

# THE CAVAFORM CONNECTION

JULY - SEPT 2018

VOL. 3, NO. 3

## WHAT KIND OF DAY??

### A fun filled day!!

Our 40<sup>th</sup> Anniversary Open House was a huge success. The weather was perfect and we all enjoyed beverages, shaved ice, a dunk tank, face painting, and a bag filled with goodies.

Everyone that attended had the opportunity to see what we do at Cavaform and MTM&D and the feedback was awesome! In fact, one of the attendees wrote an article that appeared in the *St. Petersburg Shines Newsletter*.

I also want to give a.....

**BIG  
SHOUT  
OUT!**

To Cindy Massie. She spearheaded the event with grace and ease.

## Welcome new hires!!

From all of us to all of you, we'd like to say welcome.

- Matt Keelin 5/18
- Bill Michalski 5/18
- Glynn Clements 4/18

## BE A HERO.....

Over the last month, we've had two employees who experienced some serious medical problems, one was a reaction to a new medicine the

other a heart problem. Since I'm a numbers guy, I tend to reduce things down to that level. It struck me that the average age in our plants is over 50. That's good from an experience standpoint but not so much from a health point of view. Then I went to the American Heart Association to get a few more numbers. Each year 350,000 out-of-hospital (O-O-H) cardiac arrests occur in the US. Almost 90% of people who suffer O-O-H cardiac arrests die. More than 75% of O-O-H cardiac arrests happen in homes. For every minute delay in administering CPR, the victim's chance of survival decreases by 10% (i.e. if you wait 5 minutes, you've reduced the chance of survival by 50%). June 1-7th was National CPR Week. We contacted BayCare about conducting "breathless CPR training" (chest compressions only). The class would be conducted here at Cavaform and would be free for you. You would just have to commit your personal time. We need a minimum of 10 participants. Most people won't learn CPR for two major reasons; fear of month-to-

## EMPLOYEE SPOTLIGHT



Recently, I had the opportunity to interview Mark Kraf for our Employee Spotlight, and I promise you that when the interview was over I felt like I was sitting at a picnic table in someone's backyard eating homemade ice cream!!

Mark is from Pittsburgh, PA. He grew up in a neighborhood where everyone knew each other by their first name, (and they still do.) His favorite childhood memories include, hanging out with his friends, (who he still communicates with) building cabins in the woods, playing whiffle ball & street hockey. When I asked him how he became so handy he told me that his dad and grandfather were the same way, so he just learned from watching them. He went on to say that he comes from a blue collared family so they did their own repairs. Mark said that his favorite movie quote is "Are you trying to say Jesus Crist can't hit a curve ball?" *Major League*

CONTINUED...

When I asked what he enjoys doing outside of work he said that he likes working in his yard. And when I asked him if there were one food that he wished had zero calories what would it be... He said, "Pizza! I'm like a bottomless pit when I eat it!"

I asked Mark to tell me about his move to Florida and he told me that he moved here in 2004 after his brother and sister-in-law relocated here. He worked a few different jobs where he was always hands on while he also earned his electrical certification @ Irwin Tech.

Mark went on to share one of his favorite "Florida stories." Mark, his brother and some friends were at Hooters one evening before a concert when he talked Renee Massie into giving him her number. Ironically, they, (Mark, Renee & her date) ended up at the same concert where Mark sent her a text, bought her a beer, and drove her to her car. And the rest folks.... Is history!

**Mark, thanks for allowing me to interview you.**

### Mid-Summer Italian Bread Salad

#### Ingredients:

- 1 clove garlic
- 1 (1 pound) loaf Italian bread
- 1 cup chopped tomatoes
- 1 cup cucumber - peeled, seeded and chopped
- 1 cup chopped red onion
- 1 clove garlic, minced
- 2 cups chopped fresh basil
- 1/8 cup chopped fresh thyme
- 1/4 cup olive oil
- 2 tablespoons balsamic vinegar

#### Directions:

1. Rub a peeled clove of garlic around a wooden salad bowl.
2. Pull apart or chop the bread into bite-size pieces.
3. In the prepared salad bowl, combine the bread, tomatoes, cucumbers, red onions, garlic, basil, and thyme. Add enough olive oil and vinegar to lightly coat, toss and serve.

worldwide have diabetes and 1 in 2 people do not even know that they have it.

#### The Sneaky Silent Killer



This is why diabetes is considered a silent killer. Some common symptoms include excessive thirst, hunger, sudden weight loss, frequent urination, tiredness, slow-healing sores or cuts, and blurry vision.

The exact cause of diabetes is not known. However, genetics, obesity, a poor diet and lack of exercise appear to play important roles in developing this disease. Don't let diabetes sneak-up on you! **Attached is a questionnaire by the American Diabetes Association.**

Cont'd. From Pg. 1 - *Be a Hero* mouth (which isn't an issue here) and being sued if the person is injured or dies. The good news is that Florida has Good Samaritan laws that provide liability protection to medically untrained, but well-meaning people who undertake to help a person in an emergency situation. If you're interested, please see the sign up on the Employee Information Board. Be a hero to someone, maybe a friend, maybe a fellow worker or most likely a family member.

### Just for Fun

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According to the International Diabetes Federation, an estimated 387 million people



I tracked Dan Cornelius down to ask him about his recent trip to N.C. (For those of you that don't know, Dan was in N.C. helping Jabil.)

Dan worked side-by-side with Jabil's Senior Tech 11-12 hours daily setting up the new K-cup mold for production.

This type of customer support is one way to secure future business for

Cavaform.

Dan, Thanks for your hard work and dedication to our customers!

### Mark your Calendars!

- 8/3 – 8/5 Florida's back-to-school tax-free weekend.
- 8/13 First day of school for Pinellas County Students
- 8/3 – 8/5 Tampa Bay Comic Con. For more info please visit:

<http://www.tampabaycomiccon.com/>



### Shoebox Drive

The simple things in life that I easily take for granted are often the things that people in my community have to do without. This is because they are usually left with under \$20 each month after the assisted living facility where they reside gets their cut.

I think it will be nice for us to work together for the common good of our community. Therefore, I would like to organize a shoebox drive for Jacaranda Manor located on 66<sup>th</sup> Street in St. Pete.

A shoebox drive is where people donate needed items for the cause put them in shoeboxes, wrap and label each box, and then deliver the boxes.

I'm asking for your help with purchasing the items below:

- Word search books
- Crossword puzzle books
- Toothpaste
- Toothbrushes
- Socks
- Plastic drinking cups w/straw
- Checkers
- Stuffed animals
- Scarves
- Gloves
- Peanut butter crackers
- Animal Crackers
- Baseball style hats (this is an ongoing need)
- Clothes & shoes (this is an ongoing need)

As I receive enough items to fill a box I'll take care of the wrapping and labeling, and I'll deliver the boxes the week before Christmas. If you would rather give a cash donation I'm happy to do the shopping for you 😊

I really hope to make this a successful event. Often, this is the only time of year that these people get anything "extra."

If you have any questions please let me know.

**Thanks, Carla**