

THE DOUGH PRESS

November 2022 | Volume 3, Issue 35

HALLOWEEN FUN AT CHESTNUT!



FL181 AND FL158

FL159



WV106

MI105 FIELD TRIP

FL176



NH106

FL144

FL182

FL201



NC131

IL131

THE DOUGH PRESS

HALLOWEEN FUN AT CHESTNUT!



FL276



KY117



FL132



OH175



MI123



FL187

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HOME OFFICE STORE VISITS

Chris Sammartino, Leo Henry,
David Stack, Scott Valentine,
Tanner Avnet, Frank Perrotta,
Justin Vallia, Joe Safarek

MI116

Deborah Huizenga

MI122

Jarrett Fletcher



MI135

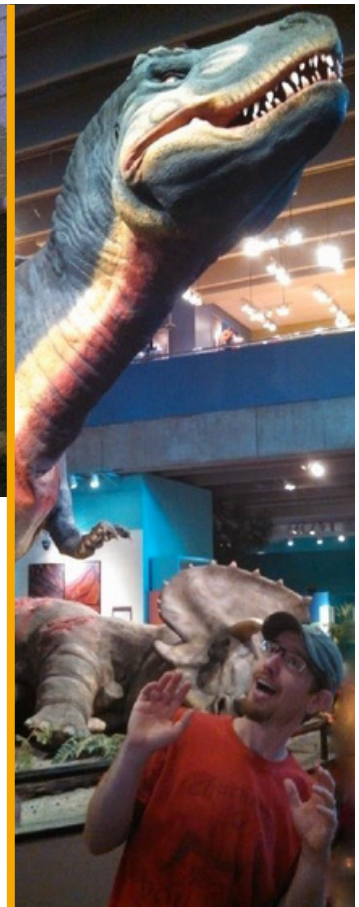
Illa Jean Smith

THE DOUGH PRESS

November

EMPLOYEE SPOTLIGHT

MEET AARON GERARD STORE MANAGER IL131



Aaron Gerard joined the Chestnut Land Family when we acquired his location in August 2015. He was no stranger to the Auntie Anne's brand, as he had grown up working for Auntie Anne's. His passion for the brand is unmeasurable. "Always smiling, laid back, perfect pretzels to our awesome guests, goes above and beyond" were my first thoughts after meeting Aaron and spending time with him. He has traveled and helped train new CLC managers – always is willing to help anyone! He makes it happen each and every day. When thinking about what we are thankful for, Aaron is one of the many employees we are thankful for to have on our team! We appreciate all of his hard work and love for the AA brand and for team CLC!

Written by:
Bekah Marsteller
Director of Human Resources

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AARON GERARD

1. Did you dress up this year for Halloween? If so, what did you go as?

Yes I did. I do every year as I love Halloween. I dressed as Michael Myers this year and my older daughter Zoey (who is one of my crew members) dressed as Laurie Strode.

2. Favorite Halloween candy?

Snickers

3. Do you like reading? If so, what genre of books do you like?

Yes I do but I don't have a lot of time for it lately. But I like a good mystery.

4. Do you have any vacations planned in the upcoming year?

Not so far but I think a beach somewhere with a drink in my hand is calling my name.

5. What is your favorite food to eat at Thanksgiving?

Everything! But I do really enjoy a nice piece of pumpkin pie.

6. Do you watch Christmas movies? Which one is your favorite?

National Lampoon's Christmas Vacation. I watch it every year and it still makes me laugh.

7. What was the last board game you played?

Monopoly with my 3 daughters.

8. What is a work related accomplishment that you are really proud of?

Coming in 4th place in the Honey whole grain pretzel contest back in 2012 and winning a trip to Cancun Mexico.

9. What is one thing most people don't know about you?

This one is a little embarrassing but I know all the words to Vanilla Ice's Ice Ice Baby. Once I start it I have to do the whole song lol!

10. What's your favorite way to unwind after a busy day?

Drinking an ice cold beer and watching TV.

11. What is the best career advice you had ever received?

Work hard, accomplish your goals and keep pushing for the future.
Also wherever you go there you are!

