



# NEWSLETTER

AUGUST 2024



## BUILDING PROGRESS

Take a look at the latest image from our new yard in Kentucky. Finishing touches will be put on through the month with the hopes of a grand opening this September. Head over to our Facebook page to see a drone video of the site provided by our builder.



## SUNSPASH

Did you see our Onfreight 20th Anniversary Truck at this year's Belle River SunSplash? The 1946 K7 International was a part of this year's Classic Cruise Car Show.

## FUN FACT

It is thought that in August of 1762 the sandwich, as we know it, was created when the Earl of Sandwich requested meat between two pieces of bread.

## WHAT'S HAPPENING

August 5th- Civic Holiday

Next month we look forward to celebrating Driver Appreciation Week.



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## SAFETY TIP OF THE MONTH

Well, here we are In the middle of summer, temperatures are high and so are the number of construction zones. Be prepared to slow down for upcoming lane closures, get in the proper lane well before your lane ends, and be patient! Leave plenty of space, and do not speed, fines are doubled in construction zones. This applies to all company employees.

Please remember your blind spots, be sure you're clear before changing lanes.

During your pre-trip inspections ensure your tires are all properly inflated, low tire pressures will lead to blow outs in the heat, nobody wants to be stranded waiting on a service call. A few extra minutes inspecting your equipment can save hours waiting for repairs.



Remember, you are a professional driver, drive as such. Your family and friends are counting on you!

## EMPLOYEE SPOTLIGHT

7 questions with...

**Courtney Michinski**

Onfreight Logistics

**1. One meal for the rest of your life, what would it be?**

Chicken Fingers

**2. What is something people would be surprised to know about you?**

I binge watch murder documentaries

**3. Best day of your life so far?**

Becoming a mom.

**4. What would your dream vacation be?**

Bora Bora

**5. If you could be someone else for a day, who would you be?**

Kim Kardashian

**6. What was your first job ever?** Cashier at a drug store.

**7. If you could appear on any game show, which one would you choose?** Nailed It

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# Let's CELEBRATE

## ***Birthdays***

John Dozois  
Lawrence Hayes  
Billy Hutton  
Zain Jooma  
Gagandeep Kaur  
Damien Kyle  
Jenny Laliberte  
Amandeep Mahal  
Chad Mcleod  
Trisha Morrison  
Steven Ondejko Jr  
Marius Pandea  
Steve Papineau  
Gurjit Singh  
Frank Tessier  
Alec Tonkin  
James Trepanier

## ***Anniversaries***

Mazin Boji  
Harpal Gill  
Seraj Dazza  
Gagandeep Kaur  
Raksha Modi  
Aamir Patel  
Jerzy Trzeciak  
Hao Wang



# Connect Care

## Laughter: It is the Best Medicine

BY DR. ROGER HABER

Do you like to laugh? I do. I love watching comedians like Jim Gaffigan and Bryan Regan—to name a couple.

But did you know that the cliché is true? Laughter is the best medicine.

I recently read an article by Lawrence Robinson, Melinda Smith, M.A., and Jeanne Segal, Ph.D. reminding us that laughter “draws people together in ways that trigger healthy physical and emotional changes in the body.” (*The Benefits of Laughter*, HelpGuide.org, February 5, 2024)

They continue by sharing that laughter “strengthens your immune system, boosts mood, diminishes pain, and protects you from the damaging effects of stress.”

Do you feel burdened today? Do you need something to help with your physical and emotional health? How about trying some medicine that is free—no prescription needed and no co-pay either!

The authors inform us that as children we used to laugh hundreds of times a day, but as adults, life tends to be more serious and laughter more infrequent.

How is laughter good for our health? It relaxes the whole body, it boosts the immune system, it triggers the release of endorphins that promote a sense of well-being and even temporarily relieves pain. Laughter also protects the heart because it improves our blood flow. And yes, laughter burns calories. Laughter can diffuse anger and conflict. And laughter might even help you live longer.



“LAUGHTER IS  
THE SHORTEST  
DISTANCE  
BETWEEN TWO  
PEOPLE.”

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VICTOR BORGE

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**Laughter is  
the best  
medicine."**



How might you bring more laughter into your life? The authors of the article suggest we begin by setting aside special times to seek out humor and laughter, just like we might set aside time for exercise.

Start by smiling. Smiling is the prelude to laughter. Smile at your co-workers and your clients or customers; notice the effect it will have on others.

Count your blessings. Make a list of the positive aspects of your life. You need to leave the state of sadness and travel toward humor and laughter.

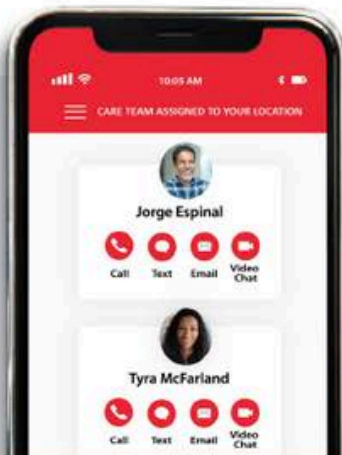
Spend time with fun, playful people. Even if you don't consider yourself humorous, you can seek out others who are. Ask someone, "What's the funniest thing that happened to you recently?"

Watch a funny movie, TV show, or YouTube Video. As we shared in the beginning, Jim Gaffigan and Bryan Regan might become favorites of yours.

Ask your care team what his or her favorite joke might be. Of course, we don't want to use humor to put people down or be coarse or offensive.

Laughter will also encourage creativity in your workplace, strengthen bonds, improve communication, build trust, boost morale, enhance problem-solving, and improve productivity. (*Why Laughter is the Best Medicine For Your Health*, School of Public Health, The University of North Texas, March 19, 2024)

Have you downloaded the MCare Canada App? Why not do that right now, and let your care team know how you'd like to connect? You can call, text, email, or video chat.



24/7 access to your  
Care Team  
via MCare Canada App

\*free in your app store



## How It Works



Enter your company's  
Location ID  
**119572**



Select a Care Partner to call,  
text, email, or video chat  
directly from the app.



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