



Stan's Ink Monthly



Volume 16, Issue 2

February, 2022

Mark Your Calendar!

Feb 14 - Valentine's Day

Feb 21 - Presidents' Day



Highway to Health

Can I Get COVID Again?

You slogged through it and survived: the fever, the cough, the achiness, the fatigue maybe even shortness of breath. Perhaps you thought to yourself – well, at least I'm immune to COVID now.

Unfortunately, that's not the case; it's possible to get reinfected with COVID.

"Now with the Omicron variant, we're seeing more reinfections than with the original COVID virus and Delta variant," said David Basel, MD, Avera Medical Group Vice President for Clinical Quality. "There have been a number of mutations, and Omicron is different enough that people are getting it again."

Natural Immunity May Not Be Enough

Natural immunity does offer some protection, but not enough. "What will offer the most protection against the Omicron variant and possible future variants is to be both vaccinated and boosted," Basel said.

"You can also protect yourself from reinfection with other measures, such as wearing a mask in public, avoiding large gatherings while community spread is high, and social distancing," Basel said.

Also with Omicron is a greater incidence of breakthrough cases among people who are vaccinated and even boosted. "Don't get me wrong, vaccines are still protecting people from COVID. Even for those who do get a breakthrough case, in most cases illness is milder," Basel said.

Vaccine Plus Booster Is Your Best Protection

A study from the Centers for Disease Control and Prevention (CDC) indicated that people who are unvaccinated are 10 times more likely to die from COVID, 10 times more likely to be hospitalized and 5 times more likely to get COVID. "The vaccine and booster are still doing what they are supposed to do, and that's prevent hospitalizations and deaths," Basel said.

The possibility of future variants after Omicron is the bad news; the good news is that we have vaccines and boosters as well as effective antiviral medications that will be available in greater supply as the future unfolds. It's hoped these tools eventually will fight back COVID to the point where it's endemic – like the flu – rather than pandemic.

Source: Avera.org

Mike's Words of Wisdom...

Simplify, Focus, Execute! Today I want to encourage you to keep your eye on the ball. Get back to the basics. Focus on the fundamentals. Remember what really matters. Identify the simple principles and actions that are crucial to your success at work and at home.

-Jon Gordon

Easier said than done! We sometimes like to complicate, distract, and avoid because keeping our eye on the ball is a lot more work than watching it go by. Doing this may bring a short-term feeling of success, but in the end we will be disappointed in the results we get with the efforts we gave.

We need to take the negativity out of the equation and focus on how we can improve our family lives and our work lives so that we can enjoy doing what we are doing without letting ourselves and others down. No matter how good we feel about taking the easy way out, we end up feeling miserable because we know we can do better and enjoy better results.

Simplify our lives by removing all the noise and focusing on what task is in front of us that will help our families and our Stan's family.

Focus grasshopper, on those tasks and find ways to accomplish our goals that help make our families successful.

Execute the plan, because all the talk in the world does not complete a task without execution. The best laid plan never comes true if we don't execute and move forward.

As the quote says...get back to the basics and remember what really matters. At home or at Stan's we will be successful if we do these things by taking action and reaping what we sew. We can look back and wish we would have, or we can simplify, focus, and execute every day to have a successful marriage, family life, or work life. Life is a journey, and we make the choice as to how we want the story to end!

Respect Relationships Results



Did you know heart and vascular screenings typically cost less than \$100? AND you can use your flex spending account to cover the cost of your screenings!

To learn more about heart & vascular screenings, visit these websites:

♥ <https://www.avera.org/services/heartvascular/heart-vascular-screenings/>

♥ <https://www.sanfordhealth.org/medicalservices/heart/heart-screenings>

♥ <https://www.sanfordhealth.org/medicalservices/vascular/vascular-screenings>

Common Heart Attack Warning Signs

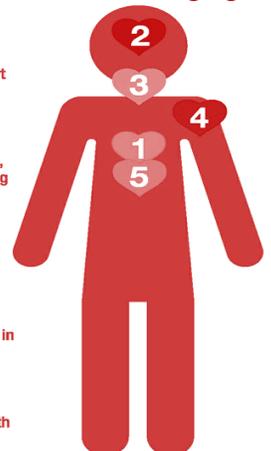
1 Pain or discomfort in chest

2 Lightheadedness, nausea, or vomiting

3 Jaw, neck or back pain

4 Discomfort or pain in arm or shoulder

5 Shortness of breath



Learn more at Heart.org/HeartAttack. ©2021 American Heart Association, Inc. All rights reserved. Unauthorized use prohibited.

January Accidents & Incidents

Driver hit shop's overhead door - \$2,000



Total : \$ 2,000

We have a \$25,000 deductible and are counting on **YOU** to keep costs down.

Stan's employees have worked

15 days

without a "lost time" accident!



February Birthdays

Dickson Jorgensen - 2/3
Jeni Sinkbeil - 2/6
Megan Kopfmann - 2/9
Jodi Weber - 2/12
Michael Phillips - 2/17
Chris Cashman - 2/24

Happy Birthday to our February babies!



March Birthdays

Mike Jurgens - 3/13
Jacob Sievers - 3/24
Tammy Bierman - 3/27
Mark Jensen - 3/30

Happy Birthday to our March babies!

January Top Fuel Mileage Performers

Reefer Division:

7.53 MPG - 5.91 MPG Cost/Mile \$0.50 - \$0.63

Miguel Carrillo - 7.53

Terry Nedved - 7.44

Steve Wenninger - 7.37

Steve Borkowski - 7.36

Monty Johnson - 7.28

Total January Miles: 444,483 **January MPG Avg: 6.80**

HRCORNER Career Opportunities!

- Accountants
- Logistics Support
- IT Support
- Drivers:
 - ◊ Grain
 - ◊ Regional
 - ◊ OTR

Please share this information with anyone you know who may be interested in these opportunities.

For complete job descriptions contact Tammy @ 605-961-9508.



DRIVERS!

Reminder to complete your Safety Training in your TruckRight account. Reach out if you have questions.

Employee

Appreciation Lunch!

Wednesday, March 9th, 2022

12pm - 1pm at the Driver's Lounge.

During the event, we will be recognizing those drivers who have earned 2021 MPG and Safety Awards. If you can make it, we would love to see you there. More details to come in the near future!

Stan's Welcomes a New Employee!

Harry Armstrong

Joins the Reefer Division.

Please take the time to introduce yourself!



February Years of Service Anniversaries

John Bozzella - 8 years
Jeni Sinkbeil - 5 years
Corrie Snedeker - 2 years
Luke Sharp - 1 year

Thank You
for your service & dedication to Stan's!

5 Ways to Win Today

Control what you can control.

Let go of what you can't.

Replace fear with faith.

Speak truth to the lies.

Believe the best is yet to come.

Let's go!



Have you ever been on the receiving end of someone going above and beyond? That certain someone who stepped outside of their day to day duties to help a fellow team member or Stan's in general, with no expectations of receiving anything in return?

We are always looking for nominations for our Above and Beyond recognition. When you experience a helping hand, or an act of kindness, please share the details by emailing

Morgan @ morgant@stansinc.net.

Continue to like and share on our Stan's Inc and Team Stan's Facebook Pages!

Traveling to a cool area? Have a special event happen in your life? Take a picture and share it with us!

Not on Facebook and have something to share? No problem! You can email it directly to Morgan and she'll get it out there for you: morgant@stansinc.net



Proud Grandpa!

Ryan Hughes welcomes his first granddaughter! RiverLynn James Barsness Born 1/13/22, 7lbs 5oz

