

# Wellness Newsletter

THE TIRE RACK

JULY 2025



## MEET OUR DISTRIBUTION CENTERS SERIES



### *Denver, Colorado*

Our Denver, CO warehouse has been proudly operating since July 2014 and will be moving to a new shared facility with Discount Tire in August 2025. The longest-serving current employee, Ricardo Ayala, has been with us since 2014. Located near the stunning Rocky Mountains, Denver offers incredible outdoor adventures like skiing, snowboarding, kayaking, and paddle boarding. What truly sets our Denver location apart is their diverse and close-knit team. They foster a strong sense of family and teamwork that makes coming to work each day both rewarding and enjoyable.



## DENVER'S FUN FACTS

Denver is nicknamed the "**Mile High City**" because it sits exactly one mile (5,280ft) above sea Level

Denver International Airport is the largest by total area in the U.S.: At **33,531 acres**, it's significantly larger than Manhattan, which is twice the size, according to Peak-to-Peak Roofing

The cheeseburger was trademarked in Denver: In 1935, **Louis Ballast of Humpty Dumpty Drive-In** in Denver trademarked the cheeseburger, making it a part of Colorado's culinary

**Denver loves sports:** You can catch NFL (Broncos), MLB (Rockies), NHL (Avalanche), and NBA (Nuggets) action all within a three-mile radius





# SUNBURST RACES 2025





# June's Happenings

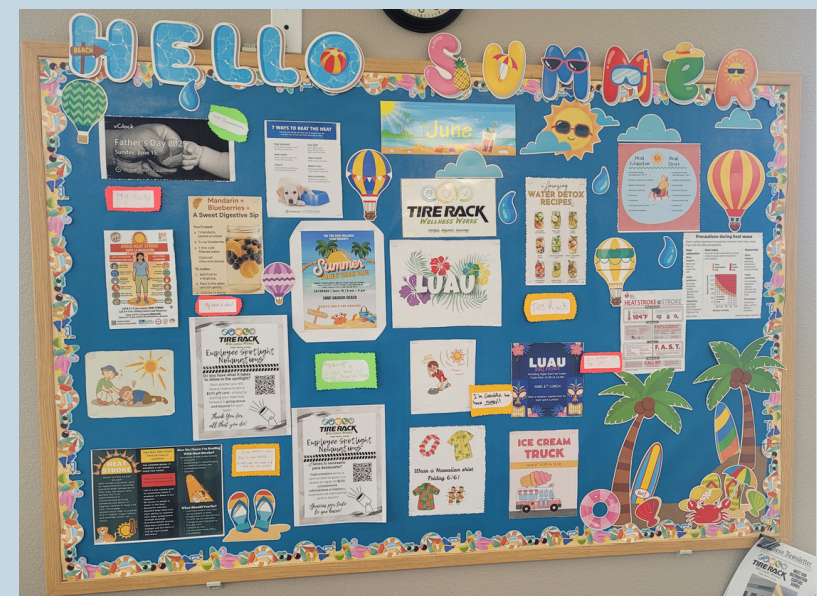
Check out  
what we've  
been up to!







= SUMMER =















Summer Has Officially Arrived!



