

EMPLOYEE RECOGNITION

The receiver from Tractor Supply in Ortonville, Mi called in bragging on his delivery driver:

“Danny Mayfield was the most polite, patient driver I have had. The load was sort of messed up, but he patiently done what was needed and was very helpful in getting his products unloaded.”

Way to go Danny!

NEW TEAM MEMBERS

Tony Fint	08/03	Truck Driver
Timothy Roberts	08/05	Truck Driver
Christy Simpson	08/10	Freight Clerk Broker
Michael McQueen	08/17	Logistics
Harold Stinson	08/21	Truck Detail Specialist
Josh Keeling	08/31	Logistics Clerk
Jeffery Kerr	08/31	NSC Mechanic



ANNIVERSARIES

Linda Kerr	09/06/2004	16 years
Allen McGowan	09/16/2009	11 years
Denise Harris	09/16/2013	7 years
Jonathan Irvin	09/15/2014	6 years
Kelsey Redmon	09/01/2016	4 years
Zane Boulton	09/06/2016	4 years
Michael Mink	09/19/2016	4 years
Jane Flanagan	09/06/2017	3 years
Ruhl Barker	09/11/2017	3 years
Aaron Collins	09/21/2018	2 years
Jason Wilson	09/18/2019	1 year
Steve Davis	09/25/2019	1 year



Happy Work Anniversary!
FOR THE MONTH OF SEPTEMBER

BIRTHDAYS

Derek Riddle	09/02
Zack West	09/02
Derrick Caldwell	09/06
Laura McQueen	09/08
Aaron Applegate	09/12
Shawn Meininger	09/12
Greg Neat	09/14
Dancy Blakey	09/17
Benjamin Myers	09/21
Joseph Edwards	09/21
Charles Blankenship	09/23
Randy Watts	09/23
Garry Willis	09/27
Aaron Collins	09/28
Jonathan Irvin	09/28
Josh Keeling	09/28



EMPLOYEE OF THE MONTH



Jane Flanagan

Jane has been with Neat Companies for 3 years. She started as our Benefit’s Administrator but is now our Human Resources Generalist. She is currently working from home most of the time due to COVID social distancing rules. Jane’s mild mannered and soft spoken demeanor makes her a perfect candidate for HR. She loves to help people and she won’t stop until she has exhausted all efforts to help an employee. Thank you for your 3 years of service Jane!

DRIVER OF THE MONTH



John Wright

John is one of our West drivers and has been with Neat Companies since January. Here's what his driver manager, Jason Grange, had to say about John: "John Wright has gone above and beyond consistently... most recently, after arriving to begin delivering to a multiple stop to Arizona (temps above 110 degrees), his compressor failed and he had no AC.... he still continued to deliver safely, accurately, and with great customer service." Thank you, John for your dedication to the Neat team. We are so glad to have you!

DRIVER INFORMATION



SEPTEMBER 13-19, 2020

Nearly every aspect of daily life is made possible because a truck driver delivered the goods and resources people need.

National Truck Driver Appreciation Week is an important time for America to pay respect and thank all the professional truck drivers for their hard work and commitment in undertaking one of our economy's most demanding and important jobs. These 3.5 million professional men and women not only deliver our goods safely, securely, and on time, they also keep our highways safe.

This year's National Truck Driver Appreciation Week is September 13-19, 2020 and takes on a special significance considering the crucial role truck drivers have played during the COVID-19 pandemic.

Americans in all fifty states have taken extraordinary steps to show their appreciation for the important work that professional truck drivers have done as we navigate our way through the coronavirus pandemic. From children passing out lunches, to "I Heart Truckers" signs across America's highways, the public has taken notice of the essential role truck drivers play in their lives. President Trump and Secretary of Transportation, Elaine Chao said, "Thank God for truckers."

THANK YOU to our NEAT DRIVERS for ALL you do and for keeping Neat Companies going!!! We appreciate your hard work so much!

DRIVERS- Please make sure to pick up your gift from the Transportation office during Driver Appreciation Week.

This year, due to Covid-19, we thought it would be best to skip the annual Company Cookout BUT the company has scheduled BETTER BURGERS FOOD TRUCK to be here at the Transportation Office on Friday, September 18 from 11-1 EST to serve us instead!!

Please come enjoy a FREE delicious meal!!!



* Tables and chairs will be set up like usual but they will be spread 6ft apart to make sure we comply with current social distancing rules.



KEEPING IT SAFE



You've successfully navigated the airport and now you've landed safely at your destination. Don't relax on safety just yet. Whether at a theme park or at a fancy resort, there are a few safety precautions (on top of washing your hands and social distancing) that you can take to make sure you're as safe as possible. Below are some travel tips while on vacation.

