

Wellness Newsletter

THE TIRE RACK

OCTOBER 2025



MEET OUR DISTRIBUTION CENTERS SERIES



Kent, Washington

Our Seattle Warehouse opened in 2019 and relocated in July 2025 to better support the needs of our expanding operations. Samantha White, who has been with the team since day one, is their longest-serving employee and continues to be a steady presence through growth and change. Seattle is proud to be the first combined Tire Rack and Discount Tire warehouse and the only distribution center with an all-female management team! A few fun quirks set this location apart: the receiving doorbell plays “Under the Sea” from The Little Mermaid, and the warehouse sits between two sets of train tracks, making the commute a little more adventurous.



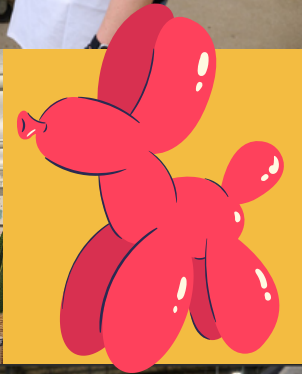
DID YOU KNOW?

- Washington is the birthplace of Pickleball
- It is the only state flag with a green background
- Is the nation's leading apple producer
- Holds the world's largest building by volume - Boeing's factory covers 4.3 million square feet in Everett
- Is the original home of Starbucks

September's Happenings

Check out
what we've
been up to!







Can you be-leaf these boards?

October

National Holidays

- NATIONAL HOMEMADE COOKIES DAY - 10/1
- NATIONAL TECHIES DAY - 10/3
- NATIONAL GOLF LOVERS DAY - 10/4
- NATIONAL COACHES DAY - 10/6
- INTERNATIONAL OFF-ROAD DAY - 10/8
- NATIONAL PIEROGI DAY - 10/8
- METASTATIC BREAST CANCER AWARENESS - 10/13
- NATIONAL GROUCH DAY - 10/15
- NATIONAL BOSS' DAY - 10/16
- NATIONAL MAKE A DOG'S DAY - 10/22
- WEAR IT PINK DAY - 10/24
- NATIONAL FIRST RESPONDER DAY - 10/28
- NATIONAL CAT DAY - 10/29
- HAPPY HALLOWEEN! - 10/31



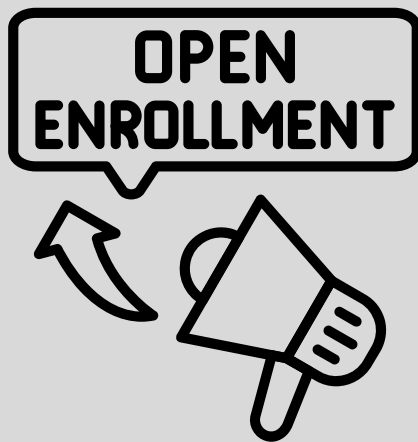
WEAR IT PINK



FRIDAY, OCTOBER 24TH

Send your photos to EWP@tirerack.com



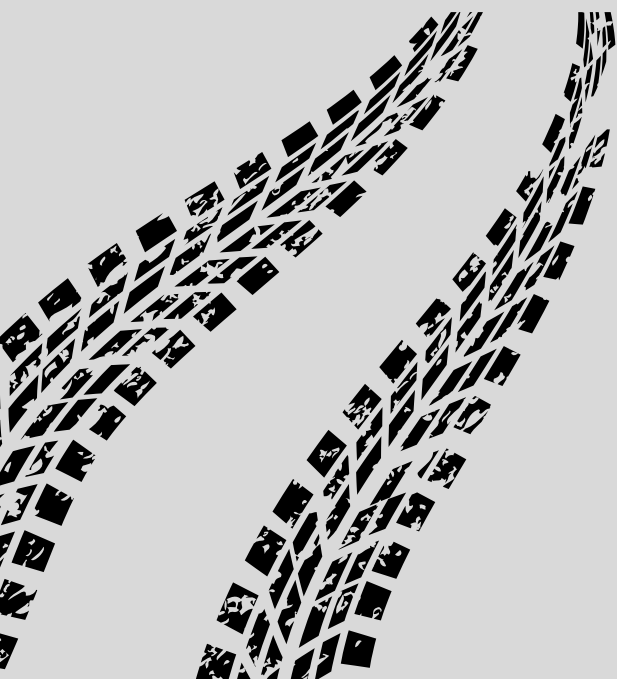


TIRE RACK[®]

COMPANY NEWS

OCTOBER 6TH - 24TH
BENEFITS OPEN
ENROLLMENT IS
OFFICIALLY HERE!

