

VOL. 4 | MAY 2021

# AS THE WHEELS TURN

The Official Newsletter of PD&S



## New Verizon Wireless Discount

As a PD&S Employee you now have the ability to receive a discount on your Verizon Wireless account! For details go online to [www.verizon.com/discounts](http://www.verizon.com/discounts).

If you have any questions regarding this please reach out to Amanda.



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"The Secret to getting things done is to Act!"

- Unknown

## Commercial Motor Vehicles & Motorcycle Safety



As the weather is warming up we are going to see more motorcyclists out sharing the roadways. Safe driving practices & cooperation from all road users will help reduce the number of fatalities & injuries on our nation's highways.

It is important for Commercial Motor Vehicle (CMV) Drivers to understand the safety challenges faced by motorcyclists such as size and visibility.

The average motorcycle with Ryder weighs in close to 1,000 pounds, while a fully loaded truck & trailer can weigh in up to 80,000 pounds. With such a large difference a collision between the two can easily turn fatal.

Professional drivers & motorcycle riders face more challenges when traveling on the highway in comparison to other motor vehicles. Professional Drivers of CMV's should give motorcycles as much room as possible on the roads.

1. Leave a space cushion that will allow drivers to maneuver & react safely.
2. Always keep track of Motorcycles around you as they can quickly disappear into blind spots.
3. Take extra care when there is more than one rider.
4. Be mindful of the weather, as high winds can easily be dangerous for both motorcyclists & CMV drivers.

Motorcycles (as well as pedestrians & cars for that matter) can be completely obstructed from view by the windshield columns and mirrors. Drivers should always practice not just looking both ways before going through every intersection, but to lean forward & look around the windshield column and mirrors prior to proceeding through, whether stopped or not.

Warm weather gets more and more motorcyclists out on the roads. Remember to always drive defensively, eliminate distractions, stay alert, and maintain a space cushion; be part of the solution to ending fatalities on the roadways.

# Important Dates this month!

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## Happy Birthday!!

John A. - May 19  
Barbara B. - May 25  
Kaylee B. - June 5

## Happy Workiversary!

Ryan S. - May 21 (1 Year)  
Amanda B. - June 5 (6 Years)  
Mike M. - June 18 (9 Years)

May 22 - National Solitaire Day (Toyota Production Saturday)

May 31 - Memorial Day

June 5 - Movie Night

## June 5 - Movie Night!



Starting about 6p.m. Come to the office warehouse for some BBQ & a movie starting at sunset! Be sure to bring chairs & to park in the rear of the building.

Looking at playing one of the Avenger's Movies! To vote for your favorite send a message to 812-204-0031 with your favorite Marvel Superhero.

Thank you again for everything you all do each and everyday! This is just our way of saying Thank You!

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## Your Opinion Counts!

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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 is something you would like to see happen here at PD&S?**

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](mailto:accounting@pdsagent.com).





## Photos & Content

A big thank you goes out to Jayson, Greg & Amanda for the photos included in this article. If you have any photos or content ideas for next months newsletter or our social media, please submit to Amanda by texting 812-204-0031 or emailing [accounting@pdsagent.com](mailto:accounting@pdsagent.com).

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



## Employee Spotlight

Our May 2021 Driver of the Month is Nathan Ludwig!

Nathan has been with PD&S since March of 2020, he is a hard worker and always ready to lend a hand around the hub and on the road. Nathan is a valued member of our team and we are honored to announce that he is this months PD&S Driver of the Month.

Congratulations Nathan thank you for all you do, we are Proud to call you a member of the PD&S family.

The first five letters of the alphabet decided to go hitchhiking across the country. A truck stopped next to the side of the road and picked up the first four. The driver said "How many of you are there?" The letters replied, "There's five of us." The driver said, "I only see four of ya." "It's okay.", said the letters, "E's on down the road."

# Live Well, Work Well

May 2021

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

## Self-care and Your Mental Health

More than half of adults in the United States will experience mental illness—which refers to a variety of conditions that affect one’s mood, behavior, feelings or thinking—at some point in their life. Mental illnesses can occur occasionally, while others are chronic. Common mental illnesses include anxiety, depression, schizophrenia and bipolar disorder.

Mental Health Awareness Month, observed every May, is a time to raise awareness about mental health, break the stigma and support people with mental illness.

