



25  
YEARS  
1998-2023



# NEWSLETTER

JUNE 2024



## KENTUCKY

Our new terminal in Kentucky is taking shape and construction has accelerated this past month. In addition, we have added a new terminal manager to our US operations. We are excited to welcome Kevin Craner to the Onfreight Family!

## SUMMER TIME

Warmer weather is here and summer plans are being made. Please make sure all time off requests are being completed through the ADP App! Reach out to Santino if you need help.

## WHAT'S HAPPENING

June 16th - Father's Day  
June 21st - Summer Solstice

## FUN FACT

June has both the longest and the shortest days of the year, depending on where you're standing! If you live in the northern hemisphere, then June 21st is the longest day of the year. If you live in the southern hemisphere, then the 21st is the shortest day of the year.



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## SAFETY TIP OF THE MONTH

With the warm weather and sunny skies finally here, most people tend to relax behind the wheel. Summer driving brings along its own set of driving issues.

Construction zones are now on the rise, be aware, slow down and watch for workers!

Wear sunscreen, or other sun protection, multiple stops will increase your exposure to the sun's rays. Stay hydrated, the hot summer Temps will dehydrate you quickly, by the time you're thirsty, you're already dehydrated.

Don't let the sunny skies lull you into a false sense of safety, always stay aware of your surroundings, leave plenty of space to avoid late braking.



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

## EMPLOYEE SPOTLIGHT

7 questions with...

**Christie Meyers**

Onsort Material Management

**1. One meal for the rest of your life, what would it be?** It would be hamburgers. That may sound boring but you can put almost anything on them. I've recently gotten into peanut butter. Don't knock it till you try it.

**2. What is something people would be surprised to know about you?** This may not be too shocking that I'm a proud member of the LGBTQ plus community and June just so happens to be pride month so happy pride everybody!

**3. Best day of your life so far?** Had many great days in my life but I'm still waiting on the best one so I'll have to let you know.

**4. What would your dream vacation be?** I would spend a year on a multimillion dollar yacht and go to Spain, France, Italy and Greece. This may actually take more than a year.

**5. If you could be someone else for a day, who would you be?** I'd be Jeff Bezos and the first thing I'd do would be to switch bank accounts with him and change the world for the better instead of trying to impress other billionaires by making rockets.

**6. What was your first job ever?** I got a job at Harvey's when I was 15 and I hated every second of it. I had to work a few nights during the week and then every Saturday and Sunday starting at 6AM. Not great when you're in highschool.

**7. If you could appear on any game show, which one would you choose?** Definitely The Price Is Right. But only if it was the 1980's when Bob Barker was at his finest.



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## A SPECIAL NOTE FROM OUR EAP REPS

### LARRY GRAHAM

My name is Larry Graham and I have been your care partner for the past 4 years. Since then, Onfreight has had many new faces, and we would like to connect with everyone through this newsletter.

I've been married to Rose Graham for 54 years now and we have gained much wisdom to share in helping marriages stay healthy and alive. We have two sons, six grandchildren and one great-granddaughter. I worked as an electrician at General Motors transmission plant for 30 years and now have enjoyed 14 years of retirement. I also have done a lot of counselling to help those going through difficult times. I'm also a board member of the Matthew House Refugee Center. I'm normally at Onfreight on Thursdays or Fridays but can adjust my schedule if you would like to talk.

Your care partner Larry

### BECKY COWAN

My name is Becky Cowan. Many of you have seen me around here in the early part of each week. I am a member of the Marketplace Care Team. Coming each week to this location has been a true joy through being met with kindness, smiles and genuinely open conversations.

Let me introduce myself to you. I am a wife and mother of six children. I have a B.R.E. and B.S.M. with a focus on counselling education throughout the years. I have been a music teacher and music director at my faith community for over 25 years. I enjoy being with people and hope to get to know you more.

What is the purpose of our team crossing paths with you each week? First, we want to be a familiar, friendly, dependable face. Second, we are here to come alongside you to aid you where needed. Are you dealing with a serious illness? Mental health issue? Financial or relational stress? Is a close family friend or relative experiencing some trauma? We are friends to whom you and those in your close circle can speak to in confidence.

