mask by hand, the CDC suggests this process:

- Using room temperature water, mix a third cup of bleach with a single gallon of water or for teaspoons of bleach with a quart of water.
- Soak the mask in the bleach solution for 5 minutes.
- Rinse thoroughly with cool or room temperature water.

A mask can be dried in a dryer on the highest heat setting or air dried (ideally in direct sunlight) until it's completely dry.



Recipe: Turkey Salad

Ingredients:

- 1 ½ cups cooked turkey or smoked turkey, diced
- ½ cup walnuts, toasted and chopped
- ½ cup raisins or other dried fruit
- ¾ cup celery, chopped (about 1.5 stalks)
- ¼ cup diced red or yellow onion (1/4 medium onion)
- ¼ cup diced carrot
- ¼ cup parsley, chopped (optional)
- 1 red apple, cored and chopped (about 1 ½ cups)
- 1/3 cup low-fat mayonnaise
- 1 tablespoon vinegar (cider, red or white)

Direction:

1. Mix turkey, nuts, raisins, celery, onion, carrots, parsley and apples in a large bowl.
2. In a small bowl, combine mayonnaise and vinegar; mix well.
3. Toss meat mixture with dressing and chill.
4. Refrigerate leftovers within 2 hours.

Notes: Serve cold with lettuce and tomato wedges or use as sandwich filling.