- **Stay off social media.** Don't tip criminals off by sharing too much information on your social networks. Refrain from posting photos, status updates, or "checking in" while on vacation. Even if you have the highest security settings on Facebook and Twitter, your personal information could still be seen by unwanted eyes.
- **Tell friends and family at home your itinerary.** It's a good idea to tell family and friends about your plans. Always let someone know when you're expected to be back and what route you're planning to take.
- **Go contactless.** Whenever possible, choose contactless options to check into your room, get meals delivered, or purchase tickets if you're going to any events or venues.
- **Keep cash and credit cards in separate places.** Never carry your credit cards, cash, and passport at the same time. You'll want to keep some cash in your wallet, and then stash the rest in a pocket or money pouch. If you have a safe in your hotel room, leave the majority of your cash there and only bring what you'll need for the day.
- **Make a copy of your passport.** You'll want to make two copies of your passport. Leave one copy at home with a trusted friend or family member and take another copy with you. When you go out sightseeing, take the copy with you and leave the original in a hotel safe until you are ready to travel again.
- **Do a security sweep of your hotel room.** Always keep your hotel door locked and never answer it for someone you don't

know. If you can, try to get a room near the front desk or the elevator.

- **Do a sanitizing sweep of your hotel room.** Even though hotels are stepping up their cleaning routines during the pandemic, you may want to roll up your sleeves and do some extra disinfecting. The CDC has a whole guide to help you clean and disinfect your temporary lodgings the right way.



September 14

Happy Birthday to the BEST boss around! Wishing you a wonderful day!



HEALTH & WELLNESS



September is National Suicide Awareness Month. Also known as Suicide Prevention Month, the month brings awareness to a topic not often talked about. Everyone is affected by suicide, not just the victim. Suicide impacts family and friends long after the loss of a loved one. On average, one person commits suicide every 16.2 minutes. Two-thirds of the people who commit suicide suffer from depression.

One way to help prevent suicide is to increase access to treatment for depression. However, identifying depression can be difficult. Not all people who suffer from depression show signs. The first step in identifying someone who is suffering from depression and contemplating suicide is to see how serious the issue is. Talking to the person involved and asking about their thoughts will decrease the trigger of suicidal action. Suggesting a counselor or treatment for depression might also help. Often, people who are depressed need a caring friend. A common fallacy is that people who talk about suicide never act on it. If a friend or loved one is talking about suicide, it's time to get help for that person.

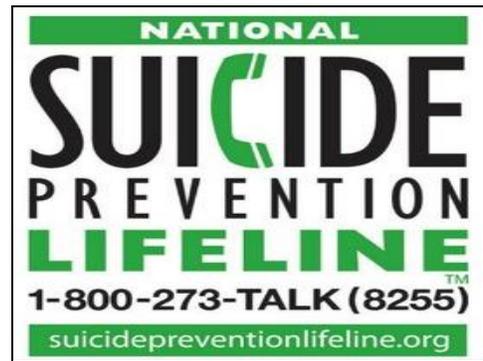
The mental health of yourself or a loved one can never be taken too seriously. Whether the weight of a long-term struggle or a crisis weighs you down, allow friends, family or a profession to lighten the burden by finding support. There is no shame in seeking help.

Each year, approximately 1 million people die from suicide. That equals out to 1 death every 40 seconds.	Youth suicide is increasing at the greatest rate.
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You can't always see pain.



You can help save a life by recognizing the signs and starting the conversation. **Suicide is preventable.**



STORK REPORT



Congratulations to Salesmen Duncan Berryman and wife Deanne on the birth of their first grandchild. Jameson Andrew Berryman August 27, 2020; 7:07 PM 7lbs, 3ozs, 20 1/2" long

6 SURPRISING HEALTH BENEFITS OF PUMPKIN



When you think about pumpkins, what comes to mind? Jack-o'-lanterns? Pumpkin pie? Charlie Brown? Pumpkin spice lattes? Well, there's more to these orange gourds than Halloween and sugary (but delicious!) desserts and drinks. Pumpkins have numerous health benefits -- none of which take center stage in autumn's most frequent offerings.

Are you skeptical about taking the pumpkin out of the pie (or cup)? These health benefits may change your mind:

Weight Loss

Pumpkin is rich in fiber, which slows digestion. "Pumpkin keeps you feeling fuller longer," says Caroline Kaufman, MS, RDN and an upwave diet and nutrition expert. "There's seven grams of fiber in a cup of canned pumpkin. That's more than what you'd get in two slices of whole-grain bread."

Pumpkin may be filling, but it's also a low-calorie superstar. "Canned pumpkin is nearly 90 percent water, so besides the fact that it helps keep you hydrated, it has fewer than 50 calories per serving," Kaufman says.