**1 in 5** Americans experience mental illness each year.



Each condition has its own unique symptoms, but common signs of mental illness include the following:

- Feeling sad, irritable or angry for an extended time
- Feeling excessively paranoid, worried or anxious
- Experiencing extreme mood swings
- Avoiding friends and social activities
- Changing eating habits due to increased hunger or lack of appetite

- Having trouble sleeping or making dramatic sleeping pattern changes

One or two of these symptoms alone can’t predict a mental illness, but they may indicate a need for further evaluation.

### Taking Care of Yourself

One way to improve your mental health is through self-care. Self-care looks different for every person since it involves doing things that you enjoy or need.

Here are some ideas for how to practice self-care:

- Live healthy by eating well, getting enough sleep and exercising regularly.
- Connect regularly with friends and family who encourage and support you.
- Pamper yourself by watching your favorite TV show, taking a bath, applying a face mask, getting a massage or reading a book.
- Find ways to relax, including meditating, practicing yoga, going on a nature walk or baking.

The goal is to try to do something you enjoy every day. If you have concerns about a loved one’s or your mental health, contact a doctor or mental health professional.



## Skin Cancer and You

One in 5 Americans will be diagnosed with skin cancer in their lifetime. That makes skin cancer the most common cancer in the United States. Fortunately, skin cancer is highly preventable by avoiding excessive sun exposure.

May is Skin Cancer Awareness Month, but sun protection is important year-round. Here are a few tips to protect yourself outdoors:

- Stay in the shade under an umbrella, tree or other shelter. Avoid the sun between 10 a.m. and 4 p.m., when the rays are the strongest.
- Wear dark-colored clothes made of tightly woven fabrics and a hat that shields your face, neck and ears.
- Wear sunglasses to protect your eyes and the skin around your eyes.
- Use sunscreen that is at least SPF 30, applying it all over your body and lips. Reapply at least every two hours—and after swimming or sweating.

Routinely inspect your skin for any spots or changes in color or appearance. If you have any concerns, see your doctor.

### Sunscreen Label 101

Like other over-the-counter drugs, sunscreens follow regulated labeling guidelines. Here's how to decode your sunscreen label:

- **Broad-spectrum** protection works against both UVA (skin cancer and premature aging) and UVB (sunburn) rays.
- The sun protection factor (**SPF**) is the level of protection against harmful UVB rays.
- Check the **expiration date**. Sunscreens are usually good for two to three years.



## Fast Food and Heart Health

Fast food is highly processed and contains unhealthy trans fats, especially when food items are fried in oil. Eating fried food may increase your risk for heart disease and stroke.

According to new research, people who ate the most fried food per week had a 28% higher risk of major cardiovascular events, compared with those who ate the least. Those people also had a 22% greater risk of heart disease—and a 37% elevated risk of heart failure.

Along with choosing baked or grilled items, consider the following heart-healthy alternatives to fried food:

- Skinless poultry and fish
- A variety of fruits and vegetables
- Low-fat dairy products
- Whole grains

Limit your daily intake of fast food, and talk to your doctor if you have questions.

## Pasta Primavera



Makes: 3 servings

### Ingredients

- 1 cup noodles (uncooked)
- 1 Tbsp. vegetable oil
- 2 cups mixed vegetables, such as kohlrabi, sugar snap peas, carrots or asparagus (chopped)
- 1 cup tomatoes (chopped)
- 1 Tbsp. margarine
- ¼ tsp. garlic powder
- ⅛ tsp. black pepper
- 3 Tbsp. Parmesan cheese

### Preparations

- 1) Cook the noodles according to package directions.
- 2) While the noodles are cooking, heat oil in a skillet.
- 3) Add vegetables and saute until tender. Stir constantly.
- 4) Add tomatoes and saute 2 more minutes.
- 5) Add margarine and cooked noodles to the skillet, and toss with the vegetables.
- 6) Add seasonings and sprinkle with Parmesan cheese.

### Nutritional Information

#### (per serving)

Total calories	336
Total fat	11 g
Protein	11 g
Sodium	147 mg
Carbohydrate	48 g
Dietary fiber	8 g
Saturated fat	2 g
Total sugars	6 g

Source: MyPlate