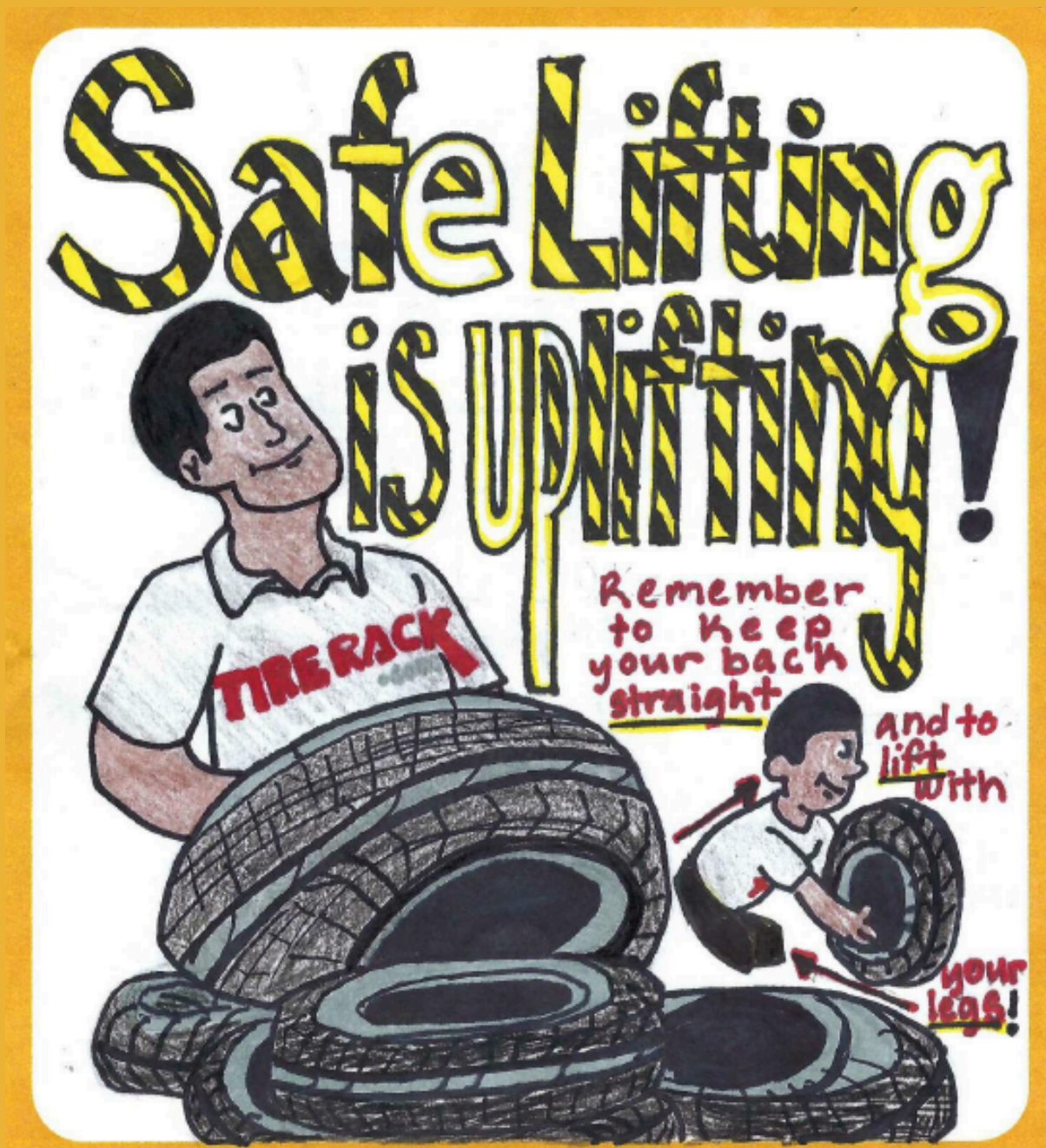


# **TIRE RACK'S SAFETY FUN DAY**

at Headquarters in South Bend



# 2025 Tire Rack Safety Poster Contest Winner



**By:** Sonny Ancho from the NV Warehouse

[Click Here to Check out the Runner Ups!](#)



# REUSE, REDUCE, REPLANT

At Tire Rack, we're giving **single-use** waste a **second life**.

Thanks to our employee-led sustainability efforts, we've been able to turn used K-Cups into seedling planters – giving plastic a purpose and reducing carbon along the way.

## THE IMPACT OF REUSING K-CUPS

Each reused K-Cup prevents waste and supports local plant growth. Here's what happens with every cup:



SOURCE	CO2e SAVED (approx.)
 Avoided K-Cup disposal (land fill/incineration)	10 - 20 g
 Composting coffee grounds	5 - 10 g
 Avoided seedling tray or pot	5 - 15 g
 Total CO2e Savings per K-Cup	20 - 45 g



## ANNUAL IMPACT PROJECTION

In the past 3 months:



1,200 - 1,400 K-Cups

were collected from  
workspace coffee stations

If we continue at this pace:



of CO2e will be  
avoided per year

This is equivalent to:



fully charging your  
phone 12k - 30k times!

