

WELLNESS NEWSLETTER



TIRE RACK *WELLNESS WORKS*

energize, empower, encourage

THANK YOU FOR ALL THAT YOU DO

THE TIRE RACK WELLNESS WORKS PROGRAM IS DEDICATED TO SUPPORTING A HEALTHY AND HAPPY WORKPLACE CULTURE THAT IN TURN SUPPORTS THE HEALTH AND POSITIVE WELL-BEING OF ALL TIRE RACK EMPLOYEES AND THEIR FAMILIES. HERE'S TO YOU AND ALL THAT YOU DO FOR OUR COMPANY - THANK YOU!



Sam's Segment

Can you believe that we are already halfway through 2024?

With June comes fresh starts, new opportunities, and of course - warmer weather! How are you going to enjoy it?

"Appreciate where you are in your journey. even if it's not where you want to be — every season serves a purpose"

Last Month's Happenings



TEAM CT

Team CT had their very own “Fiesta Friday” where employees brought in their favorite dishes to pair with Moe’s mini burritos, in addition to a surprise piñata!



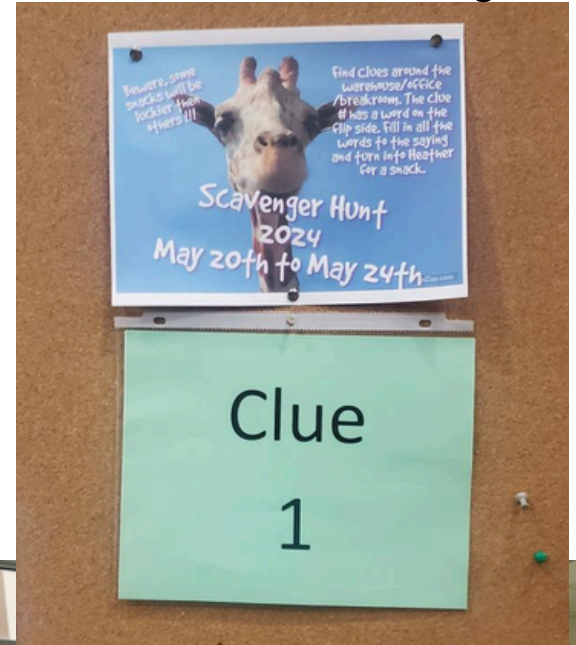
TEAM C1

Team C1 had a local florist come in that let employees build their own bouquets to take home for Mother’s Day!



TEAM DE

Team DE had their very own Scavenger Hunt! Special thanks to Heather Bates, DE's Warehouse Office Manager!



TEAM SE

Team SE had a TR Family BBQ to celebrate their employee's and their families with great food, fun games, and lots of laughs!



TEAM CO

Team CO had their very own cook out at lunch where they made Discada, in addition to providing single roses for employees to take home for Mother's Day!



**Join us in the race to collect
500 (or 5000?) pairs of new women's
underwear and bras!**

Help us affirm the dignity of each woman who walks through our doors by providing these much needed items. At St. Margaret's House, we distribute more than 4000 pairs of underwear and bras each year.

Drop off your donations and help us cross the finish line!

Undie 500 Week
Monday, May 20 – Friday, May 24

Donations accepted 10am-4pm; Extended hours on Thursday, May 23, until 6pm.

Can't be there? Visit stmargarethouse.org
to find ways to be a part of our work!