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ILLA SMITH TEACHES FRANK PERROTTA THE PERFECT ROLLING TECHNIQUE AT MI135!



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FOCUS BRANDS VISITS GA116



Pictured Left to Right: Trevor Stanley, Crew Member GA116, Alisa Gmelich, CBO Auntie Anne's, Kevin Parham, General Manager GA116, Claiborne Irby, SVP, Customer, Commercial & Strategy, Shelley Harris, President, Restaurants Category, Tracey Ann Young, CBO Cinnabon, Kristen Hartman, President, Specialty Category, Li Xai, Crew Member GA116, Tanner Avnet, Operations Team Specialist

Nice Message From Alisa Gmelich!

Tanner,

It is always such a joy to see you and spend time with you and the team. I know that our Auntie Anne's visit was the best of all the brands the Exec team visited. You were so incredibly informative and helpful. And of course, the team at that store is incredible.

Thank you so much for taking time to meet me and the team. I'm always so proud to show a Chestnut Land store to our Focus Brands team members!

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WORKING ON WELLNESS

WOW

WORK-LIFE INTEGRATION

FINDING BALANCE AND PREVENTING BURNOUT

COVID-19 has had a major impact on the emotional well-being of the workforce. A common term used to describe this impact is “burnout.” Burnout is a reaction to stress from work. Exhaustion, negativity towards your work, and feeling a lack of accomplishment are 3 common traits of burnout. Burnout can lead to clinical depression, anxiety, and other mental health concerns. You can prevent or lessen burnout by setting work-life boundaries and/or trying work-life integration.

WORK-LIFE BALANCE

ACCEPT THAT THERE IS NO ‘PERFECT’ WORK-LIFE BALANCE

When you hear “work-life balance,” you probably imagine having an extremely productive day at work, and leaving early to spend the other half of the day with friends and family. While this may seem ideal, it is not always possible.

Don’t strive for the perfect schedule; strive for a realistic one. Some days, you might focus more on work, while other days you might have more time and energy to pursue your hobbies or spend time with your loved ones. Balance is achieved over time, not each day.

PRIORITIZE YOUR HEALTH

Your overall physical, emotional and mental health should be your main concern. If you struggle with anxiety or depression and think therapy would benefit you, fit those sessions into your schedule. Overworking yourself prevents you from getting better, possibly causing you to take more days off in the future.

DON’T BE AFRAID TO UNPLUG

Cutting ties with the outside world from time to time allows us to recover from weekly stress and gives us space for other thoughts and ideas to emerge. Unplugging can mean something simple like practicing transit meditation on your daily commute, instead of checking work emails.

MAKE TIME FOR YOURSELF AND YOUR LOVED ONES

When planning time with your loved ones, create a calendar for romantic and family dates. It may seem weird to plan one-on-one time with someone you live with, but it will ensure that you spend quality time with them without work-life conflict. Just because work keeps you busy doesn’t mean you should neglect personal relationships.

SET GOALS AND PRIORITIES (AND STICK TO THEM)

Set achievable goals by implementing time-management strategies, analyzing your to-do list, and cutting out tasks that have little to no value.

Pay attention to when you are most productive at work and block that time off for your most important work-related activities. Avoid checking your emails and phone every few minutes, as those are major time-wasting tasks that derail your attention and productivity. Structuring your day can increase productivity at work, which can result in more free time to relax outside of work.

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NOVEMBER IS NATIONAL DIABETES MONTH

How to Manage Diabetes

November is designated as National Diabetes Month, a time to bring attention to diabetes and its impact on millions of Americans.

Diabetes is a chronic health condition that affects how your body turns food into energy. Your body breaks down most of the food you eat into sugar (glucose) and releases it into your blood-stream.

When your blood sugar goes up, it signals your pancreas to release insulin. Insulin acts like a key to let the blood sugar into your body's cells for use as energy. With diabetes, your body doesn't make enough or can't use it as well as it should.

Types of Diabetes

There are three main types of diabetes: type 1, type 2 and gestational.