**Want to get involved?** Collect your used K-Cups and toss them into the bins – it's that easy!

**SUSTAINABILITY**  
**INITIATIVE** REDUCE  
REUSE  
RECYCLE



# JULY



## *National Holidays*

- NATIONAL POSTAL WORKER DAY - 7/1
- INDEPENDENCE DAY - 7/4
- NATIONAL CAESAR SALAD DAY - 7/4
- NATIONAL WORKAHOLICS DAY - 7/5
- NATIONAL DIVE BAR DAY - 7/7
- NATIONAL FREEZER POP DAY - 7/8
- NATIONAL PECAN PIE DAY - 7/12
- NATIONAL I LOVE HORSES DAY - 7/15
- NATIONAL WORDS WITH FRIENDS DAY - 7/19
- NATIONAL HAMMOCK DAY - 7/22
- NATIONAL CHICKEN WING DAY - 7/29
- NATIONAL CLIMB A MOUNTAIN DAY - 7/30





The background is a rustic wooden plank surface. It is decorated with various patriotic items: several small American flags, large red, white, and blue stars, and scattered red, white, and blue confetti. The text is centered in a bold, dark blue, sans-serif font.

**TIRE RACK  
WILL BE  
CLOSED ON  
FRIDAY, JULY 4<sup>TH</sup>  
IN OBSERVANCE OF  
INDEPENDENCE DAY**

*Be Safe and Enjoy!*



Available  
July 1

# BALANCE

## Achieve a healthy balance

Your overall wellbeing depends on a healthy balance of work, relationships, rest and self-care. Finding a healthy mix helps you thrive in the long run. Visit the Monthly Feature tile on your web portal or mobile app to discover ways to better manage competing obligations and prevent burnout.



Download  
the mobile  
app today!



1-888-881-5462



supportlinc.com  
group code: **tirack**

**TIRE RACK**  
.com

**supportlinc**  
EMPLOYEE ASSISTANCE

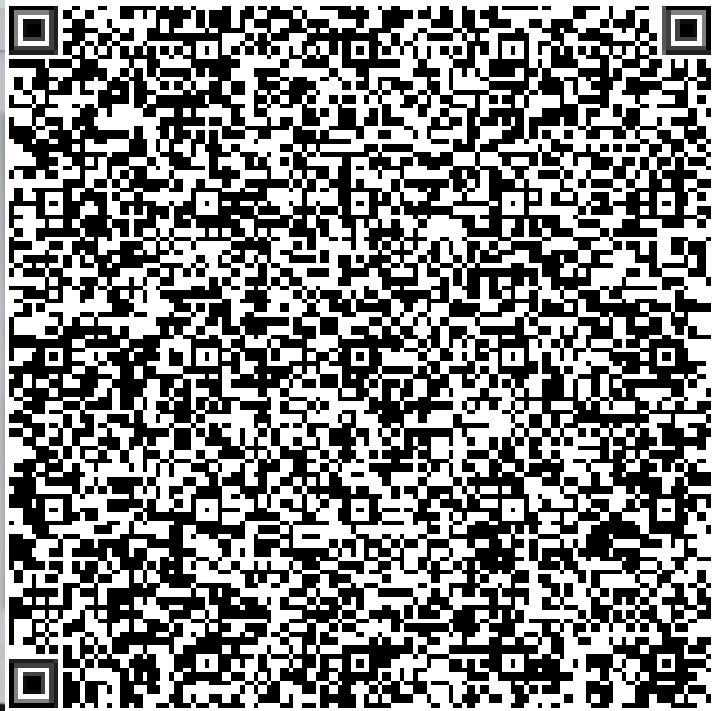


# ***TIRE RACK***<sup>®</sup>

# **TOWN HALL**

**JUNE 2025 RECORDING**

SCAN THE QR CODE BELOW AND HIT  
"REQUEST ACCESS" IF PROMPTED







# EMPOWER

## RETIREMENT™

*Do not forget*

**LOG IN  
BEFORE  
IT'S TOO  
LATE!**



If you are contributing below the 6% automatic enrollment rate, you'll be automatically reenrolled in the plan at a 6% pretax contribution rate starting July 13, 2025. If you do not want to be reenrolled at the 6% pretax contribution rate, you must opt out by updating your contribution rate between June 11<sup>th</sup> and July 11<sup>th</sup>



Stay Hydrated!