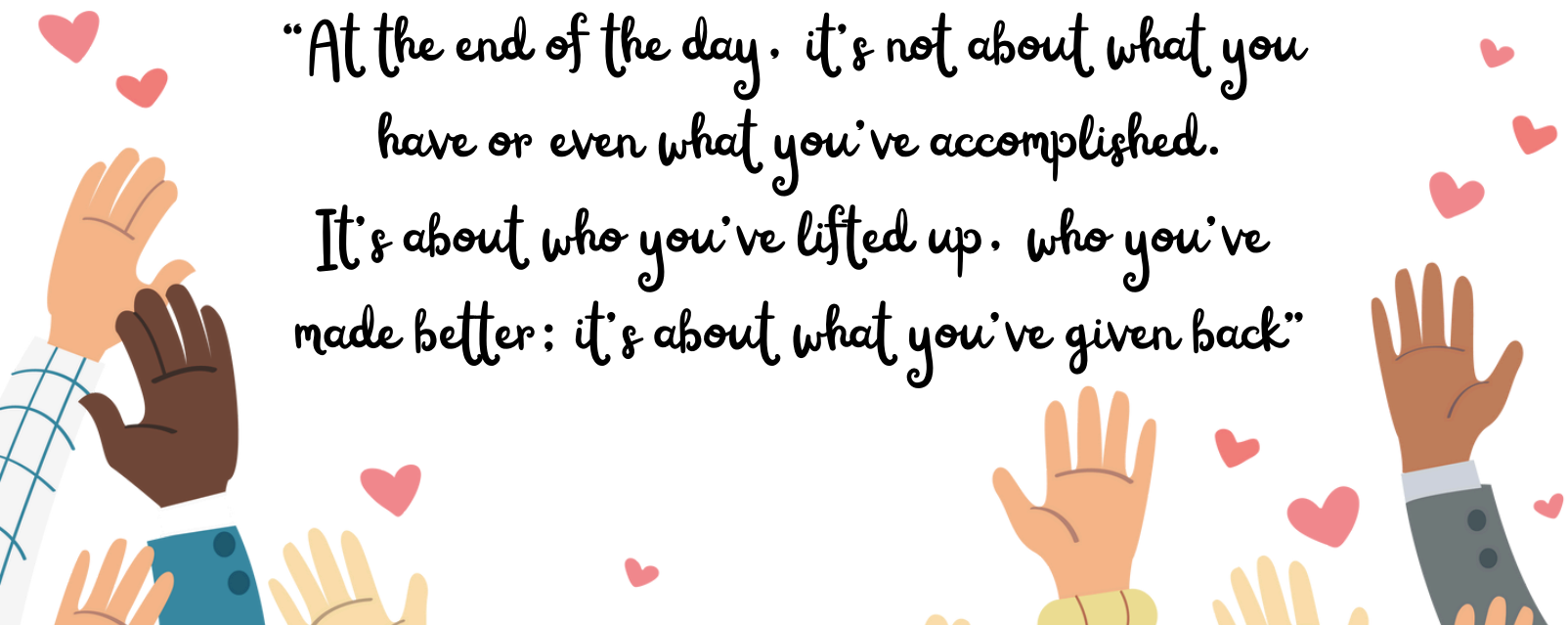
ST. MARGARET'S HOUSE



MAY'S VOLUNTEER INITIATIVE

"At the end of the day, it's not about what you
have or even what you've accomplished.

It's about who you've lifted up. who you've
made better: it's about what you've given back"