*Scan the QR code below or log into your Workday account,
and email the HR Help Desk with all questions*



Open Enrollment Checklist

Everything you need to know to complete your Open Enrollment

Benefit Enrollment Checklist

During open enrollment you can enroll in coverage, change plans, add/drop dependents, or drop coverage.

- » Review the 2026 Benefits Guide.
- » Log into [Workday](#) to review your 2026 benefit options and costs, and make any changes.
- » **Complete and submit your enrollment in Workday: Monday, October 6 - Friday, October 24.**

ACTION NEEDED FOR THE FOLLOWING

- » **Benefit Renewal:** The following benefits do NOT renew automatically and must be elected each year during open enrollment.
 - › Wellness Rates
 - › Health Savings Account (HSA)*
 - › Flexible Spending Accounts (FSA)*
 - › Legal Insurance
 - › Identity Theft Protection

* If electing an HSA/FSA, be sure to specify your payroll deduction amounts.
- » **Opt In for Electronic Consent:** Refer to the Benefits Guide, and review the Electronic Consent for Benefit Plan Documents page. If you would like your benefit documents electronically, you must opt in for electronic during open enrollment.
- » **While in Workday:** Update your personal information.

What's New

NEW DIGITAL BENEFITS GUIDE

To help you get the most out of your benefits, our annual Benefits Guide is now available online.

Printed copies will no longer be mailed — instead, you can access the guide anytime, on any device, from [discounttirefamily.com](#).

Click



or



Scan

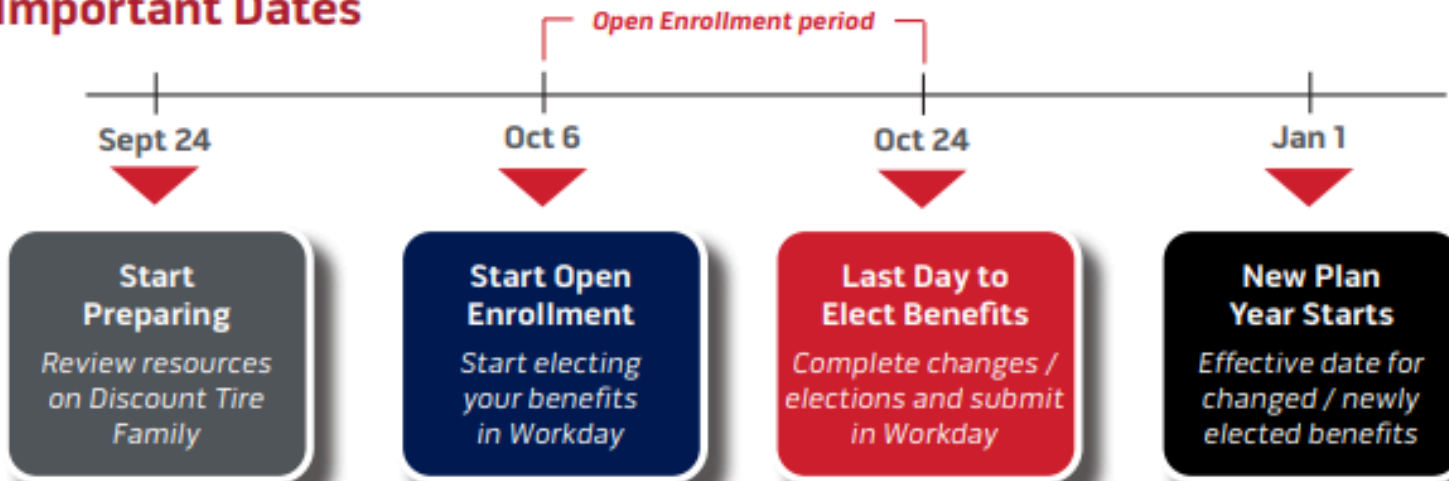
NEW VISION INSURANCE

EyeMed offers an enhanced benefit, see guide details. Those enrolled in Vision Insurance for 2026 will receive a new benefit card by mail for the January 1 start date.

NEW ELECTRONIC CONSENT

Opt in to receive employee benefit plan documents electronically. See guide details.

Important Dates



We make it easy to make your money work harder.

Join PNC for a free financial education workshop.

Retirement: Planning for Your Future

Wherever you are in your retirement planning, it's not too late to develop or refine your savings strategy. Learn how to determine what you need to do to make sure you reach your retirement savings goals.