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## *Water* **DID YOU KNOW?**

- Water makes up about 60% of the human body
- Assists in digestion
- Helps with joint lubrication
- Increases energy and alertness
- Supports **heart** health
- Sugary drinks and energy drinks can dehydrate you faster, especially in the sun



**ADULTS NEED 90-120 OZ  
OF WATER EVERY DAY!**



# 5 Tips for a Healthy Diet

01

## EAT PLENTY OF FRUITS AND VEGETABLES

A diet rich in vegetables and fruits can lower blood pressure, reduce the risk of heart disease and stroke, and even prevent some types of cancer!

02

## DRINK LOTS OF WATER

Make sure you drink enough water every day. Water helps keep the body hydrated and aids in the digestive process.

03

## AVOID SUGARY DRINKS

Focus on drinking more water and other low-sugar beverages like tea, coffee, or sparkling water.

04

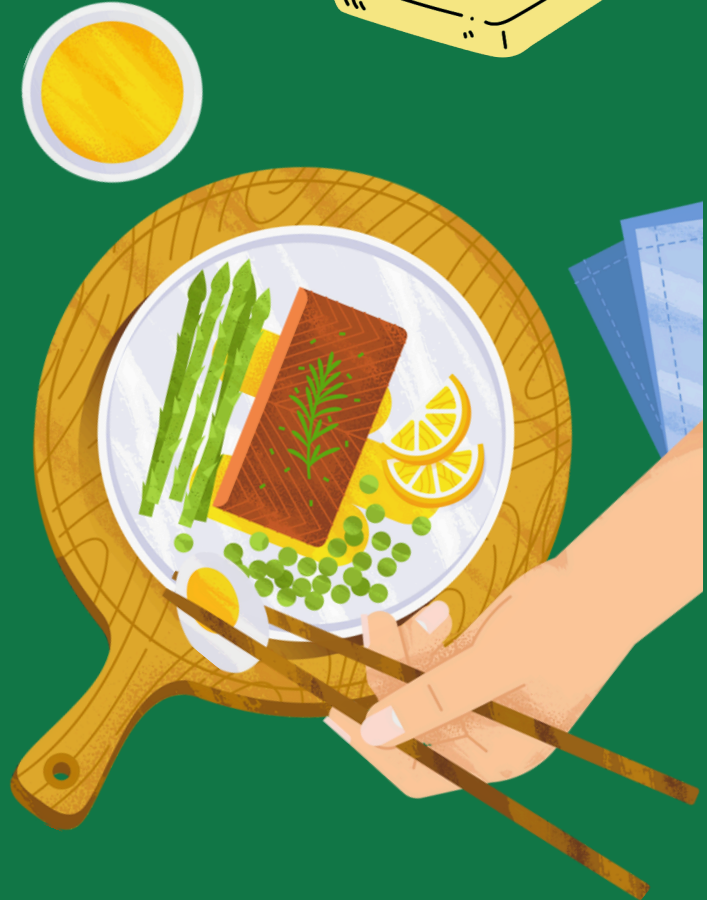
## AVOID PROCESSED FOODS

Avoid processed foods that contain lots of chemical additives and fast foods that are usually high in trans fats and salt.

05

## CHOOSE HEALTHY PROTEINS

Choose low-fat protein sources such as fish, lean meat, skinless chicken, eggs, nuts and tofu.







**\$5,000**  
per year!



**APPLY  
NOW!**

Apply for an opportunity to receive  
the 2025-2026 IU South Bend  
Tire Rack Scholarship by July 18, 2025.