Sharp Vision

Pumpkin's brilliant orange coloring comes from its ample supply of beta-carotene, which is converted to vitamin A in the body. Vitamin A is essential for eye health and helps the retina absorb and process light. A single cup of pumpkin contains over 200 percent of most people's recommended daily intake of vitamin A, making it an outstanding option for optical health. Pumpkin also contains lutein and zeaxanthin, two antioxidants that are thought to help prevent cataracts and may even slow the development of macular degeneration.

Better Immunity

Looking for a way to ward off illness and improve your immune system? Try pumpkin. The large shot of

vitamin A the fruit provides helps your body fight infections, viruses and infectious diseases. Pumpkin oil even helps fight various bacterial and fungal infections. Plus, pumpkin is packed with nearly 20 percent of the recommended amount of daily vitamin C, which may help you recover from colds faster.

Younger-Looking Skin

Sure, eating pumpkin can help you look younger (beta-carotene in pumpkin helps protect us from the sun's wrinkle-causing UV rays), but the pulp also makes a great, all-natural face mask that exfoliates and soothes. All you need is 1/4 cup pureed pumpkin (not pumpkin pie), an egg, a tablespoon of honey and a tablespoon of milk. Mix, then apply it, wait for 20 minutes or so and wash it off with warm water.

Lower Cancer Risk

Beta-carotene is great for your eyes and skin, but you know what else it's good for? Fighting cancer. Research shows people who eat a beta-carotene-rich diet may have a lower risk of some types of cancer, including prostate and lung cancer. Vitamins A and C are "a kind of cell defense squad," Kaufman says. "[They] are both antioxidants, and they act as shields for your cells against cancer-causing free radicals."

It (May) Help Treat Diabetes

In scientific tests, pumpkin has been shown to reduce blood glucose levels, improve glucose tolerance and increase the amount of insulin the body produces. More testing needs to be done before we can say for sure what pumpkin's benefits for diabetics will be, but if you have diabetes, munching on pumpkin certainly won't hurt.



Sunday, September 13th

ANNUAL HEALTH SCREENING



Annual Health Screenings
will begin
Monday, September 21st
at
My Lufe Clinic
in Dunnville.

We will contact you to set up
a time for your bloodwork.

Why Get Screened?

An **Annual Health Screening** typically measures your **blood pressure, cholesterol levels, and blood sugar**. The purpose is to give you information that might indicate risk factors for certain chronic conditions such as **heart disease, cancer, and diabetes**.

Annual Health Screenings have shown that elevated health risks are associated with major chronic diseases. Finding out about elevated health risks will help you to adopt and maintain healthy behaviors which is the key to lowering chronic disease and early death.

An annual health screening and intensive follow-up are probably the single most important thing you can do to improve your health.

Your own personal biometric data is a snapshot of your health. Elevated health risks can be predictors of future health and low health risks can be indicators of ideal health.

Flu and Pneumonia vaccinations will be available when you come in for bloodwork.

We look forward to working with Connie, Beth, and John Partin again this year with performing our bloodwork and consultations.

Bloodwork, Vaccinations, and Consultations are totally **FREE**. There is no cost to you.

SAFE & SOUND WEEK WINNERS



Congratulations on your NEAT prizes for being Safe & Sound aware!

ARE YOU TOSSING MONEY AWAY?

You are, if you are not taking advantage of Neat's 401k Plan!



Gross Wage	Employee Contribution	Company Match								
(before tax)	1%	1%	2%	2%	3%	3%	4%	3.5%	5%	4%
\$400.00	\$4.00	\$4.00	\$8.00	\$8.00	\$12.00	\$12.00	\$16.00	\$14.00	\$20.00	\$16.00
\$600.00	\$6.00	\$6.00	\$12.00	\$12.00	\$18.00	\$18.00	\$24.00	\$21.00	\$30.00	\$24.00
\$800.00	\$8.00	\$8.00	\$16.00	\$16.00	\$24.00	\$24.00	\$32.00	\$28.00	\$40.00	\$32.00
\$1,000.00	\$10.00	\$10.00	\$20.00	\$20.00	\$30.00	\$30.00	\$40.00	\$35.00	\$50.00	\$40.00

Find your Gross Wage, or the closest to it, and follow the chart to see what your contribution would be at 1% and what the company match would be in blue! The company matches all the way to 5% and you are tossing dollars away by not participating!

For example: if your Gross Wage (before tax) is \$400.00 and as the employee you contribute 1%, you put in \$4.00. The Company Match is \$4.00, so your 401k will have \$8.00 that week!

Another example: if your Gross Wage (before tax) is \$400.00 and as the employee you contribute 5%, you put in \$20.00. The Company Match is \$16.00, so you 401k will have \$36.00 that week!

You are eligible to participate after 6 months of employment and can join at any time after that! There are no special enrollment periods!

Call the HR office today to get started!



Health Screenings



Get Checked

- Blood Pressure
- Cholesterol
- Glucose



www.neatcompaniesgroup.com