Different factors, such as genetics and some viruses, cause type 1 diabetes. With type 1, the pancreas makes little or no insulin, there is no cure and currently no way to prevent it. Type 1 requires taking insulin every day.

Type 2 diabetes is an issue with the way your body regulates and uses sugar as fuel. It develops over many years, is more common in older adults and can be managed through proper diet, exercise and lifestyle changes. If diet and exercise aren't enough to manage it, you may need medications or insulin therapy.

Another type of diabetes is gestational diabetes. This type of diabetes occurs in pregnant women who have never had diabetes. It usually goes away after the baby is born, however it does increase your risk for type 2 diabetes later in life and the risk of obesity and type 2 diabetes in your child later in their life.



Prediabetes

In the United States, 96 million adults—more than 1 in 3—have prediabetes and 8 in 10 of them don't know they have it.

With prediabetes, blood sugar levels are higher than normal, but not high enough for a type 2 diagnosis. Prediabetes raises your risk for type 2 diabetes, stroke and heart disease.

The good news is if you have prediabetes, healthy lifestyle changes can help you take steps to reverse it. In all cases, it is important to control the factors that you can.

Healthy Nutrition

Food is an important factor when it comes to diabetes. Quality matters, and the content of nutrients is very important.

Highly processed foods with little to no fiber or protein that are high in sugars (especially added sugars) are detrimental to your eating plan. Nutrient dense foods containing protein, complex carbohydrates (in moderation), healthy fats and fiber help prevent type 2 and manage both type 1 and type 2.

Knowing how different foods affect your blood sugar is important, especially with type 1 diabetes, and balancing them with your insulin intake is equally important. A registered dietitian can help you figure out the right to take regarding your diet. It is important to find what works best for you, and as with anything else, there is not a 'one size fits all' plan.

Exercise

Exercise is an important part of any diabetes treatment plan and can be very effective with prediabetes. Make sure you talk to your doctor before starting a fitness program.

- Exercising will help: Improve blood sugar levels
- Boost overall fitness
- Manage weight
- Reduce risk of heart disease and stroke
- Improve well-being

Conclusion

If left untreated, diabetes can lead to sleep apnea, neuropathy, damaged blood vessels, kidney disease and high blood pressure. Be sure to get regular blood work and physicals.

Diet and exercise are very important to your overall health, and when it comes to diabetes they are important to prevent and/or manage its symptoms.

Whether you are pre-diabetic, diabetic or living a lifestyle that could lead to diabetes—it is important to take action!

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EMPLOYEE REFERRAL PROGRAM

EMPLOYEES WHO EARNED CASH FOR EMPLOYEE REFERRALS

NOVEMBER 1ST, 2022

6 MONTHS - \$300

Dontavia Roberts FL132 for referring Laquavion Batie FL180

David Beard GA110/128 for referring Keyana Montgomery GA128

Ben Casinger NC115 for referring Mary Faulkner NC115

3 MONTHS - \$200

Theresa Atkinson FL132/180 for referring Ivan Rivera FL180

Sakchhi Rai OH183 for referring Swikriti Rai OH183

Melanie Smith MI123 for referring Courtney Palmer MI123

Timothy Adkins FL171 for referring Lorna Adkins FL171

Dawn Bannister OH111 for referring Tiffany Hampton OH111

Tiffany Hampton OH111 for referring Kaylee Thurlby OH111

Theresa Atkinson FL132/180 for referring Jordyn Atkinson FL132

Sandra McClintock MI105 for referring Mathew Hosler MI105

PROMOTION - \$250

Lamegan Thompson Spencer MS112 for referring Jakiah Stokes MS112



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DTIQ AUDIT STREAKS 3 CONSECUTIVE 100% SCORES

FL158 - 16

MI141 - 10

OH124 - 5

FL177 - 4

MI123 - 4

FL276 - 3

IN107 - 3

NC140 - 3

16
Wow!

10
AWESOME!

CONGRATULATIONS TO THESE 8 STORES!

Keep up the great work! Let's see more stores on this list next month!