### WHO CAN APPLY

- Applicant must be an eligible current Tire Rack employee, or spouse/child/grandchild of an eligible current employee.
- Applicant must be enrolled at IUSB as a full-time undergraduate student (12 or more credits in Fall semester and 12 or more credits in Spring semester).
  - oTo enroll, visit [www.iusb.edu](http://www.iusb.edu) and click on Admissions, then on How to Apply, and follow the instructions.

### AWARD DETAILS

- \$5,000 per year(Fall and Spring combined) towards tuition and required fees.
- Scholarship renews for 3 more years for full-time undergraduates at IUSB with a 2.5 GPA.
- Scholarship funded by the Joines, Edmonds and Veldman families.

### STEPS TO APPLY



- 1 Visit**  
<https://www.iusb.edu/students/scholarships/index.html>
- 2 Expand**  
Tire Rack Scholarship by clicking on the + symbol
- 3 Read the Information**  
Open the linked PDF file and follow the steps
  - The application window will close on July 18, 2025

**Multiple Tire Rack Scholarships Available Annually**

Questions? Contact IU South Bend Office of Financial Aid & Scholarships at 574-520-4357 or email [scholar1@iusb.edu](mailto:scholar1@iusb.edu)



# We make it easy to make your money work harder.

Join PNC for a free financial education  
webinar.

## Teaching Kids Smart Money Choices: for Parents of Tweens and Teens

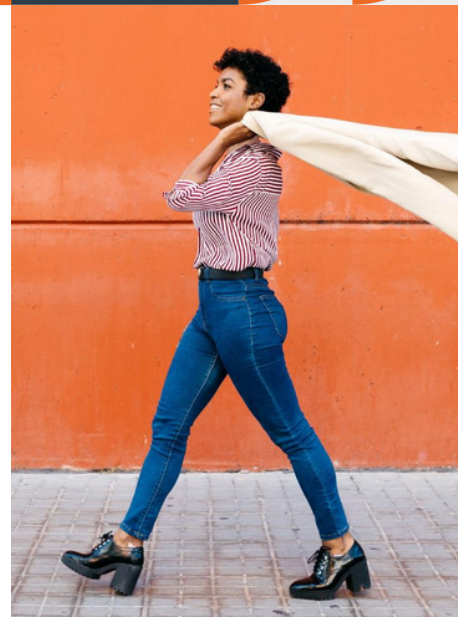
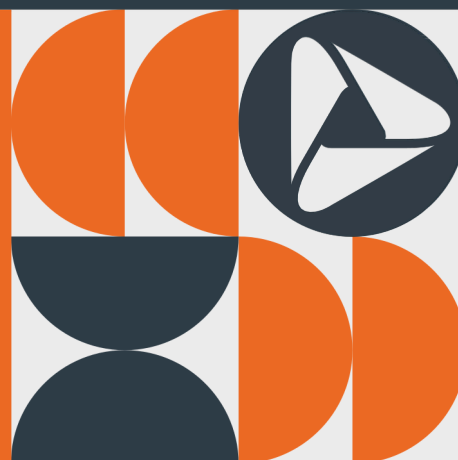
Explore topics such as saving money earned from a first job, understanding fintech and preparing teens for their first credit card, and learn some conversation starters for discussions.

## Wednesday, July 09, 2025

7 PMET



[Register Now](#)  
or scan the QRcode.



### Questions?

#### Contact

Tiffany Szalay

NMLS ID 2168778

5742520082

[tiffany.szalay@pnc.com](mailto:tiffany.szalay@pnc.com)

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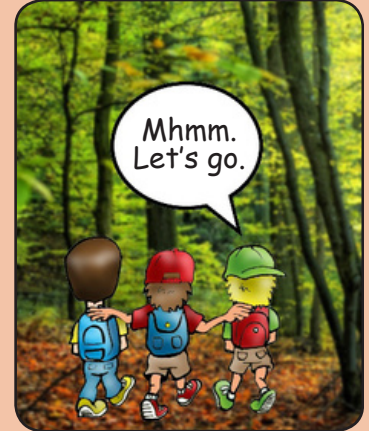
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# Don't Let a Tick Make You Sick!



