

October 2021



# TANDUM TALK

A monthly news publication of CPC Logistics, Inc.

## Meet Melvin Alexander



**The Best Drivers Drive CPC**



Brent Slepman, Operations Manager &amp; Melvin Alexander

### Meet Melvin Alexander

The CPCLS East Driver of the Month for July 2021 was Melvin Alexander. Melvin started working for CPCLS as a temporary driver in early April of this year and made an immediate impact on CPCLS and our customer, Avery Dennison. He was originally hired to help with an afternoon shift, but through his strong work ethic he quickly gained everyone's trust and was moved to a first shift position. Since that time, Melvin has been moved to the permanent side of our business and is now a permanent, full-time employee of CPC Logistics assigned to Avery Dennison in Greenfield, Indiana. He is just another reason why we say...

*The Best Drivers Drive CPC!*

We are very sad to announce the passing of Mike Vivoli, CPC Regional Manager in Allentown, Pennsylvania.



Mike joined CPC in May 2010 and he was quick to say he "loved his job." His wife, Barb, echoed this in a message that included - "He loved his job and loved working at CPC ..." This love for his job was likely because he really enjoyed being around people and impacting their lives in a positive manner. He always had an optimistic outlook on life. He was fiercely loyal to his drivers and committed to servicing his customers. Mike led by example, meeting his drivers on their schedules, and patiently working through issues when needed. He would definitely be considered a "driver's manager" which is indeed a high compliment and something we all strive for.

All those fortunate to work directly or indirectly with Mike will tell you that we could not have had a better teammate or example. He made us all better because he truly cared for those he worked with - be it a co-worker, client or, particularly, a driver. He was a man of strong faith and lived it out in all he did, especially in how he treated others. He will be sorely missed, but the positive effect he had on all of us will last a long time. We extend our deepest sympathies to the Vivoli family.

April 8, 1954 - September 29, 2021

### 2 MILLION MILES SAFELY TRAVELED



#### WILLIAM GANZER

assigned to John Deere Shared Services in Davenport, Iowa is one of our most recent 2 Million Mile Award recipients. Billy has been with CPC since March of 2000.

*Congratulations on this outstanding career achievement!*

#### GARY JOHNSON

assigned to Bridgestone Americas Tire Operations in Lebanon, Tennessee was recently recognized for 2 Million Miles of safe driving.



He was presented with the CPC 2 Million Mile

Award in September. Presenting the award were Debra Cefalo, BATO Transportation Manager, Brian Warren, CPC On-Site Supervisor, the statue of Harvey Firestone, and Mike Kazy, CPC Regional Manager.

*Congratulations Gary!*



**MAX CLARY**

## SAFETY MANAGER TIP OF THE MONTH

### SPEED MANAGEMENT

Speeding is the #1 contributing factor in truck crashes. Studies have shown that if you are speeding you are more likely to be involved in a crash and the increased speed makes the result of that crash more likely to involve serious injuries or death. The old saying is true – Speed Kills!

Let's review what steps can be taken to safely and successfully manage your speed. Easy right? Jump in the truck, set the

cruise to whatever the truck is governed at, and head on down the highway. Well it isn't quite that simple. Your cruise control may be fine for most highway driving – companies tend to govern their fleets at or below the truck speed limit and if the trucks aren't governed, most drivers have the good sense to run near the speed limit to avoid tickets – but is that enough?



Not even close. You, as the professional driver, need to pay attention to more than just what the speedometer reads when we are discussing speed management. You need to consider your surroundings and be aware of what is happening both around your truck and further on up the road. You should be scanning the horizon for signs of impending trouble or hazards and begin making your plans to escape or avoid those situations as early as possible. Using the Smith System Guidelines, this would be a great example of "Aim High In Steering".

If speeding is the #1 factor in truck crashes, speed too fast for conditions is a close second. Road conditions can change in moments – rain, snow, ice. Fog and darkness are all conditions that should cause you to reduce your speed. When visibility is reduced – no matter what the cause – you need to SLOW DOWN. You should never out-drive your headlights – if the distance you can see in front of the truck is limited by darkness, smoke, fog, rain, etc., you need to back off the throttle so that you can reduce your stopping distance through reduced speed and help ensure your safety and that of those around you.

Ice, snow and rain can reduce the traction between your tires and the road and increase the amount of time it will take you to stop the vehicle. If conditions get to the point where you don't feel safe being on the road, find a safe place to get off the road and park the truck until conditions improve. Notify your dispatcher and/or manager immediately of your situation and the reason for your decision – they'll agree that no load is worth endangering anyone's life.

Speed limits are in place for a reason. There are speeds that have been determined that vehicles can safely be driven at on specific sections of roads. Be aware of changing speed limits as you enter more congested areas or enter the highways, venture into towns or proceed on rural two lane roads.

