



1731 Southridge Drive  
Jefferson City, MO 65109  
573-635-9295  
www.cs-business.com

### C&S Staff:

**Paula S. Benne, CSP CTS**  
*President*

**Jerry Benne, CSP**  
*Vice President*

**Darlene Norment, CSP**  
*Accounting Director*

**Carrie Russell, CSP CTS**  
*Staffing Specialist*

**Sonnett Cagle, CSP CTS**  
*Staffing Specialist*

**Nicole Wilson, CSP**  
*Payroll Clerk*

**Mandy Thomas, CSP**  
*Account Representative*

**Stephanie Lehmen**  
*Community Relations Coordinator*

**Mary Heimericks**  
*Claims Manager*

**Penny Smith**  
*Office Assistant*

**Taryn Henderson**  
*Office Assistant*



MEMBER OF  
American Staffing Association



Issue 51  
May 2021

# Temp News

## 5 EASY TIPS

## STAYING HEALTHY AT WORK

Eight hours on the job, five days a week can take a toll on your body. From avoiding eye and muscle strains to dodging extra calories from between meal snacks, here are some tips that can help you stay healthy and keep in shape at work.

1. **Snacking** in between meals can add a few hundred calories to your daily diet if you're not careful, and they can leave you with unwanted pounds if you get in the habit of snacking day after day. If you get hungry, have some fresh fruit, like grapes or an apple, rather than grab a candy bar.



2. **Drinking an adequate amount of water**--eight to 10 glasses every day --can help keep you hydrated. If allowed, bring a 16 ounce bottle of water to work and try to finish it by lunch, and then fill it up again and finish that by 3 p.m. By 5 p.m., try to finish a third bottle.



3. One of the most important things you can do during the day to stay healthy and in shape is to **exercise**. Take a walk during lunch, if that is an option, especially this time of the year when the weather is conducive. And when the weather isn't cooperating, scope out a place indoors to walk if you work in a sizable building.



Not only can you burn calories, but you can also de-stress and refresh. Find a walking partner whom you can depend on for a daily walk --someone who will drag you out when you're not in the mood. Or, put in the earbuds and enjoy some music or a podcast while you walk. If you can't get out during lunch, park farther away than you normally do so you have a short walk to work in the morning and evening. Or, make it a habit to take the stairs instead of the elevator.

4. **Eating a healthy lunch** is an important part of a balanced diet. But **eating reasonable portions** is an important part of your health. Just as important, practice portion control so you aren't consuming too many calories.



5. The keyboard, mouse, phone and other equipment we (and others) use/touch can harbor thousands of germs. To **clean these objects**, the National Consumers League recommends using a disinfectant cleaner or spray that is registered with the Environmental Protection Agency and proven effective against a wide variety of viruses.



An important way to stay healthy at work starts with self-awareness. Know yourself and know your limits. Do the best you can to stay within those limits while doing your job.

# Did You Know?

Here are some "fun facts" that may be news to you or may help jog your memory about C&S Business Services.

- *Did you know...* C&S offers a Referral Bonus to employees just for sending us applicants who complete our application and are placed on a job assignment of 160 hours or more. So spread the word and start cashing in!

**Referral Rewards**

- *Did you know...* C&S has been averaging around 30 different job openings with multiple positions within those 30 openings! For variety in employment choices, C&S has it covered! (Another reason to send your referrals to C&S!)



- *Did you know...* C&S employees can view check stubs, set up direct deposit, make changes to existing direct deposit information, change contact details and update availability by using the C&S Employee Portal. To set up an Employee Web Portal or for any payroll questions, contact the C&S Payroll Department at [payroll@cs-business.com](mailto:payroll@cs-business.com). A link can be sent to create a username and password for the portal if you do not have one.



- *Did you know...* C&S is active on social media. Please follow C&S Business Services on Facebook and Instagram to get information on job openings, special promotions and other timely notices from C&S.



## What's happening in May:

**May 5** – Cinco de Mayo

**May 9** – Mother's Day

**May 17** – Tax Day (extended from April 15)

**May 31** – Memorial Day (C&S closed)



## Permanent Placements

The following employees were recently offered and accepted permanent employment at their job assignments. C&S would like to congratulate and thank each of these individuals for their hard work and dedication!

Connie Knox  
Kimberly Thomas  
Wanda Holt  
Adam Carder  
Sarah Hammond  
Sean Waldrop  
Stephanie Tiedemann  
Jason Haney  
Jacob Dobkins  
Dalton James  
Kevin Thompson  
Sydney Wells IV

## C&S IS VOTED #1

## EMPLOYMENT/CAREER SERVICE



C&S was once again voted the News Tribune's Readers' Choice #1 Career/Employment Service in Central Missouri!

C&S is very proud to have received the First Place Award each year since the inception of the Readers' Choice competition. And we will continue working hard to keep that #1 ranking in the eyes of our

employees, clients, customers and those in the community!

Thank you to everyone who voted for C&S and helped us secure the title again in 2021!

## Thought for the Month...

ALL ROADS  
THAT LEAD TO  
**SUCCESS**  
HAVE TO PASS THROUGH  
**HARD WORK**  
BOULEVARD  
AT SOME POINT