

Cleaner. Safer. Healthier.

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Kudos

Great Job! Way to Go! Nice Work!

Mike Loomis (John Zalenski-Manager)

Mike Loomis was formally recognized by Novelis Plant VP Pete Sheftic. Mike was called to a Novelis staff meeting where he was commended for reporting a safety violation in the Remelt area. Novelis was extremely complimentary of Mike's outgoing personality and his care and concern for safety. A Novelis wide email was sent out by Peter regarding Mike's actions. Peter presented Mike with \$150 worth of gift cards for dinner, movies and gas to share with his whole family. What an outstanding job!!

Uriel Bermudez and his supervisor Sergio Morales (Donna Maggio)

Donna shared a remarkable demonstration of honesty and integrity that occurred at 5 Tower bridge. While vacuuming one night, Uriel noticed he had vacuumed up something that made a loud noise. He opened the bag and found a huge stone that appeared to be from a ring or some type of jewelry. He called Sergio (his supervisor) and reported it. Sergio notified the property manager immediately. The stone had fallen out of one of the employees rings. The woman who lost it was told it was found and retrieved from a vacuum bag by the cleaner and she acknowledged him with a gift card. It's nice to recognize these employees as we know that we, as janitors, are always on the front line when there are any thefts. Way to go Uriel and Sergio!!

Ken Groves (Scott Dustin-District Manager)

Ken had just had his fourth anniversary as a Matrix employee at Dick's Sporting Goods Corporate Headquarters. Ken is perpetually reliable and always ready to step up. The comments below from Mike Michalski, the Manager of Corporate Facilities at Dick's are a testament to Ken's great work:

Good Morning,

I needed to start my day off right and I thought who better to make my Friday 2/18/11 morning than the Matrix Cleaning Company.

I went to the TC level of the 5th Floor trying to hit areas that seem to be my reoccurring headache throughout the complex. I was pleasantly surprised and amazed to see that most, if not all of the areas had been addressed with the proper cleaning techniques needed for daily cleaning. Proper liners were utilized in the trash receptacles and a nice, pleasant and clean smell lingered in and on all the floors from the night before.

I would like to express my gratitude, say thank you, and also say it is very refreshing to be working with someone who cares and is listening.

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SAFETY TIP

Ice Melt Residue- Maintaining of Floors

The problem: During the winter months ice melt is generously applied to the entrance walk of the buildings we service. The residue that is left as the ice melt is tracked into the building can be difficult to clean and become very slippery when not completely removed. It will cause a waxy buildup that can create a slip/fall hazard.

The solution: Prepare a solution of neutralizer/conditioner in hot water. This will remove the alkaline ice melt residue better than regular neutral cleaners. Follow proper vacuuming, wet mop and damp mop procedures. Once the floor has dried, return mats and remove wet floor signs.





Salt Can Cause Water Retention

One of the most common causes of water retention is too much salt in your diet. By lowering sodium content in your diet you can reduce your water retention, also known as Edema. You shouldn't completely reduce sodium, but keeping sodium intake at small amounts by avoiding processed foods is very helpful.



Dietary Changes That can help reduce Edema

- Reduce the amount of table salt that you eat and consider using a salt substitute.
- Reduce the amount of salt that you use while cooking. Try cooking with lemon juice, vinegar, herbs and pepper.
- Eat small, frequent meals if you have swelling in your stomach or abdomen.
- Eat a diet that gives you enough protein, calories, and carbohydrates.
- Continue to drink the same amount of water and fluids as normal.



Grins & Giggles

What is out on the lawn all summer and is Irish?

Paddy O'Furniture

What do you call a diseased Irish criminal?

A leper con

What did one Irish ghost say to the other?

'Top o' the moaning!

Quotable

A creative man is motivated by the desire to achieve, not by the desire to beat others.



Spring is in the air!

Many of you are preparing for a spring cleaning at home and in your offices. Choose appropriate cleaning chemicals. Avoid cleaners containing phosphates. They biodegrade totally and quickly, but when they get into rivers and lakes, they cause algae bloom, robbing the water of oxygen, blocking sunlight, and ultimately killing marine life. Minimize use of bleaches. The most common bleach is chlorine which in wastewater can create toxic compounds.



Fast Facts



St. Patrick's Day is observed on March 17 because that is the feast day of St. Patrick, the patron saint of Ireland. It is believed that he died on March 17 in the year 461 AD. It is also a worldwide celebration of Irish culture and history. St. Patrick's Day is a national holiday in Ireland, and a provincial holiday in the Canadian province of Newfoundland and Labrador.



Irish Saying

**There are many good reasons for drinking,
One has just entered my head.**

**If a man doesn't drink when he's living,
How in the hell can he drink when he's dead?**



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