



25
YEARS
1998-2023



NEWSLETTER

JULY 2024



VOLUNTEER

This past month a group of our staff dedicated their time to volunteering for Habitat for Humanity. Santino, Bob, Donna, Zina & Jamie worked together to help others in need. Every few months we have volunteer opportunities if you are interested in participating please reach out to HR.

SAFE DRIVER WEEK

July 7-13 is this year's Operation Safe Driver Week, which is a safe-driving enforcement & outreach initiative aimed at improving driving behaviors through educational and traffic-enforcement strategies & driver interactions with law enforcement.

WHAT'S HAPPENING

July 1st - Canada Day
July 4th - Independence Day (US)
July 7th-13th - Safe Driver Week

FUN FACT

July is named after Roman dictator Julius Caesar (100 B.C.-44 B.C.). Caesar developed the precursor to the Gregorian calendar we use today.



NEWSLETTER

JULY 2024

SAFETY TIP OF THE MONTH

With the summer months in full swing, we are seeing heavier traffic due to people travelling for vacations as well as maybe enjoying a few too many drinks with friends, this makes it even more critical for you to be careful and attentive. Be aware of other drivers on the road and leave plenty of space. We are in the middle of thunderstorm season so be mindful of the weather and drive according to road conditions. Even though you may be using a hands free Bluetooth device, keep your calls to a minimum if at all. Your focus should always be on the road, not on a conversation. Remember, the summer is a time when many families are travelling to visit loved ones, yours as well, don't let distractions turn a sunny day into a bad day. Be careful out there

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



EMPLOYEE SPOTLIGHT

7 questions with...

Sheila Tessier

Onfreight Logistics

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

I think it would be Margaritas.

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

That I used to be a Private Investigator. It usually gives everyone a good laugh.

3. Best day of your life so far? What else, the day I started at Onfreight!

4. What would your dream vacation be? A beach anywhere for a month or two!

5. If you could be someone else for a day, who would you be? An owner of a 75 ft yacht that docks in the Mediterranean

6. What was your first job ever? My first job was a lifeguard.

7. If you could appear on any game show, which one would you choose? Wheel of Fortune

LET'S

CELEBRATE

Birthdays

Joseph Cormier
Dorin Comarita
Toader Chirescu
Parick Fasan
Tonee Kamil
Martin Schechinger
Parmjit Singh
Harshpreet Singh
David Smith
Otilia Stanciu
Paul Panasiuk
Kevin Craner
Ravneet Kaur
Lissa Pullinger
Gagandeep Singh
Janet Stainton

Anniversaries

Jayms Al Giorgees
Toader Chirescu
Jamie Frappier
Zain Jooma
Krishna Pokharel
Manpreet Singh
David Smith
Navvir Singh
Dereje Suffa
Phil Ma
Jamie Turcotte
Alec Tonkin

Connect Care

Managing Stress and Workplace Change

BY DR. ROGER HABER

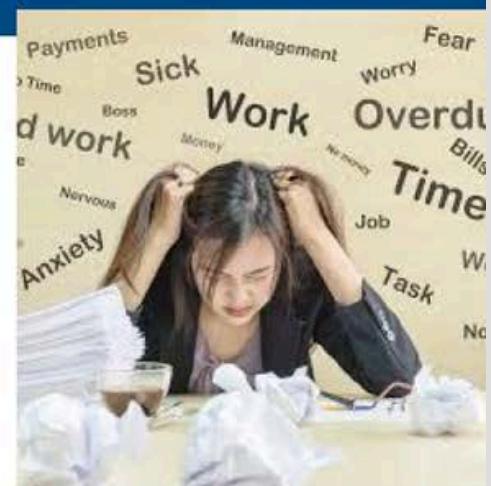
Last month we looked at the effects of change. This month we will focus on stress and workplace change. Marketplace offers workshops for companies like yours—Work Life Growth Series. The following comes from one of those workshops.

It's important to understand why workplace change can cause stress. Most often the changes resulting in stress are often beyond our control. There are six primary reasons why workplace change might cause stress:

1. Confusion about roles and responsibilities.
2. Fear of not being able to meet new job demands.
3. Anxiety caused by the fear of the unknown—what might be next.
4. Uneasiness about job security.
5. Apprehension about new work relationships.
6. A heightened sense of general discomfort.

Your care team is there to be a listening ear if you are experiencing any of these stressors. You can use your MCare Canada app right now to email, text, phone, or video chat with your care team to set up a time to talk about any issues you might be facing.

Not everyone responds to stress the same way. Let's look at some ways you might want to use to manage the stress in your life:



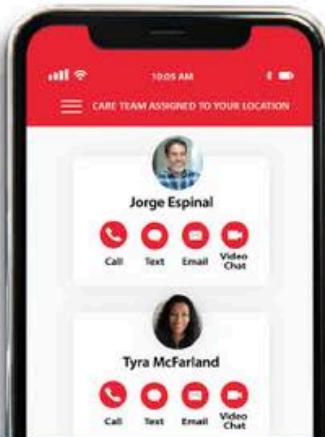
“YOU DON’T KNOW WHAT PEOPLE ARE REALLY LIKE UNTIL THEY’RE UNDER A LOT OF STRESS.”

TM ALLEN



1. Try to minimize the influence of stressful situations on your physical and emotional health. Turn off your cell phone for a few hours when you're not expecting urgent calls. Spend more time with people who are positive and optimistic.
2. Try using some kind of "planner" and working from a schedule. Allow ample time for travel. Try to schedule unpleasant tasks in the morning so you don't have to spend the entire day worrying about a meeting or activity you're not looking forward to doing.
3. Don't take on too many non-work obligations. Avoid being an "over booker." Be realistic about what you can do with your already busy schedule.
4. Try to avoid bringing stress home with you. Try to leave your work at the job. If you're feeling pressure, contact your care team. He or she might just be able to help.
5. Spend some time doing things you like to do. Spend time with family and friends doing something fun.
6. Perform some relaxation techniques like deep breathing, stretching and quiet time.
7. Try to find something that makes you laugh. "It is the best medicine" and it will lower stress.
8. Get enough sleep. Not doing so makes some of us irritable and less productive.
9. Try to be more positive. Negative thoughts can cause anxiety and make stress worse.
10. Talk to a good listener. Your care team is there for you. Sometimes just talking it out will help relieve the stress.

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



Download on the
App Store 

GET ON
Google Play 

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.



Browse additional
resources