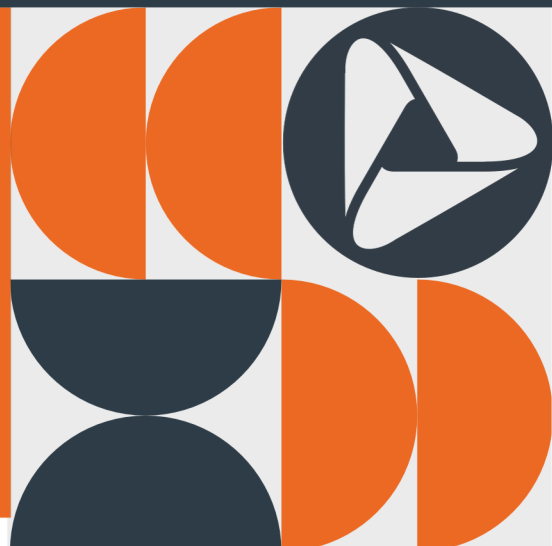


Wednesday, October 08, 2025

7 PM ET
Virtual



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



Questions?

Contact

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audi.bur@pnc.com

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DAILY PLANNER

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GOALS :

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TOTAL STEPS :

MONEY :

MONEY IN :

FROM :

MONEY OUT :

FOR :

TODAY I AM GRATEFUL FOR :

NOTES :

FOR TOMORROW :

Available
October 1

THRIVE

Reduce stress for a happier you

Implement the skills you have acquired throughout your journey to not just get by but to thrive, manage stress and develop long-term happiness. Visit the Monthly Feature tile on your web portal or mobile app to discover stress-reducing tips and tools.



Download
the mobile
app today!



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EMPLOYEE ASSISTANCE



TAKE A BREAK AND
COLOR ME IN!



Thrive: Reduce Stress for a Happier You

TAKE A BREAK
FROM SCREENS-
EVEN 15 MINS CAN
REFRESH YOU!

PRACTICE
MINDFULNESS

MOVE YOUR
BODY - TAKE
A SHORT
WALK

IT'S ALL ABOUT FINDING BALANCE

EAT A
BALANCED
DIET

WRITE IT DOWN-
JOURNALING
HELPS

PRIORITIZE
SLEEP: AIM FOR
7-9 HOURS A
NIGHT

START SMALL. ONE
HABIT AT A TIME. A
HAPPIER YOU IS
JUST A BREATH
AWAY.



FIRE SAFETY & EMERGENCY PREPAREDNESS

Why This Matters

October is **Fire Prevention Month**. Warehouses have a higher fire risk due to stored materials, equipment, and daily operations. Knowing how to prevent fires - and what to do if one starts - **can save lives!**

Common Fire Hazards in Warehouses

- Blocked exits or cluttered aisles
- Damaged electrical cords or overloaded circuits
- Improper storage of flammable materials
- Smoking in unauthorized areas
- Poor housekeeping that creates fuel for fire



Safety Reminders

- Keep aisles and exits clear at all times.
- Know the location of fire extinguishers and how to use them (PASS: Pull, Aim, Squeeze, Sweep).
- Store flammable materials properly and away from ignition sources.
- Report damaged cords, sparks, or unusual smells immediately.
- Participate seriously in fire drills—treat them as real emergencies.

Emergency Procedures

1. **Raise the Alarm** – Alert others and notify management immediately.
2. **Evacuate Safely** – Use designated exits and follow posted evacuation maps.
3. **Go to Muster Point** – Report to your supervisor for roll call.
4. **Do Not Re-enter** – Never go back into the building until cleared by emergency personnel

“STAY ALERT, PREVENT THE SPARK – FIRE SAFETY STARTS WITH YOU.”



HAPPY HALLOWEEN

SHARE YOUR TEAM'S PHOTOS!



Unity  Gardens

SPOOKTACULAR

- LIVE MUSIC,
- HAUNTED TRAIL,
- KIDS GAMES,
- HOT COCOA
- POPCORN AND MORE

24, OCT
2025

5:30 PM
TO
8:30 PM

FREE



UNITY GARDENS | 3701 PRAST BLVD. SOUTH BEND, IN

SCAN HERE TO VOLUNTEER!

