



NEWSLETTER

OCTOBER 2017

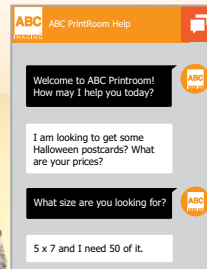
FEATURED TEAM

INSIDE SALES TEAM

The **Inside Sales** and **Customer Service Department** is one of the newest teams at ABC Imaging. With only six months under their belts, they have rapidly grown from two members to five and plan on continuing to grow in the near future as their portfolio expands. The team's main focus is on Get a Quote estimates, opening new accounts and reviving dormant accounts to reinvigorate business ties. The team tends to use the global **Tidio live chat** through ABC Imaging's websites which allows them to easily communicate with customers in real time and triage any quotes, questions, requests, and any other of our customers' needs. The team prides itself on its ability to refocus on new business opportunities as they arise along with making sure local business knows about all of our new services, such as the vehicle wraps. The Inside Sales and Customer Service Department will be supporting the ecommerce site, named **ABC PrintRoom**, managed by our E-Commerce Traffic Manager, **JoAnn Lyons**; answering all the requests and questions from our clients through a Tidio Chat.

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Pictured left to right: Ashia Brown, Charity Johnston, JoAnn Lyons, Robyn Corbett (standing), Emerson Hammonds



HIGHLIGHTS

Have any suggestions or people you'd like to see in the newsletter? Send your recommendations to hr@abcimaging.com!

Health Management Flu Vaccination



Don't Let the Flu Slow You Down. Get Vaccinated Today.

Take care of yourself and those you love.

The flu affects millions of people each year and can result in severe illness — even death. A flu vaccine is the best defense to not only protect you, but also help protect the people around you. The Centers for Disease Control and Prevention (CDC) recommends annual flu vaccinations for everyone six months and older.¹

Choose a convenient provider.

Annual flu shots are covered under most medical plans when you use a network provider. For quick and easy access to a flu vaccine, you can visit:



Your network doctor or other health care professional.



Any of the retail pharmacies listed on the back.



Any of the convenience care clinics listed on the back.



What you need to know.

- Most UnitedHealthcare plans cover annual flu shots at 100 percent when you use a contracted network provider.
- Talk to your doctor about which vaccinations may be right for you.
- Show your health plan ID card before getting your shot.
- See other side for a list of national pharmacy chains and convenience care clinics that are contracted to provide flu shots to UnitedHealthcare members.



To find network care, visit your member website or call the number on your health plan ID card.



FACES OF ABC



LAMAR HILLIARD, *Digital Production Specialist, Washington, DC*
Lamar joined ABC Imaging in January of 2016 as a Digital Production Specialist at the Washington, DC shop. Creating different methods on how to make production more efficient and the mechanical aspect of assembling products are some of Lamar's favorite parts of his job. When not at work Lamar enjoys indoor Enduro kart racing and Enduro kart road racing. He has over 80 races of arrive and drive seattime with many wins in the top 1%. In 2016 Lamar won the national World Karting Association Championship and the 2016 regional Woodbridge Kart Club



Mike Kelley Photography

championship in Yamaha Medium class. For fun Lamar has made a habit of visiting kart tracks whenever he is out of state for vacation.



GINA MONROE, *Client Relations Manager, HNTB - Kansas City, MO*
Gina began working for ABC Imaging in the winter of 2013 as the Client Relations Manager at HNTB Headquarters in Kansas City, MO. Before her career with ABC Imaging, Gina managed the Print Department at an office supply retailer. Gina enjoys all of the people at HNTB and loves that each day brings new and exciting challenges. As a mother of three, Gina does not have a lot of spare time. When she does Gina enjoys Missouri Float Trips, camping and watching her son play hockey. Fun fact: Gina once went sky diving but would never do it again... not even for a million dollars.



JOSHUAH LAIRD, *Payroll Manager - Headquarters, VA*
Joshuah recently celebrated his second anniversary with ABC Imaging, after relocating from New York City. His previous job was payroll manager for Merlin Entertainments' US Midway Attractions, based in Madame Tussauds wax museum. He enjoys the opportunity to work internationally with ABC Imaging, and likes meeting employees who visit Headquarters. Josh got married this summer and enjoys spending time with his family and new puppy. He also likes to read, write, watch movies, and explore the outdoors. Josh's early career included working as a resident theatre actor and director where he spent several years touring the US and Europe teaching and performing with thousands of children. He even got to perform on the same stage where Marlon Brando first performed.

FEATURED JOB OPENINGS AT ABC IMAGING!

Refer a friend and put some cash in your pocket! When your referral reaches 6 months tenure at ABC Imaging you can receive up to \$200!

We are currently looking for highly skilled employees in the following fields:

- **Scanner** - Parsippany, NJ
- **Client Relations Specialist** - Los Angeles, CA
- **Client Relations Specialist** - Seattle, WA
- **Machine Operator (Large Format)** - Carlstadt, NJ

Check out the full listing at: hrportal.abcimaging.com. When referring a candidate, please be sure they put your name on their application. Send a note to careers@abcimaging.com to let our recruiting team know to look for your referral.