JUNE'S VOLUNTEER INITIATIVE

ONE **CAN** MAKE A DIFFERENCE

accepting donations of
**canned goods &
non-perishable items**

TIRE RACK 
WELLNESS WORKS



**COMING
SOON**

ACCELERATOR

AIRFILTER

BATTERY

BLINKER

BRAKE

BUMPER

CLUTCH

DIFFERENTIAL

DOORS

ENGINE

EXHAUSTMANIFOLD

FUELTANK

FUSES

GEAR

GRILL

HEADLIGHT

HORN

LIGHTS

MUFFLER

REARVIEWMIRROR

RIMS

ROOFRACK

SEAT

SENSORS

SHOCKABSORBER

SUNVISOR

TRANSMISSION

WHEELS

WINDSHIELD

Car Parts

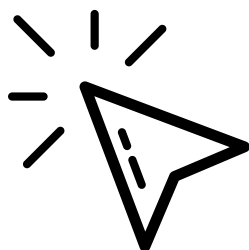
HAPPY
FATHER'S
Day



FUDGY CHOCOLATE PEANUT BUTTER ICE CREAM PRETZEL CAKE

INGREDIENTS LIST

- 3 CUPS MINI SALTED PRETZELS (PLUS MORE FOR TOPPING)
- 1/2 CUP ROASTED SALTED PEANUTS
- 1 STICK SALTED BUTTER, MELTED
- 2 PINTS CHOCOLATE ICE CREAM - SLIGHTLY SOFTENED
- 1 JAR CREAMY PEANUT BUTTER
- 1/2 CUP CHOCOLATE FUDGE SAUCE
- 1 PINT VANILLA ICE CREAM - SLIGHTLY SOFTENED
- 8 OZ DARK, SEMI-SWEET, OR MILK CHOCOLATE
- 1 TBS COCONUT OIL



O H R S T K Y T T D R L W E O G O W Y N
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W S E R K T R R O S B M R E R N R D L O

June



Celebrate Pride

Be proud of *you* this June

June is Pride Month, a celebration of progress for the LGBTQIA+ community. Regardless of your sexual orientation or gender identity, Pride provides an opportunity to embrace your authentic self. As you celebrate Pride this June, ask yourself how you can support others and practice inclusivity.

SupportLinc offers a variety of resources, including in-the-moment phone support 24/7/365, coaching, counseling, online courses, videos and tip sheets. Visit your program's web portal or mobile app to get started.



Download
the mobile
app today!



888-881-5462



supportlinc.com
group code: [tirerack](#)



Men's Health Month

Take charge of your health

Did you know the average male life expectancy is five years less than females? Or that depression affects more than six million men each year and often goes undiagnosed? Men's Health Month is an excellent time to be aware of the many unique health concerns men face. Whether it's remembering to get your annual checkup or visiting a counselor for the first time, don't forget to take care of your wellbeing this June and always.

SupportLinc offers a variety of resources, including in-the-moment phone support 24/7/365, coaching, counseling, online courses, videos and tip sheets. Visit your program's web portal or mobile app to get started.



**WHY CAN'T THE BICYCLE
STAND UP BY ITSELF?**



IT'S TWO TIRED

**HOW DO MONSTERS
LIKE THEIR EGGS?**



TERRI-FRIED!

KEEP CALM



AND CURRY ON

COMEDY CORNER

What did one toilet say to the other?
You appear a bit flushed.

Why did the rabbit go to the salon?
It was having a bad hare day.

Where do birds stay when they travel?
Someplace cheep.

Why can't leopards play hide-and-
seek?

Because they're always spotted.

Why did the man bring his watch to
the bank?

He wanted to save time.

What's the best way to make a
bandstand? Take away their chairs.