Our company offers 24-hour care. Having served troubled children, struggling teenagers, a maternity home, a pregnancy centre and women's care groups, I have been involved in offering advice and just lending an ear to those who need someone to help them navigate the difficulties of life.

When you see me, remember that I am here for you and your family. Don't hesitate to text, set up a time to meet, have a visit here at Onfreight, or just chat for a few minutes before heading out.

I look forward to connecting with you soon!!

Sincerely, Becky

# LET'S CELEBRATE

## ***Birthdays***

Zina Bublica  
Joe Abramuk  
Emily Tessier  
Michael Ferri  
Diana Karn  
Mackenzie Oullette  
Qasim Khurshid  
Tammy Boddy  
Jamie Frappier  
Ismail Yilmaz  
Rick Poe  
Joseph Labreche  
Dereje Suffa  
Walter Cheeks  
Dave Ball  
Greg Tinney

## ***Anniversaries***

Jamie Hunter (14 years)  
Greg Tinney (9 years)  
Zina Bublica (9 years)  
Dwayne Lalonde (7 years)  
Diana Karn (4 years)  
Mohamad Kurdieh (4 years)  
Wayne Masse (4 years)  
Martin Schechinger (3 years)  
Michael Ferri (2 years)  
Amit Duhan (1 year)  
Chad Mcleod (1 year)  
Gaurav Sharma (1 year)  
Harwinder Singh (1 year)  
Parmjit Sidhu (1 year)

# Connect Care

## Well-Being in the Workplace

BY DR. ROGER HABER

Well-being in the workplace is certainly a welcome emphasis in the culture of the marketplace during these days.

The CDC Workplace Health Resource Center, in their work site health card states, "Well-being is the ability of individuals to address normal stresses, work productively, and realize one's highest potential."

This is exactly why your company has provided a care team for you, your co-workers, and your family members as well.

Your care team is there for you and your family. Remember, this is voluntary. Everything you share with your care team is confidential (unless you are going to harm yourself, or someone else). Whether you or someone in your family needs a hospital visit, grief care, or simply a listening ear, your care team is there for you—24/7. If you have family members in other parts of the continent, we can provide care for them as well. Just let your care team know and your care team will see to meeting the needs of your family member.

So, as you can see, well-being in the workplace is both a benefit to you, your family, your co-workers, and your company—a win/win for everyone.

Your care team is also familiar with other workplace wellness provisions your company provides for you.



**"TAKE CARE  
OF YOUR  
BODY, IT'S  
THE ONLY  
PLACE YOU  
HAVE TO  
LIVE."**

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JIM ROHN

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Every month we encourage you to connect with your care team. You might consider connecting with your company leader or HR director this month and thank him or her for providing care team members for you in order to create a "culture of well-being."

Studies continue to show that mental health plays a critical role for success at work. In 2020, 30% of Americans showed symptoms of anxiety, depression, or both. And only 20% of employees felt their needs were met.

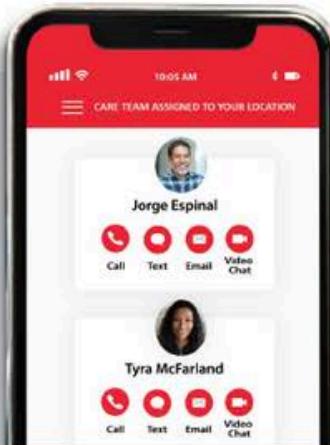
If you are struggling in these areas, please speak with your care team members. No one needs to shoulder these kind of burdens by himself or herself. Your care team is familiar with resources that might be helpful and beneficial to you.

According to the Society for Human Resource Management, many companies with wellness programs say that less than 10% of employees use their benefits.

Your company is providing you with care partners as part of their desire to see to your well-being. Many company leaders are moving from this being a "nice-to-have" benefit to an essential benefit.

Your care team is an integral part of your company's concern for your well-being. Have you connected with your care team yet? If you haven't downloaded the MCare Canada app yet, please look at the instructions below. Then, we encourage you to use the app to text, call, or email your care team today. You can share a joy or a struggle or simply let him or her know something about yourself or your family.

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.



Browse additional  
resources