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

ACORN

PUMPKIN

CHESTNUT

CRANBERRY

CORN

SPICE

SQUASH

HARVEST

CIDER

LEAVES

HAYRIDE

LANTERN

MAPLE

WHEAT

BONFIRE

SCARECROW

SAM'S SEGMENT

October brings shorter days and a faster pace, both at work and at home. As the season picks up, it's easy to get pulled into what's next - but **remember to be where your feet are.** Staying present in each moment helps us find balance, focus, and even a little calm amid the busyness. Take time to pause, breathe, and be here now.



WHAT'S IN SEASON

In October

This will vary depending on time of the month and where you live.

Apples

Beets

Blackberries

Broccoli

Brussels
sprouts

Cabbage

Cauliflower

Cranberries

Dates

Figs

Grapes

Mushrooms

Oranges

Parsnips

Pears

Peppers

Pumpkins

Shallots

Sweet
potatoes

Turnips

Watercress

Winter Squash



CREAMY HOMEMADE BAKED MAC AND CHEESE

INGREDIENTS

- 1 lb dried elbow pasta
- ½ cup unsalted butter
- ½ cup all purpose flour
- 1 ½ cups whole milk
- 2 ½ cups half and half
- 4 cups shredded medium cheddar cheese
- 2 cups shredded Gruyere cheese
- ½ Tbsp. salt
- ½ Tsp. black pepper
- ¼ Tsp. paprika

1. Preheat oven to **325 degrees** and grease a 3 qt baking dish (9x13"). Set aside.
2. **Bring a large pot of salted water to a boil.** When boiling, add dried pasta and cook 1 minute less than the package directs for al dente. Drain and drizzle with a little bit of olive oil to keep from sticking.
3. While water is coming up to a boil, **shred cheeses and toss together to mix, then divide into three piles.** Approximately 3 cups for the sauce, 1 1/2 cups for the inner layer, and 1 1/2 cups for the topping.
4. Melt butter in a large saucepan over MED heat. Sprinkle in flour and whisk to combine. **Mixture will look like very wet sand.** Cook for approximately 1 minute, whisking often. Slowly pour in about 2 cups or so of the half and half, while whisking constantly, until smooth. Slowly pour in the remaining half and half plus the whole milk, while whisking constantly, until combined and smooth.
5. Continue to heat over MED heat, whisking very often, **until thickened to a very thick consistency.** It should almost be the consistency of a semi thinned out condensed soup.
6. Remove from the heat and stir in spices and 1 1/2 cups of the cheeses, stirring to melt and combine. Stir in another 1 1/2 cups of cheese, and **stir until completely melted and smooth.**
7. In a large mixing bowl, combine drained pasta with cheese sauce, stirring to combine fully. **Pour half of the pasta mixture into the prepared baking dish.** Top with 1 1/2 cups of shredded cheeses, then top that with the remaining pasta mixture.
8. Sprinkle the top with the last 1 1/2 cups of cheese and **bake for 15 minutes, until cheesy is bubbly and lightly golden brown.**

COMEDY CORNER

What did the janitor call his safety
warning inspired metal band?

Slip Not! -BM

What do you get when you mix Dracula
and a snowman?

Frostbite!

Why was the robot couple's
anniversary in the fall?

They were autumn mated.

Why did the apple pie
go to the dentist?

Because it needed a filling.

What do farmers wear under their
shirts when they're cold?

A har-vest!

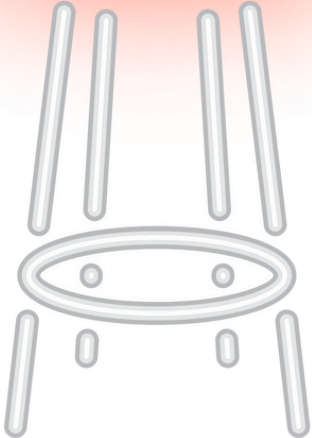
How do trees get on the Internet?

They log on.

How do you fix a pumpkin?

With a pumpkin patch!

What is it called when a tree takes
some time off? Paid Leaf!



Want some more
laughs?

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



TIRE RACK

WELLNESS WORKS

energize, empower, encourage

WELLNESS NEWSLETTER

EMPLOYEE SHOUTOUT

SCAN THE QR CODE





This Month's Employee Shoutout

April was nominated for her outstanding support and leadership. She excels at helping her team manage program requests and coordinate with requesters. Always ready to step in, answer questions, and provide guidance with patience and professionalism, April brings a sense of calm and steadiness to every situation. Her dedication and enthusiasm for tackling new challenges make her an essential part of her team. Keep up the great work, April!

April Nwogu
IT Business Analyst II