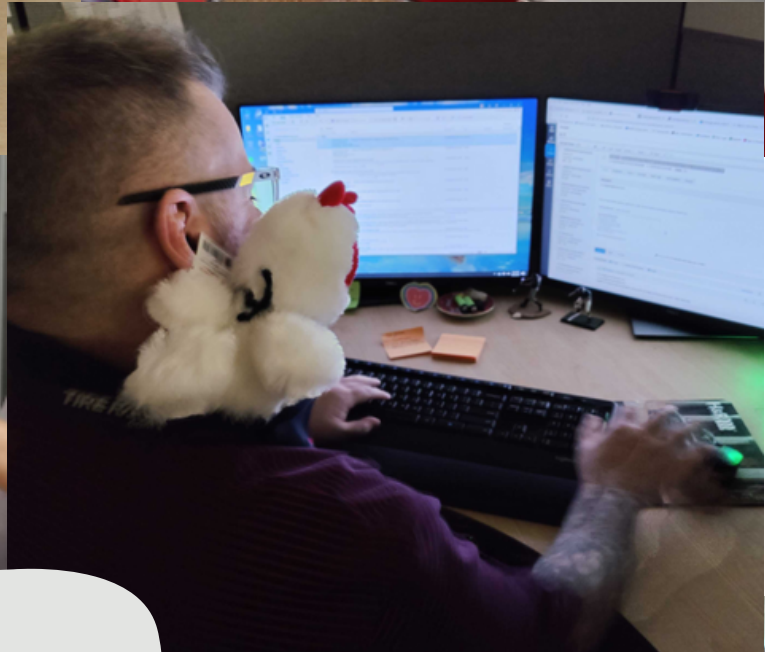
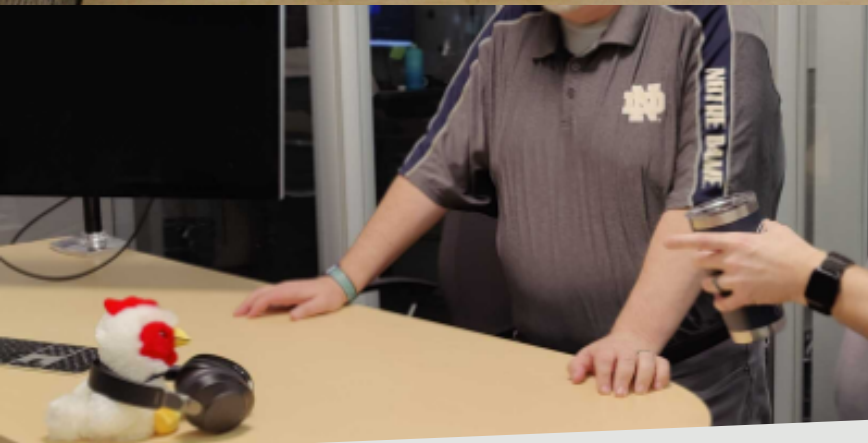
I told a bad chemistry joke once.
I got no reaction.

Did you hear about the kidnapping at
school?

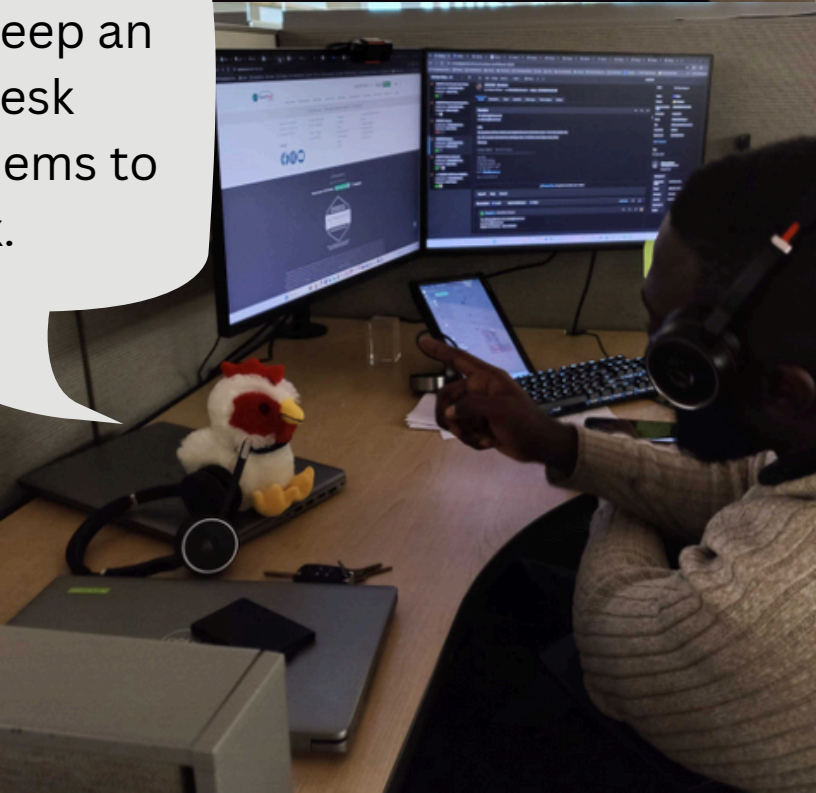
They woke him up.