## Keep ticks away!

- Wear repellent on your bare skin or wear clothes that have repellent built-in.
- Check for ticks at the end of each day.
- Take a shower too! It will help wash off the ticks you can't see.
- Change clothes. Don't put on your old clothes that might have ticks still crawling on them.
- Avoid taking short cuts through thick brush and grass.

## Hey Grown-Ups!

- Make sure that the repellent you're using contains 20% or more of the active ingredient (like DEET).
- Help younger kids apply repellent and keep it away from eyes, mouth and hands.

Illustrations courtesy of Jerome Mayo





# July



## Word Search

Find the words listed. Words may appear forward, backward, up, down or diagonal. Words may overlap and cross each other. When you have found a word, be sure to circle it and cross it off the list.

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

AMERICA  
 BARBECUE  
 BEACH  
 BLUEBERRY  
 CAMPING  
 CORN  
 FIREWORKS  
 FLIP-FLOPS  
 HAT  
 HIKING  
 ICE CREAM  
 INDEPENDENCE  
 JULY  
 LEMONADE  
 PEACH  
 PICNIC  
 RASPBERRY  
 SANDCASTLE  
 SHORTS  
 STRAWBERRY  
 SUMMER  
 SUNDRESS



TOMATO  
 TRAVEL  
 VACATION  
 WATERMELON

SUNGLASSES  
 SUNSCREEN  
 SWIMMING  
 TANK TOP

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## SAM'S SEGMENT

As we shift from June into July, take a moment to soak in the energy of summer. In the middle of our busy days, **don't forget to slow down and be present** - whether it's a quick laugh with a coworker or a quiet break in the sun. Summer reminds us to keep moving forward, **but also to enjoy the ride.**  
**Let's make the most of the season - together.**





# TUSCAN TORTELLINI SALAD

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## INGREDIENTS

1 lb. fresh cheese tortellini  
1/4c extra-virgin olive oil  
2 tbsp. balsamic vinegar  
1/2 tbsp. honey  
kosher salt  
freshly ground black pepper  
3/4c chopped salami or  
prosciutto  
1/2c baby spinach  
1/2c oil-packed sun-dried  
tomatoes, chopped  
1/4c freshly grated parmesan

## DIRECTIONS

1. In a large pot of salted boiling water, cook tortellini according to package directions. Drain and transfer to large serving bowl.
2. In a medium bowl, whisk together olive oil, balsamic vinegar and honey and season with salt and pepper.
3. To bowl, add prosciutto, spinach, sun-dried tomatoes and dressing and toss until well combined. Top with parmesan.

*Bon  
Appetit!*



# COMEDY CORNER

Why did the bicycle fall over?

It was two-tired to  
follow safety rules! - BN

What do you call a peanut in space?

Astro-nut! - AK

Where do surfers get their degree?

At boarding school.

Who do you call to clean the ocean?

Mermaids.

Why aren't lobsters generous?

Because they're shellfish.

Did you hear about the ice cream truck  
accident?

It crashed on rocky road.

Why don't seashells take baths?

Because they wash up on the beach.

What happens when  
ice cream gets angry?

It has a meltdown.

Where do boats go when they're sick?

To the dock!



Want some more  
laughs?

**Make sure to follow**  
**@tirerack**  
on all socials - scan  
the QR code!





## This Month's Employee Shoutout

Holly has been a valued member of the Tire Rack team for over 28 years, contributing significantly to multiple warehouse launches and operations across the country. Currently serving as Sr. Tax Exemption Specialist, she has elevated the role through her leadership and dedication. Outside of work, Holly volunteers weekly at a nursing home with her dogs and supports a local animal facility through donations. Her commitment to both Tire Rack and her community makes her a true role model and an invaluable team member.

*Holly Jacobs*

**Sr Tax Exemption Certificate Specialist**





# **TIRE RACK**

## *WELLNESS WORKS*

*energize, empower, encourage*

WELLNESS NEWSLETTER

## **EMPLOYEE SHOUTOUT**

SCAN THE QR CODE

