

Wellness Newsletter

THE TIRE RACK

APRIL 2025



MEET OUR DISTRIBUTION CENTERS SERIES



Shreveport, Louisiana

The Shreveport location, which first opened in 2001 and relocated in 2012, has built a strong legacy of long-term commitment and community values. Notably, two employees have been with the company for an impressive 24 years, including the current office manager, Reginald. Shreveport itself is renowned for its vibrant southern culture, with Mardi Gras parades, casinos, diverse dining options, festivals, and an exciting nightlife scene. At the heart of the distribution center is a culture rooted in teamwork and loyalty—employees take pride in their work, support each other, and consistently overcome any challenges that arise. The strong sense of community is what truly sets them apart. Cortney, who joined in 2001, served in the Army Guard with two tours in Iraq before taking on various leadership roles, ultimately becoming DC Manager in 2013. He now serves as the Regional Director for F1, SL, and AT, overseeing the management transition in these locations through late 2022 and early 2023.



LOUISIANA



March's Happenings



Employee Appreciation Day was felt across the company through kind words, good food, and even better company!

THANK YOU!

2025 SPARE TIRE CONTEST

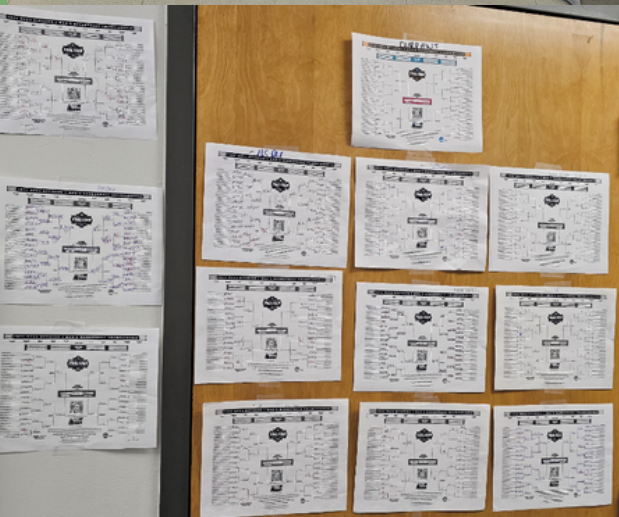
Sign up for the Spare Tire Contest and get a Goodie wellness Bag!!!!

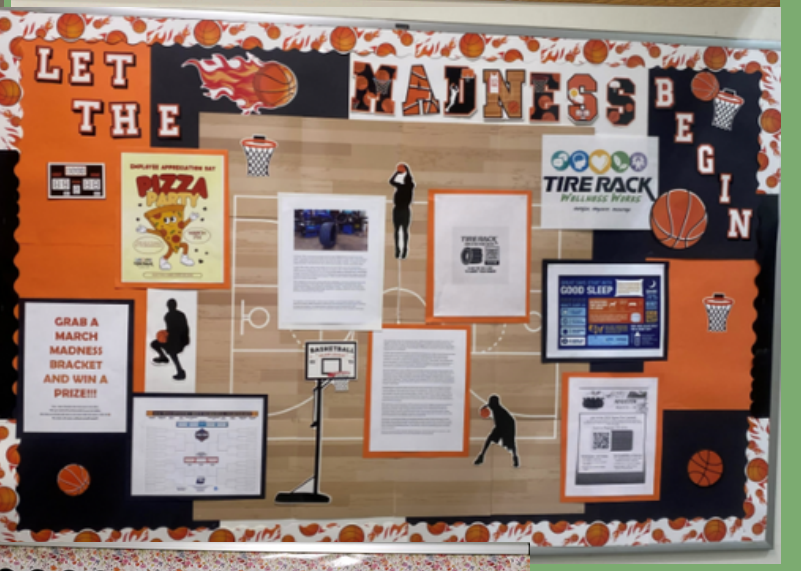
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thank you

Tire Rack for the awesome donation.



