

# TQM WORKFORCE SOLUTIONS, INC.



Workforce Solutions, Inc.

Volume 1 / Issue 8 - September 2018

## EMPLOYEE CENTER

### September Birthdays!

Tom Koch (President)

Albert Corbett | Allen Hill

Chris Bell | David Wanyama

Dom Tillman | Paul Firmin

Lemar Brown | Leroy Cruz

Richard Brown | Ronald Clapp

Victor Margvelashvili | Dennis Rex

HAPPY BIRTHDAY TO YOU!



*We appreciate you!*

### LIVE WELL WORK WELL

Trouble Sleeping? Your Phone May Be to Blame! Yes, you read that headline right. According to a new study, using your phone before you go to bed can disrupt your sleep schedule and prevent you from getting a good night's sleep.

Fatigue is defined as mental or physical exhaustion and extreme tiredness or weariness resulting from physical or mental activity. Fatigue can be a symptom of a medical condition, but more commonly, it is a normal physiological reaction to: Lack of sleep, Changes of sleep-wake schedules and Stress. How many of these do you think can affect your driving?

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*“Every moment is a fresh beginning.”*

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### SAFETY ZONE

School is back in session! Eliminate distractions near schools: Consider turning off or turning down the radio, do not use your cell phone, or adjust any other electronic devices, and increase your alertness in and around school zones. Anticipate the children will disobey posted crossing signs and be prepared to stop. Stay Safe, Stay Alert, and Drive Safe!

### MEET THE TEAM

**Melanie Rozdzielski** - TQM would like to introduce Melanie, the Operations Coordinator! She works to add new drivers into the mix of dispatch and assists payroll & recruiting when needed! We appreciate all she does for the TQM family!

### EMPLOYEE CONTEST

The correct answer to August's question, what does COE stand for, when referencing a truck design?... Cab Over Engine! CONGRATULATIONS to Steve Thompson from CT who won in AUGUST! Enjoy your gift card! This month's question below.....

**Q: What does the term “gross weight” stand for?** Email back the correct answer for a chance to win a gift card!

# WE'RE HIRING

*We appreciate you!*



## REMINDERS

Remember – Timesheets are due by 9 am Monday morning to ensure all hours are accounted for and sent for payroll.

Remember – We offer a \$250 driver REFERRAL BONUS, tell your friends about us and get them working with a great team!

Remember – All of our newsletters are available on the TQM website under Employee's page for your viewing.

Remember – We are ALWAYS available by phone at the main line (800-458-5114) Always keep your phone on!

## DRIVER SPOTLIGHT

This month we are featuring our driver Thomas Veroneau, from West Brookfield, MA. Thomas has been employed with TQM since September of 2017! Congrats on your one-year anniversary! He is a dedicated driver with us working daily at the same account hauling and delivering frozen foods. Thomas has a wife of 27 years with 3 children. His daughter has 3 kids, giving him the best grandchildren! They are all under the age of 4 so he has spent plenty of time by the pool with them on the weekends this summer. Thomas is a HUGE football fan rooting on the LA Raiders (formerly the Oakland Raiders). He has worked a lot the past year with us, being flexible and reliable, which helps the TQM team grow. THANK YOU THOMAS!

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## Contact Us

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