

VOL. 3 | APRIL 2021

AS THE WHEELS TURN

The Official Newsletter of PD&S



Congratulations to Ted & Phil!

Ted M. & Phil B. are the proud drivers of the 2 newest trucks in the fleet!

As we have assigned trucks, I wonder who's next?



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"You can't build a reputation on what you are going to do."

- Henry Ford

Driving in Heavy Rain: 15 things you should know!

By Amanda Barr

It's that time of year again, as we away from the cold weather & into the rainy season. After all April showers, bring May flowers.

Get ready, drive safely & confidently.

A few things to remember before you drive on a rainy road.

1. **Know before you go.** - Take a few minutes to check the forecasts along your route. Be particularly aware of heavy downpours or flash flooding potential.
2. **Trip Plan the entire Route** - Check DOT maps for possible road closures, plan ahead to try and avoid those areas if possible.
3. **Pre-trip Thoroughly** - This should be a given during any weather conditions, but an equipment issue could be made worse by poor weather conditions.
4. **Pack Appropriately** - Be sure that you have all the necessary protective gear for each season & the climates you might encounter.
5. **You Make The Call** - At PD&S we are firm believers that Your Safety comes first & you are the captain of the ship. If conditions are to hazardous, you can make the decision to stay off the road.
6. **Eliminate distractions before you turn the key.** - Take a few moments to ensure your phone is set to "Do Not Disturb" or that you have your hands free device set up. Get your GPS navigation ready, situate and snacks or beverages within reach. Set yourself up for maximum focus on the road.



A few things to remember while driving in rainy conditions.

1. **Always wear your seat belt** - This is a requirement in any weather condition.
2. **Turn your lights on** - It is important for other drivers to be able to see you, just as it is for you to be able to see them. This goes for driving in rainy conditions, both day & night.
3. **Keep your radio on low volume** - In severe conditions you can tune into a local station, that will provide you with weather updates, so you can get alerts on the conditions without being distracted. Be sure that the volume isn't too loud that you can't hear what's going on around you.
4. **Change speeds gradually** - Change speeds slower than you normally would to help prevent traction loss. Heavy rain can quickly reduce traction.

5. **Turn around don't drown** - Never drive into water over the roadway. Even a small amount of moving water can wash away a vehicle, as well as obscure your vision of potential hazards. There is also no way to tell how deep the water really is, or if the road is still there. Washouts happen frequently. Just don't do it!

6. **Drive Slower** - It is suggested to take at least 5 mph off the speed limit during hazardous conditions. Even more if you are pulling a light trailer, encounter heavy traffic, curves, etc. According to the FMCSA, 25% of speeding related large truck fatalities occur during adverse weather conditions.

7. **Increase following distance** - We recommend at least 7 seconds in good conditions, you will need to add to that in rainy or wet pavement conditions.

8. **Do not use cruise control or engine brake** - Using your Jake brake on wet & slippery roads could result in a loss of traction. Utilizing cruise control means you lose the feel of the road & might not sense hydroplaning.

9. **Never drive past your ability or the ability of your truck** - If you are not comfortable with the situation at hand, get off the road safely! Do not park on the shoulder, but find a safe parking lot & take a break until conditions improve. Communicate with Dispatch, let them know that you are safely parked & update as conditions change. Communication is Key!



Important Dates this month!

Happy Birthday!!

Nick T - April 18
Mark M. - May 09
John A - May 19

Happy

Workiversary!

Nick T - April 16 (9 years)
Caleb R. - April 17 (4 years)
Ted M. - April 29 (2 Years)
Mike S. - April (32 years)
Ryan S. - May 21 (1 Year)

April 22 - Earth Day

April 24 - Safety Meeting/Movie Night

May 5 - Cinco de Mayo

May 9 - Mother's Day

What to expect on the 24th



Safety Meeting starting at 6p.m.

(Attendance is not Mandatory, but it is encouraged)

Dinner provided pulled pork & sides.

Outdoor Movie starting at sunset
around 7:30p

We hope to see you here!

Your Opinion Counts!

The real purpose of our company newsletter is to help all PD&S employees better connect with each other & management. One of the best ways to accomplish this is simply by asking for your opinions & ideas!

In each issue we plan to include a survey question along with the results from the previous survey.

What movie would you like to watch on the 24th?

You can submit your answer or suggestions by writing it down & turning it in with your paperwork, texting 812-422-8700, or emailing accounting@pdsagent.com.





Photos & Content

A big thank you goes out to Ted & Amanda for the photos included in this article. If you have any photos or content ideas for next month's newsletter or our social media, please submit to Amanda by texting 812-204-0031 or emailing accounting@pdsagent.com.

Thank you for all you do to help make PD&S an incredible company to work with!



Employee Spotlight

Recently Jose M. was named Driver of the Month for February 2021! He has driven professionally for over 13 years with over 1 Million safe miles!!

"Jose has been a long time loyal employee at PD&S. He's very active in his church & dedicated to his family. Jose is always ready to tackle the next job & one of the hardest working people I have ever had the pleasure of working with! In his 5 years with PD&S we have not had a single incident or complaint from any other drivers, customers, or random people on the road. We are proud to have him as part of our PD&S family!"

- Ryan Barr (Operations Manager)

A young man at his first job as a waiter in a diner has a large trucker sit down at the counter and order, "Gimme three flat tires and a couple of headlights."