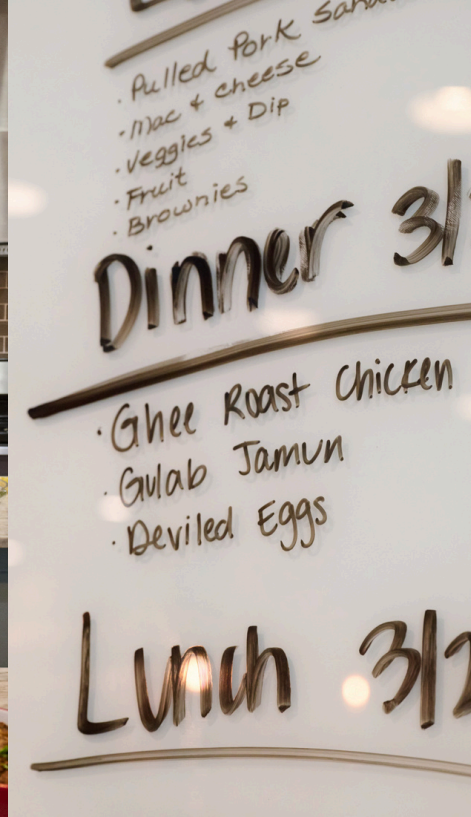




HAPPY
St. Patrick's
DAY







Ronald McDonald
House Charities®
Michiana

TIRE RACK
Wellness Works



April

National Holidays

- **APRIL FOOLS DAY - 4/1**
- **NATIONAL PB&J DAY - 4/2**
- **WORLD AUTISM AWARENESS DAY - 4/2**
- **WALK TO WORK DAY - 4/4**
- **WORLD HEALTH DAY - 4/7**
- **NATIONAL SIBLINGS DAY - 4/10**
- **NATIONAL SCRABBLE DAY - 4/13**
- **TITANIC REMEMBRANCE DAY - 4/15**
- **NATIONAL TAX DAY - 4/15**
- **GOOD FRIDAY - 4/18**
- **EASTER SUNDAY - 4/20**
- **EARTH DAY - 4/22**
- **NATIONAL BUCKET LIST DAY - 4/24**
- **NATIONAL PRETZEL DAY - 4/26**

A person with a bicycle stands on a grassy mountain peak, looking out over a vast, hazy landscape of rolling hills and mountains under a cloudy sky. The scene is captured in a wide-angle shot, emphasizing the scale of the natural environment.

"The Earth is what we all have in common"

Keep your eyes peeled for the sustainability initiatives coming your way this month!

Available
April 1

MOVE

Stay active for your wellbeing

Incorporating movement into your routine is key to maintaining both physical and mental wellbeing while enhancing your quality of life. Visit the Monthly Feature tile on your web portal or mobile app for tips on adding more movement into your day.



Download
the mobile
app today!



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EMPLOYEE ASSISTANCE



Clean Eating



Where do I start?

Clean eating can be overwhelming. Start simple. Focus on incorporating more whole, unprocessed foods like fruits, vegetables, lean proteins, and healthy fats, while reducing processed foods, added sugars, and unhealthy fats.

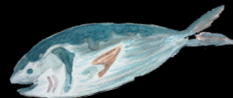
Tips to win:



- Focus on whole foods - read labels!
- Plan your meals
 - cook at home
 - meal prep
 - snack smart



- Set realistic goals - Start slowly
- Eliminate or reduce:
 - added sugars
 - processed foods
 - refined carbs
- Hydrate - drink plenty of water!



For more information or any health concerns please contact:

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TIRE RACK®

Medical & Pharmacy Administrator



BlueCross BlueShield
of Illinois

WEBSITE



ANDROID APP



APPLE APP



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BCBSIL Health Advocate: 1-855-649-9634

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Pharmacy**
By EVERNORTH

TIRE RACK®

WEBSITE



MOBILE APP



Website: www.express-scripts.com

Customer Service Phone Number: 1-833-715-0942



Join us for a live webinar

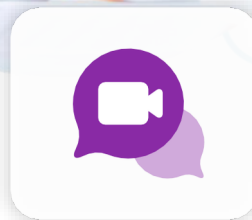
Saving in your plan

Empower education series

Key takeaways

Join us for a live webinar to discuss:

- ✓ Why saving matters
- ✓ A look at your saving
- ✓ Saving in your plan
- ✓ Ways to save more



Sessions are available throughout the month.

Register today. Use the link below or the QR code to sign up for the session that best fits your schedule.

learningfromempower.com»



Closed captioning (CC) is available for all sessions. Ofrecemos sesiones de educación en español.

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Identity Theft

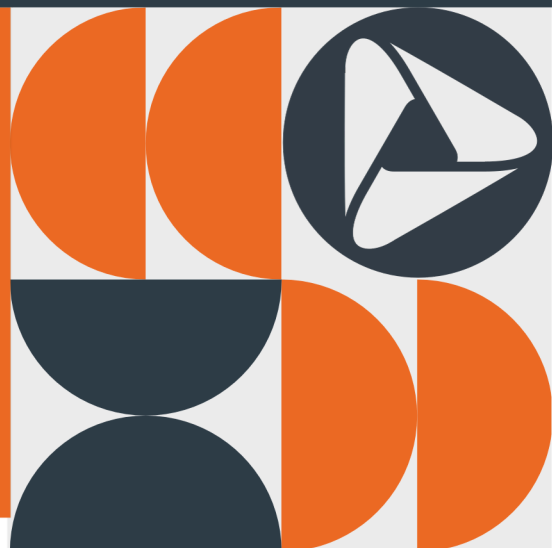
Learn how identity thieves can steal your personal information, what's at risk when they do, and how to recognize common scams.

Wednesday, April 09, 2025

7:00 PM ET



[Register Now](#)
or scan the QR code.



Questions?

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Loading Dock Safety Tips

- **General Hazards**

- Loading docks are high-traffic zones with potential dangers such as falling objects, machinery, protruding materials, and heat or cold stress.