ANNIVERSARIES / BIRTHDAYS



Anniversaries

Betru Woldekidan	30	Jose R. Ramirez	4
Douglas Peterson	29	Jalal Moayyed Kimiaghalam	4
Mehdi Falsafi	27	Philip G. Magenheim	3
Bernard McCrae	24	Calvin L. Johnson	3
Pantaleon Zinkpe	22	Rodney T. Keller	3
Moustafa Salih	20	Adam H. Green	3
Amon Mustamandi	20	Carol Ann Smith	3
Fahima Mustamandi	20	Isaac Castro	3
Frank Fiordalisi	15	Edwin L. Reynolds	3
John Everett	14	Anthony A. Davila	2
Nabil Saleeb	13	Colin A. Green	2
Melaku Berkan	12	Jon-The' Houston	2
Sandra Wake	12	Elier D. Hernandez	2
Joshua Loofbourrow	12	Maigret Borges	2
Rehan Mahmood	10	Camilo Franco	2
Subramanie Rangasammy	10	Nallam Ratna Kumar	2
Celia Ponce	10	Mohamed S. Shakulhamed	2
Melissa Marchak	10	Kevin G. Fuchs	1
Tinette Chan	10	Rafaella Arroyo	1
Trisha Shah	10	John Scott	1
Jeremy Avenarius	10	Barbara Matthews	1
David E. Stefanic	9	Gari-Mark A. Thomas	1
Kannolikandy Nalinakshan	7	Angelica L. Abouzeid	1
Stephen Holton	7	John C. Grant	1
Luis A. Chicota	6	Ambriorix Canela	1
Yassir A. Elamin	6	Jonathan P. McHugh	1
Angela M. Meyer	6	Joseph E. Skonezny	1
Yasier A. Elsayed	6	Kirk Tanwongprasert	1
Ralph Arroyo Acevedo	5	Kent II Greene	1
Bisrat Mebrahtu	5	Salvador J. Malfavon	1
David G. Gudejko	5	Michael W. Abreu	1
Chris G. Petersen	5	Gregory J. McCullom	1
Terrence Cheddie	4	Jayson L. Florendo	1



Birthdays

Alan Wong	10/1	Chang J. Lee	10/16
David S. Francis	10/1	Crystal Perez	10/16
Melissa Marchak	10/1	Ian M. Devine	10/17
Sandra Wake	10/1	John Stricker	10/17
Jose F. Barata	10/2	Michael Dickinson	10/17
Orlando Nurinda	10/2	Tigist Demisse Kidane	10/17
Cynthia Vahiny	10/3	Amy Wu	10/18
Nelly Hernandez	10/3	Peter Levendos	10/18
Sasha Santamaria	10/3	Stephen M. Miller	10/18
Rajeevan Kannolikandy	10/5	Lulit Rayemendi	10/20
Jessica Campitelli	10/6	Edwin L. Reynolds	10/21
Tamara P. Phillips	10/6	Jerry Klunchoo	10/23
Aaron P. Schaefer	10/7	Mohammed Mohammed Ahmmed	10/23
Harvey J. Schneider	10/7	Tammy S. Shuler	10/23
Michael Jacobsen	10/7	Ruthven W. Walker	10/26
Gerard Quesada	10/8	Umar M. Khan	10/26
Christina Serio	10/9	Armando De Varona	10/27
Mohamed W. Husain	10/9	Emad Hilal	10/27
Dineer Bahar	10/10	Akash Rasanjana De Silva Paskuwal Handi	10/28
Hung Ho	10/10	Dennis Crowley	10/28
Naomi Suh	10/10	Sean Ali	10/28
Abdelouahid Elhaddar	10/11	Bisrat Mebrahtu	10/29
Laura Ruiz	10/11	James Wimberly	10/29
Sergio G. Alvarez	10/11	Lamont U. Siejack	10/29
Dennis Javelosa	10/12	Amil Muhovic	10/30
Mohammed Banagaelsaikh	10/12	Marivic U. Arano	10/30
Abdelmalek Aboulhouda	10/13	Maximilian Grigore Ilea	10/30
Linda M. Ketterer	10/13	Subindarsh Sudharsanan Raghavakurup	10/30
Catherine L. Wyatt	10/14	Kevin Knoll	10/31
Seth L. Jackson	10/15	Thomas Bayuzik	10/31
Billie Jean Fernando	10/16		

WELLNESS CORNER

DO SLEEPLESS NIGHTS RUIN YOUR DAY?

Daytime sleepiness isn't just unhealthy - it's also unsafe.

There are as many reasons for sleep deprivation as there are Americans who suffer from it. If trouble sleeping is causing you to feel tired or fall asleep at inappropriate times during the day, try changing your daily routine.

- **Go to bed and wake up at the same times each day.** Your circadian clock, which maintains your sleep-wake cycle, is made stronger by a regular sleep-wake time.
- **Establish a bedtime routine.** Take a warm bath, read a book or listen to soothing music.
- **Create an environment conducive to sleep.** Make your room dark, cool and quiet.
- **Have a comfortable mattress and pillow.**
- **Remove anything unrelated to sleep from the room.** That includes computers and televisions.

- **Avoid eating meals for two to three hours before bedtime.** This can cause you to wake up during the night.
- **Exercise regularly.** Finish your workout at least a few hours before bedtime.
- **Avoid caffeine, alcohol and nicotine close to bedtime.** These can keep you awake or disrupt sleep.

During the day

Wake up at the same time each morning and start the day with a nutritious breakfast. The effects of caffeine can linger, so limit caffeinated beverages to early in the day. Exercise between lunch and dinner. Exercising late in the evening may keep you from feeling relaxed at bedtime. After dinner, do something relaxing. Then, have a light, healthy snack before following your regular bedtime routine.