Want some more
laughs?
Make sure to follow
@tirerack
on all socials - scan
the QR code!



Where has **Wildfire Smith** been? Keep an eye out in HQ for the IT Help Desk Manager's Assistant - he always seems to be **working around the cluck**.





Meet Your Nurse Case Manager Specialist

Hi! I'm **April Buck**, Nurse Case Manager Specialist and the newest member to the Executive Health and Company Wellness team of Discount Tire/Tire Rack. I've been a nurse since 2012 and South Bend, Indiana has been my home for most of my life. I worked as a Critical Care nurse at Elkhart General Hospital prior to joining the Discount Tire/Tire Rack Family. I look forward to assisting you and your family members with any health navigation and/or complex medical concerns that may come your way.

What is a Nurse Care Manager Specialist?

A **Nurse Case Manager Specialist** offers advice, listens to health concerns, helps to interpret lab results, and advocates for an individual's needs. A Nurse Case Manager Specialist can improve health through nutrition and weight loss recommendations, navigate mental health needs, arrange surgical consultations and rehabilitation, align patients for second opinion consultations, and connect you with resources to reach optimal health.

The Nurse Case Manager can assist with identifying highly preferred care providers, physicians, and medical specialists in your area to include:

Family Medicine, Endocrinology, Neurology, Cardiology, Orthopedics, Pulmonology, Dermatology, Mental Health Resources, and many more!

How Can the Executive Health and Company Wellness Department Help You?

- The Executive Health and Company Wellness Department is comprised of an all-Medical Professional Health Team that offers a comprehensive, convenient, efficient, personalized, and confidential health team for **ALL** Discount Tire/America's Tire/Tire Rack employees and their family members.
- The Executive Health and Company Wellness Department navigates complex medical cases by collaborating with providers to ensure that patients receive the best possible treatment and outcomes to meet their personal wellness goals.

How Can I Take Advantage of This Service?

- April Buck, RN provides Nurse Navigation for complex medical issues. You can contact her by **email** april.buck@discounttire.com or **phone** (574) 287-2345 ext. 4851 or (480) 599-2649 and she will get back to you soon.



Team DE is hosting a Father's Day BBQ where they will be grilling up something good for employees at lunch!

WHAT'S HAPPENING IN JUNE?

80 of our very own Tire Rack team members across the country will be participating in 5Ks throughout June!



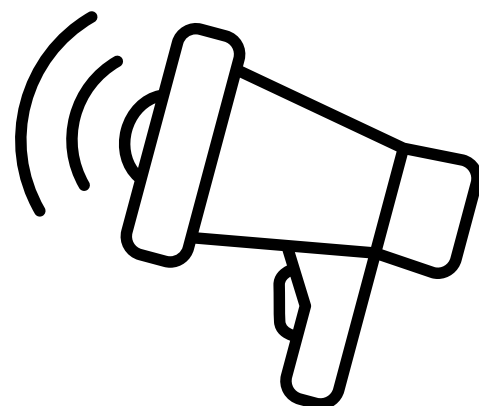


EMPLOYEE SHOUTOUT

Tracy Montana

Tracy lives the values of a hardworking associate. From the moment he steps into our C1 warehouse until the day's end, he devotes himself wholeheartedly to his responsibilities, constantly pursuing perfection. Whether he's unloading trucks or ensuring the DC remains spotless, Tracy's dedication to his duties never wavers. His unwavering commitment to maintaining cleanliness and efficiency within the DC reflects his relentless pursuit of improvement.

Tracy's tireless efforts not only contribute to the smooth operation of the center, but also inspire those around him to strive for excellence.





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SCAN THE QR CODE