Watch the posted speed limits on ramps and exits, those are set for safe automobile speeds. You should ALWAYS reduce your speed even below the posted number as your high center of gravity makes your vehicle more susceptible to rollover accidents.

Speed limits will reduce as you enter work zones or construction areas. Congestion will usually increase and patience becomes non-existent among other motorists. When you are alerted of an upcoming lane closure, get over as early as possible, yield the right of way to merging traffic, remain patient with the impatience of others and hopefully you'll come out the other side unscathed. It's also critical in these work zones to allow additional following distance.

Remember, speeding violations in excess of 15mph over the posted speed limits are considered serious violations under the FMCSA regulations and can result in your CDL being suspended if convicted of 2 of these violations. Most of these occur in cities or on rural highways where you are supposed to be traveling well below highway speeds. This is also true in construction zones, even when there is little to no traffic.

There is more to speed management than the speed limit itself or how fast your truck will go. Always watch your speed and remember that others are certainly watching it as well.

## Driver of the Month Award Presentations



June 2021  
**Carlos Sanchez**  
Walgreen Company/Denver CO



July 2021  
**Marvin Hill**  
Walgreen Company/Des Moines IA



July 2021  
**Nicky Kelly**  
Walgreen Company/Fayetteville NC



August 2021  
**Richard Barron**  
Walgreen Company/Waxahachie TX



August 2021  
**Armando Gonzalez**  
Walgreen Company/Denver CO



August 2021  
**Abdiwahid Hashi**  
New Forest Paper Mills  
Scarborough ON



August 2021  
**Carlos Santiago**  
CPCLS East/Boston MA



## WELCOME TO CPC



We would like to welcome **MANUEL VILLALOBOS**

to the CPC driving team. Manuel started on Sept. 14th and is assigned to the Walgreens domicile in Woodland, California. He has a great attitude he has been very helpful.

Not only has he stepped up to help get teams covered, but he has also referred another driver to our hiring manager.

We are so happy to have Manuel join CPC!

## New CPC Safety Supervisor

**Rick Langenderfer** is the newly appointed CPC Safety Supervisor for the Walgreens domicile in Perrysburg, Ohio. Rick moves to this position after being a driver at this domicile since 2018. Outside of the workplace, Rick enjoys his time as a professional bass fishing tournament angler.



## REDUCE YOUR ODDS OF A BREAKDOWN



**DONALD HILL**  
assigned to Procter &  
Gamble/Edwardsville IL



**CARL GEISLER**  
assigned to Procter &  
Gamble/Edwardsville IL

Pre-trip, post-trip and enroute checks are your best defense against a breakdown. Time spent doing these inspections 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 get a good look at everything you inspect.

## SEPTEMBER 2021 DRIVERS OF THE MONTH

**East Division**  
**Aaron D. Stanley**  
New South Express/Lincoln AL

**Michael W. Toney**  
Walgreens/Florence SC

**CPCLS East**  
**Christopher S. Palmer**  
Columbus OH

**West Division**  
**William R. Ganzer**  
John Deere/Davenport IA

**David A. Woodford**  
TForce-Essendant/Perris CA

**CPCLS West**  
**Michael Watkins**  
Sacramento CA

**Canada**  
**Marinko Sikiric**  
Canadian Tire  
Brampton ON





# UMR

A UnitedHealthcare Company

## Learn the language of health care



Let's face it. Understanding health and benefits terms is like learning a foreign language for most of us. Knowing the difference between co-insurance and co-payment can be confusing. And deciphering an EOB from COB shouldn't require a PhD.

Fortunately, you don't need a foreign language professor or CIA code-breaker to understand all of these terms. That's because our own UMR team of language experts has already defined them for you, along with a few others.

### WHAT IS A DEDUCTIBLE?

**Definition:** The amount you have to pay before your plan pays for specified services. Deductibles are usually an annual set amount. A deductible may apply to all services or just a portion of your benefits. It depends on your benefits plan.

### WHAT IS A CO-INSURANCE?

**Definition:** A set percentage of costs that are covered by your plan after your deductible has been paid. Your plan pays a higher percentage. You pay a lower percentage. **Tip...think percentage**

### WHAT IS A CO-PAYMENT?

**Definition:** A small set fee. It is paid each time you have an office visit, outpatient service or prescription refill. The fee is determined by your health plan. Co-payments don't vary with the cost of service.

### WHAT IS AN OUT-OF-POCKET?

**Definition:** The amount you pay out of your pocket for particular health care services during a particular period of time. An out-of-pocket maximum limits the amount you have to pay during a particular period of time.

### WHAT IS COORDINATION OF BENEFITS (COB)?

**Definition:** Many families are covered by more than one health plan. The coordination of benefits (COB) process determines which plan pays first. It also determines if the second plan will pay any remaining charges not covered by the first plan. The process makes sure your doctor doesn't get paid twice for the same service.