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TOP 10 ONLINE STORES FOR OCTOBER

GRUBHUB

DOORDASH

IN107
OH147
GA130
FL166
OH111
OH124
GA106
MI117
FL192
IN109



Uber Eats

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November

WORK ANNIVERSARIES

John Remish - PA254	13 Years
Amanda Jara - MI137	9 Years
Jennifer Weaver - MI123	6 Years
Deanna Andrzejewski - FL171	4 Years
Alexus Showman - OH190	3 Years
Matthew Marison - NH105	3 Years
Jacinda Tapanes - FL226	2 Years
Darius Bullock - FL196	2 Years
Morgan McKay - PA254	2 Years
Jennifer Williams - OH130	2 Years
Pauline Romero - Florida Mall Cinnabon	2 Years
Valentina Mora Valderrama - FL230	2 Years
Jennifer Hadley - IN128	1 Year
Dustyn Stout - MI143	1 Year
Adriana Osorio Fung - FL187	1 Year
Jessica Marrero - FL159	1 Year
Duanyelle Jones - FL171	1 Year
Connor Deaton - IN128	1 Year
Catalina Debney - FL196	1 Year
Aubri Christie - OH147	1 Year
Ronica Eskew - IL169	1 Year
Tyler Mendiola - NC115	1 Year
Amy Edmonds - MI116	1 Year
Santiago Serna - MI120	1 Year
Christopher Wolff - IL131	1 Year

CONGRATULATIONS TO ALL OF YOU ON YOUR WORK ANNIVERSARY!

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November BIRTHDAYS



Jordan Loyd - IL163	11/1
Brenna Razo - IN107	11/1
Taniyah Asbell - FL158	11/2
Joseph Harbie - FL187	11/3
Erika Smithey - IL136	11/3
Lisa Luthringer - IN111	11/3
Desiree Harris - MI135	11/3
Roselani Gray - FL276	11/5
Brandon Elam - Florida Mall Cinnabon	11/5
Paola Negrón-Rodriguez - FL158	11/6
Trekel Hodo - FL168	11/6
Deanna Andrzejewski - FL171	11/6
Yaneirys Gonzalez Lopez - NH106	11/6
Rebekah Marsteller - Home Office	11/7
Amber Glover - OH124	11/7
Rayne Debo - OH190	11/7
Tiffany Edwards - IN114	11/8
Kendra Morris - MI120	11/8
Brittany Lopez Jimenez - MI123	11/8
Shannon Buron - OH130	11/8
Tammy Showman - OH175	11/9
Jose Padilla - FL260	11/10
Cordarryl Johnson - GA110	11/10
Emma Wawok - IN111	11/10
Crystal Cobb - FL166	11/11
Jordan Velez - FL176	11/11
Suzanne Dugger - FL226	11/12
Madison Navoni - MI115	11/12
Maria Sole Hernandez - FL154	11/14

Hannah Joslin - OH163	11/14
Leiah Vega-Aponte - FL149	11/15
Kara Stratton - KY117	11/15
Stacey Craig - FL149	11/16
Giuliana Rivas - FL154	11/16
Lucy Ibarra Cortes - FL154	11/16
Jada Wilson - GA116	11/16
Tonian James - FL201	11/17
Kristene States - Home Office	11/17
Brianna Harvey - MI117	11/17
Quinn Stutzman - MI117	11/18
Marshawn Bingham - IL131	11/19
Keyanna Wilson - FL177	11/20
Kaylee McCartney - MI137	11/20
Sadiyah Spellman - GA130	11/21
Kimberley Armstrong Griffith - KY117	11/21
Lily Boggiano - Woodland Jamba	11/22
Jennifer Waters - FL132	11/25
Shenise Thompson - FL177	11/25
Rene Keno - MI135	11/26
Heather Garland - FL260	11/28
Elijah McBride - IN111	11/28
Hector Rivera - FL154	11/29
Georgia Blazer - FL181	11/29
Emily Marion - MI123	11/29
Dallas Howard - NC114	11/29
Averie Reczko - FL196	11/30
Jamar Jiles - FL260	11/30

HAPPY BIRTHDAY TO ALL OF YOU!
ENJOY YOUR SPECIAL DAY!