

Cleaner. Safer. Healthier.

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CEO Corner

Just a few words to wish you and yours a happy and healthy holiday season, and to thank you for your hard work and commitment.

This year has been a challenging year for everyone. With economic uncertainty and high unemployment rates, caution has been the business model of necessity. Thus, I am especially pleased to announce that, thanks to you, we still enjoyed substantial growth this year and are now poised to make 2011 our most exciting year ever.



During the holiday season, friendships and time-forged relationships gain added meaning. As we all strive to succeed, we realize that success is not measured merely by financial results. Success speaks of lasting bonds with those that help give the journey through life meaning and purpose.

We trust that the bonds we have developed with our employees, our business partners and our customers will help propel us all into a promising future. I would like to thank you all for your trust, commitment, and your support throughout the last year.

May your holiday season be filled with joy, prosperity, and those things that matter most: family, friends, and meaningful relationships.

Kudos

Great Job! Way to Go! Nice Work!

Tom Niland, Vice President of our Syracuse office, would like to share the achievements of an individual whose career demonstrates the passion and commitment that our company is built on. **Billy Lambert** has been an employee of Niland/Matrix for nearly 22 years. During that time he has dedicated himself to an uncompromising work ethic. He welcomes challenges and is never afraid to take on the most difficult assignments. Billy has decided to retire at the end of the year and he will be greatly missed. The entire Matrix team appreciates Billy's dedication and wish him the best!



Louis Snow, District Manager of our Syracuse office, wishes to recognize **Karen Chapman**. Karen has cleaned three M&T banks in Skaneateles for over five years. She has an excellent rapport with the employees at all three banks, is never absent, and there are never any complaints about her work.

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HR Q&A

Do you have a question about a personnel policy, benefit, or the company? Just submit your question to: hr@cleanforhealth.com.

Brad Georgetti, our Senior Vice President of Human Resources, or Lynn Domboski, our Director of Human Resources, will be delighted to help by answering your question.

We are committed to helping you by keeping the lines of communication open.



Safety First



Holiday Season Procedures

Employees should be aware of proper procedures for handling food and packages during the holiday season. There are many different ways that tenants want us to either discard food from holiday parties, or allow us to share in the food and in many cases to not touch their food. Please know your buildings procedures. Also, many tenants/clients purchase and receive gifts at work—show EXTREME care to not throw away any bags, boxes, etc. during this time of year. It is better to err on the safe side and NOT discard food, bags, or boxes that are not marked.



To Your Health



Holiday Eating Tips

The holiday season is a time of celebrations, and when there is a celebration, there is also food: Follow these tips for a holiday you won't forget:

- Avoid carrot sticks. Anyone who puts carrots on a holiday buffet table knows nothing of the Christmas spirit. If you see carrots, leave immediately. Go next door, where they're serving rum balls.
- If something comes with gravy, use it. That's the whole point of gravy. Gravy does not stand alone. Pour it on. Make a volcano out of your mashed potatoes. Fill it with gravy. Eat the volcano. Repeat.
- Drink as much eggnog as you can, and quickly. Like fine single-malt scotch, it's rare. You can't find it any other time of year. Who cares that it has 10,000 calories in every sip? It's a treat. Enjoy it. Have one. Have two.
- Do not have a snack before going to a Christmas party in an effort to control your eating. The whole point of going to a Christmas party is to eat other people's food for free, and lots of it.
- If you come across something really good at a buffet table, like frosted Christmas cookies in the shape and size of Santa, position yourself near them and don't budge. Have as many as you can before becoming the center of attention.
- Under no circumstances should you exercise between now and New Year's. You can do that in January when you have nothing else to do. This is the time for long naps, which you'll need after circling the buffet table while carrying a 10-pound plate of food and that vat of eggnog.
- As for mashed potatoes, always ask if they're made with skim milk or whole milk. If it's skim, pass. Why bother? It's like buying a sports car with an automatic transmission.
- Did someone mention fruitcake? Granted, it's loaded with the mandatory celebratory calories, but avoid it at all cost. I mean, have some standards!
- One final tip: If you don't feel terrible when you leave the party or get up from the table, you haven't been paying attention!



Grins & Giggles

Why does Santa have three gardens?

So that he can hoe. hoe. hoe.

What do elves learn in school?

The elf-abet.



Quotable

Christmas gift suggestions: To your enemy, forgiveness. To an opponent, tolerance. To a friend, your heart. To a customer, service. To all, charity. To yourself, respect.



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