

INSIDER

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Welcome New Customers!

*ESS continues to grow as a result
of a GREAT TEAM. Thank you!*

ALOM
Indianapolis

Danville Town Centre
Danville

DMI Technologies
Normal

HSHS Multispecialty
Mattoon

**National Council of Teachers of
English**
Champaign

Prairie Eye Center
Springfield

SIU Medicine
Springfield

Springfield Electric
Decatur

Standard Forwarding
Decatur

USI
Champaign

As the President of ESS Clean, it is my responsibility to be the leader. Right now, I am questioning my leadership. A couple weeks ago, I wrote what I thought was a pretty good article about "Resiliency", regarding the impact of COVID-19 on our communities and businesses. I read my article again today, and it felt incredibly weak and inappropriate considering the heartbreak and turmoil we have seen and experienced over the last week.



Paul Taylor

My heart aches for our country. My heart aches because so many are still subjected to profiling and discrimination after decades.....even centuries. My heart aches because I am personally guilty of making wrong judgements about people based on the way they look or sound. I am confused and heartbroken. I will not be silent, but I don't know what to say, so I pray for healing, understanding and loving action for myself and for our country.

Paul Taylor

"In the end, we will remember not the words of our enemies, but the silence of our friends."

Martin Luther King, Jr.

Employee of the Month



**Steven Martin
Drain**

March 2020



**Scott
Roberts**

April 2020



**Misty
German**

May 2020

Honorable Mentions

Richard Barnes
Angela Barrett
Zachary Biden
Ashley Browning
JaCinda DeVance
Samantha Dhom
Chad Dorn
Bill Fithian
Jan Hamilton
Maurice Hicks
Dontez Hobbs
Diane Kaiser
Tracie McNeal
Laura Schultz

Service Awards

10 Years

Christopher McCathern
John Starr
Yvonne Starr

5 Years

John Carston



THANK YOU

ESSENTIAL WORKERS!

We just can't say "Thank You" enough to all of our great employees! Your work is so important for keeping our customers and communities safe and healthy. We appreciate you all so much. You're the BEST!

News and Happenings

2020 BSCAI SPARTAN SCHOLARSHIP



Sponsored by Spartan Chemical Company, Inc.
Apply by June 30, 2020!

The BSCAI (Building Service Contractors Association International) Stephen H. Swigart Scholarship for Higher Education provides building service contractors and their families an opportunity to pursue higher education. One \$3,000 scholarship will be available in 2020 to BSCAI professional members (building service contractors) and their children only. The deadline to apply is June 30, you can find more information and detailed requirements here - <https://www.bscai.org/Resources/Stephen-H-Swigart-Scholarship>



Mental Health and Coping During COVID-19

The outbreak of coronavirus disease may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children.

Find ways you and your family can reduce stress.

Take care of your body:

- Take deep breaths, stretch, or meditate
- Try to eat healthy, well-balanced meals
- Try to exercise regularly and get plenty of sleep
- Avoid alcohol or drugs

Make time to unwind:

- Try to do some activities that you enjoy

Take breaks from watching, reading, or listening to news stories (including social media):

- Hearing about the pandemic repeatedly can be up-setting

Connect with others:

- Talk with people you trust about your concerns and how you're feeling - via phone, email, snail mail, texting, video chat, or social media

Need Help? Know someone who does?

- Visit the Disaster Distress Helpline website, call 1-800-985-5990, or text TalkWithUs to 66746
- Visit the National Domestic Violence Hotline website or call 1-800-799-7233 and TTY 1-800-787-3224
- Call your healthcare provider if stress gets in the way of your daily activities for several days in a row
- People with preexisting mental health conditions should continue with their treatment and be aware of new or worsening symptoms

ODORS!

Our jobs stink! No.....seriously. Odors are something we must deal with on a daily basis in our line of work. Whether it be from a trash can or a restroom odor, we as cleaners, must be able to identify the odor and eliminate it. Odors are probably the most complained about problems in our accounts. If you are noticing a sewer smell in your restrooms, always be sure to check floor and sink drains. If the smell is coming from either area, pour water down the drains. If the restroom is smelling like urine, be sure to swab out all toilets and urinals thoroughly. Also, be sure to check underneath the urinals and toilets. Urine will run down and build up underneath and cause a smelly mess. Please be sure to mop thoroughly around toilets and underneath urinals too to eliminate any urine that may have gotten on the floor. The sanitary napkin dispensers should also be changed nightly to avoid any odors as well.

Another area of concern this time of year is outside trash cans. People tend to throw food in them in break areas. When it is hot, this will cause the food to spoil and smell absolutely awful. Please be sure to check these areas more frequently and empty the trash nightly if possible. This can also be true for the other trash cans in the building. Breakroom trash cans are also known for odors due to food. If you clean an office building that has trash cans at each desk, please be sure to check them for food if an odor presents itself.

Yucky smells can be an unpleasant part of our jobs. It's very important that we, as cleaners, take initiative to eliminate them as soon as possible. This helps keep our accounts and customers safe and healthy.



Brittany Babbs
Effingham Branch Manager

Notes from Julianna Huck

Director of Employment



Has Covid-19 changed your income? Do you know a great worker that has lost their job due to the Pandemic? ESS Clean is ESSENTIAL and we are hiring! We've got great positions to fill and many of our customers have asked us to do more cleaning. So, if you are looking for more hours or know someone who would be a solid employee for us, please call me or speak with your Branch Manager.

We ♥ your referrals!

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indeed

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