### WHAT IS AN EXPLANATION OF BENEFITS (EOB)?

**Definition:** An EOB is simply the statement explaining your benefits activity. It includes the services provided, the amount billed and the amount paid, if any. You should review your EOBs carefully. Call the customer service number on your ID card or visit [umr.com](http://umr.com) if you have any questions about your EOB.



**its\_your\_doctor**  
speakup>

**Make sure your profile is up-to-date, think about:**

#### YOUR CONDITION

- Can you explain this condition in plainly?
- What other treatment options are available?
- How will this condition affect me in the future?
- How much will the treatment cost?
- What happens if I do nothing?

#### POSSIBLE PROCEDURES

- What do I need to know about this procedure?
- How many times have you performed this procedure?
- When will I get the results?
- What's the next step?

#### PRESCRIBED MEDICATIONS

- What is this medication for?
- Is there a generic version?
- Can I stop if I feel better?
- What are the side effects and what should I do if they occur?
- Are there any foods, drinks and other medicines to avoid?

#### HEALTH CARE SETTING

- Which hospital is best for this type of surgery?
- Is this hospital in my health plan network?
- How does this hospital rate in terms of quality?
- Does my physician have privileges at this hospital?

Get in on what's trending:

# #overshare



Share your personal information with the one person who can make a difference... your doctor.

## SAFETY AWARDS

**1 YEAR**

Anderson, Rodney  
Cobbs, Tyrone  
Collins, Richard  
Davis, David  
Davis, Richard  
Fielding Sr, Dequences  
Gooden, Orlando  
Herrod, Andante  
Hisaw, Charles  
Jones, Tasmond  
Manuel, Keith  
Martinez, Hector Moran  
Maldonado, Roberto  
Pedroza Abadia, Erasmo  
Samuel, Lance  
Washington, Fred  
Wheeler, Kristopher

**2 YEARS**

Anderson, Rodney  
Baldwin, Joshua  
Cobbs, Tyrone  
Cota Jr, Roberto  
Davis, David  
Green, Terrall  
Hilton, Johnathan  
Landis, Michael  
Manuel, Keith  
Nettingham, Tarnell  
Nevil, Kevin  
Pedroza Abadia, Erasmo  
Sandoval, Mario  
Stephen, Kelvin  
White, Brian  
Williams, Marco

**3 YEARS**

Charlot, Jeffrey  
Etienne, Eddy  
Fenner, Richard  
Glass, Tre'Le  
Hawke, Brenda  
Laurent, Ludvig  
Nettingham, Tarnell  
Shrum, London  
Stephen, Kelvin  
Struggs, Steven  
White, Brian  
Williams, Marco

**4 YEARS**

Armstrong, Williamson  
Bryan, John  
Contreras, Gregory  
Davis, Renard  
Lee, Shamik  
Kingfisher, Jacob  
Lane Jr, Jerry  
Montoya Gonzalez, Carlos  
Morrison, Justin  
Piloto, Johnny  
Rojas, Johnny  
Sullivan, Lance  
Thompson, Maurice

**5 YEARS**

Armstrong, Williamson  
Birks, Vincent  
Contreras, Gregory  
Finney, Danta

Schade, Michael  
Thompson, Maurice  
Vance, Brian  
Vance, Maynard  
Willis, Dwayne

**6 YEARS**

Badillo, Jose  
Gallina, Louis  
Gilbert, Robert  
Kujundzic, Ivan  
London, Christopher  
Milledge, Anthony  
Moore, William  
Sluder, John

**7 YEARS**

Gumer, Daniel  
Irwin, Ronald  
Karam, Elias  
Moore, William  
Piantadosi, Michael  
Reynolds, Jr., Jesse  
Rolling Sr, Jonathan  
Velasquez, Anthony

**8 YEARS**

Cooper, Steven  
Harrison, Michael  
Munoz, Jaime  
Velasquez, Anthony

**9 YEARS**

Conde, Rene  
Cooper, Steven  
Munoz, Jaime  
Paul, Richard

**10 YEARS**

Conde, Rene  
Deweerd, David  
Henderson, Justin  
Hitchcock, Jerome

**11 YEARS**

Dhaiti, Wilner  
Holubar, Kenneth  
Norwood, Michael

**12 YEARS**

Holubar, Kenneth  
Norwood, Michael  
Stege, Glenn  
Tribo, Steven

**13 YEARS**

Delapenha, Robert  
Pass, Charles  
Quinn, Edward  
Sloan, Anthony

**14 YEARS**

Barron, Richard  
Thielfoldt, Michael

**15 YEARS**

McKay, Jerome  
McLean, Anthony  
Punch, Jon  
Simmons, Nathaniel  
Williams, Rodney

**16 YEARS**

Raines, Reginald

**18 YEARS**

Chamberlin, Daniel  
Zanella, Joel

**19 YEARS**

Chroscicki, Peter

**22 years**

Cuminale, Peter  
Farley, Christopher



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