Bewildered, he goes to the kitchen and tells the cook, "I think this guy's in the wrong store, look at what he ordered!"

The cook says, "He wants three pancakes and two eggs sunny-side up."

The waiter takes a bowl of beans to the trucker.

He looks at it and growls, "What's this? I didn't order this!"

The young man tells him, "The cook says that while you're waiting for your parts, you might as well gas up!"

Live Well, Work Well

April 2021

Brought to you by Your PD&S Agent, Inc.

Alcohol Awareness Month During the COVID-19 Pandemic

Observed every April, Alcohol Awareness Month is meant to raise awareness about alcohol use and break the stigma by discussing how alcohol-use disorders affect individuals, families and communities. This year is especially critical as COVID-19 restrictions and stress can increase your susceptibility to substance misuse, addiction and relapse. In fact, alcohol sales in the United States have grown nearly 30% in the last year.

Alcohol abuse can affect both your personal and professional life. Prolonged drinking puts you at risk for developing serious health complications—such as high blood pressure, heart disease, liver disease and stroke—and can trigger other life-threatening consequences.

Alcohol use disorder affects about 15 million Americans, and nearly 90,000 people die every year from alcohol-related causes.



Know the Warning Signs

Alcohol use disorder can be mild, moderate or severe, based on the number of symptoms you experience. Keep in mind that symptoms often occur at the same time.

Common physical and behavioral signs and symptoms of alcohol misuse include the following:

- Feeling irritable or experiencing mood swings
- Having poor coordination
- Showing signs of slurred speech
- Experiencing blackouts or short-term memory loss
- Isolating from friends and family
- Failing to complete responsibilities and obligations at home or work
- Drinking alone or in secrecy
- Making excuses for drinking, such as to relax or deal with stress
- Engaging in risky behavior, such as drunk driving

Alcohol use disorder can include both periods of alcohol intoxication and withdrawal symptoms—such as sweating, shaking and nausea.

If you or a loved one are concerned about alcohol use, talk to a doctor or use the Substance Abuse and Mental Health Services Administration's (SAMHSA) National Helpline by calling 800-662-HELP (4357).



Moving 11 Minutes Per Day Can Improve Your Health

There's no denying that the pandemic has hampered activity levels. On top of exercising less, you are likely sitting more than normal too. However, a sedentary lifestyle can be hazardous to your health. Although this type of lifestyle may be a pandemic reality, there's good news about the benefits of small move goals.

According to new research from the Norwegian School of Sports Medicine, just 11 minutes of daily, moderate exercise can provide long-term health benefits and increase your life span. Additionally, people who worked out at least 35 minutes per day saw the biggest results in terms of health, especially joint health.

Any movement, no matter the duration, is beneficial, as long as you accumulate enough of it. And, if you take your movement outside, you can improve your mental health in addition to your physical health. Start moving today, and talk to your doctor if you have questions about any lifestyle changes.

Move Every Day

Breaking a light sweat may be easier to commit to than doing a high-intensity workout. Incorporate moderate exercises, such as the following, into your daily routine:



Walking briskly



Riding a bike



Dancing



Cleaning

Mental Health Support During the Pandemic

Rarely has there been a greater need for mental health support than now. Before the pandemic, there were already shortages of mental health professionals. For example, there were 45 psychologists or psychiatrists for every 100,000 Americans. In some places, that ratio was just one professional per every 30,000 people. Additionally, Mental Health America data reveals almost a quarter of adults with a mental illness say they aren't able to get the treatment they need.

As the pandemic continues to strain health care resources and take a toll on personal well-being, there are some ways to still receive mental health support. Telehealth is a great place to start to receive mental health care via video conferencing. Additional support resources include:

- Your primary care doctor, who can point you in the direction of mental health resources
- State psychological associations
- Work-based wellness and employee assistance programs
- The SAMHSA's National Helpline, which is free, confidential and available 24/7 by calling 800-662-HELP (4357)
- The United Way's free and confidential service for community resources

There's hope on the horizon with COVID-19 vaccine rollouts, but the pandemic is still evolving. Continue to check in with yourself and reach out for help.

Spring Vegetable Saute



Makes: 4 servings

Ingredients

- 1 tsp. olive oil
- ½ cup sweet onion (sliced)
- 1 clove garlic (finely chopped)
- 3 new potatoes (quartered)
- ¾ cup carrots (sliced)
- ¾ cup asparagus (pieces)
- ¾ cup sugar snap peas or green beans
- ½ cup radishes (quartered)
- ¼ tsp. salt
- ¼ tsp. black pepper
- ½ tsp. dill (dried)

Preparations

- 1) Heat oil in a skillet. Cook onion for 2 minutes. Then, add garlic and cook another minute.
- 2) Stir in potatoes and carrots. Cover, turn the heat to low, and cook until almost tender (about 4 minutes).
- 3) If the vegetables start to brown, add 1-2 tablespoons of water.
- 4) Add asparagus, peas, radishes, salt, black pepper and dill.
- 5) Cook, stirring often, until just tender (about 4 minutes).
- 6) Serve immediately.

Nutritional Information

(per serving)

Total calories	138
Total fat	1 g
Protein	4 g
Sodium	177 mg
Carbohydrate	29 g
Dietary fiber	5 g
Saturated fat	0 g
Total sugars	4 g

Source: MyPlate