- **Slips, Trips, and Falls**

- Ensure walkways are clear of obstructions like pallets or materials, and keep floors dry. Clean up spills immediately and report any damaged flooring.

- **Pallet and Racking Safety**

- Inspect pallets for damage before use, ensure proper load capacity, and use the right size for racks. Racking should be installed properly and regularly inspected for damage. Damaged racks should be tagged and repaired promptly.

- **Personal Protective Equipment (PPE)**

- Workers should wear gloves, steel-toed boots, safety glasses, and hard hats as appropriate for their tasks.

- **Manual Handling**

- Follow proper lifting techniques, and use ergonomically placed storage to reduce strain. Always ask for help if necessary to lift heavy items.

- **Additional Safety Practices**

- Be aware of sharp objects and protrusions when unpacking crates, and ensure tools like knives are used safely. Clean up loading areas regularly and report any safety concerns.

Why did the warehouse employee wear ear plugs ALL day?

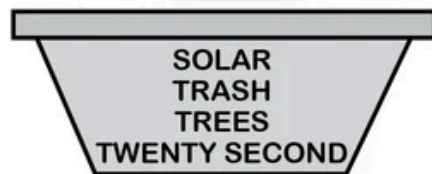
To tune out the sound of bad jokes!



LET'S CELEBRATE EARTH DAY!



X M R E D U C E
 Q F Q Q P S A M E O M T
 C P B T S O L A R J R R P W
 L A N D F I L L C K D E U N R A
 T W E N T Y S E C O N D S A W E B P
 O Q W P U J M W I C C K O H P U E J
 I D G L O B A L P C A A T U K S S C J F
 Y E S B R J S M M E Z P W R O K E O T B
 A B S V R C L I M A T E W C E B V S R A
 D F L I T T E R I N G T U E K J F Y E A
 V L F N X E B Q I N Q P B L W O U S C P
 O P U Q K L S L D R Q V A A J Z C T Y R
 A X A Z H N J P D R C O M P O S T E C I
 Y U C G R E E N P O L L U T I O N M L L
 P L A N T I N G M S W X D O W Y U E
 M C V O Q I J C O N S E R V E U H U
 A T R E E S O T R A S H T W N P
 X N A K D Z B P P C G K Q A
 G C G J P J R O E Z G E
 D O E A R T H N



Sam's Segment

"You often feel tired, not because you've done too much, but because you've done too little of what sparks a light in you."

Here's to the fresh month ahead!





INGREDIENTS:

- 1/2lb ground sausage
- 1/2lb lean ground beef
- 1 pckg ready-to-serve Spanish rice
- 4 large poblano peppers
- 1 c enchilada sauce
- ½ c shredded Mexican cheese
- minced fresh cilantro

Stuffed Poblanos

DIRECTIONS:

1. Preheat broiler. In a large skillet, cook sausage and beef over medium heat until no longer pink, 5-7 minutes, breaking meat into crumbles; drain.
2. Prepare rice according to package directions, then, add the rice to the meat mixture.
3. Cut peppers lengthwise in half and remove the seeds. Place on a foil lined baking pan, cut side down. Broil 4" from heat until skins blister, about 5 minutes. With tongs, carefully turn peppers.
4. Fill with mixture; top with enchilada sauce and sprinkle with cheese. Broil until cheese melts. Top with cilantro if desired, and enjoy!

COMEDY CORNER

What kind of plant grows in your hand?
A palm tree.

What's a tree's least favorite month?
Sep-timber!

What did the tree wear to the party?
Swimming trunks.

How can you tell the ocean is friendly?
It waves.

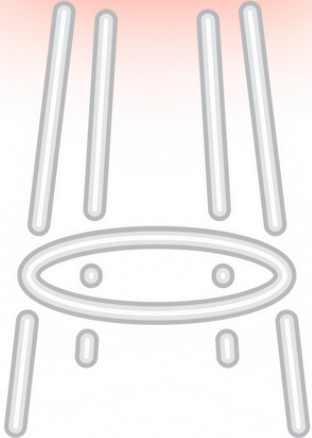
If I ride my bike twice...does that count
as RE-CYCLING?

What kind of bow can't be tied?
A rainbow!

How do hurricanes see?
With one eye!

My teacher wanted me to come up with
a set of steps that we could use to save
the enviornment...so I created an Al
Gore-ithm.

Why did the leaf go to the doctor?
It was feeling green.



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



This Month's Employee Shoutout

“Blake has been a dedicated employee at Tire Rack for over 23 years, contributing his expertise across various roles. His friendly personality and positive energy brighten the office every day. Beyond his work, Blake is a passionate car enthusiast and a devoted husband and father of three. In October 2024, his daughter, Hayden, joined the company, continuing the family legacy at Tire Rack. Blake’s long-standing commitment, vibrant presence, and the exciting new chapter with Hayden make him a cherished member of the team.”



Blake Bauer
Order Cleaning Specialist



TIRE RACK

WELLNESS WORKS

energize, empower, encourage

WELLNESS NEWSLETTER

EMPLOYEE SHOUTOUT

SCAN THE QR CODE

