



Providing MOHR Value Since 1960

Newsletter

February 2nd, 2018

From: Gayle Foster
Sent: February-01-18 10:48 AM
To:
Subject: Winter Road Maintenance - Kanata South

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Message Body:

As a resident on Budapest Crescent in Bridlewood, I want to commend your company for the excellent work done to clear our street of snow. Your crew is fast, efficient and tries its best to not leave snow mountains at the end of driveways. I am also sending notice to the office of Councillor Alan Hubley, in support of future contractual planning. Good work !

**Thank you to all snow crew for your dedication!
Keep up the good work and stay safe!**

Paperwork: Please hand- in time cards in a timely manner. If you would like to send them by email please send to ap@goldiemohrltd.ca . An email with your name, date, start time and finish time (am/pm needs to be specified) as well as any downtime needs to be documented. We would also appreciate a note of the fuel dispensed and where it came from with hours/odometer readings.

Work Orders: If you need a repair, please start a work order and be sure to contact the shop. Blank forms are available in sea can at Maplegrove and the counter in the shop office.

Mohr Safety

Please be courteous, positive and professional when interacting with the public & with each other; YOU are representing Goldie Mohr Ltd. If you have any comments, please notify Debbie or Ann.

2018 Safety Program Let's make safety the number one priority and provide excellent customer service. Please make every effort to Provide MOHR VALUE, since 1960.

Goldie Mohr Ltd has engaged Ms Kourtney Knight of MY SAFETY COACH to develop our program and help us reach our goal of COR Certification. James Power and Debbie are working closely with Kourtney to put this together and implement it. We look forward to your cooperation.

We are participating with a job fair at the Landscape Ontario **Green Trade Show February 14th at the EY Center.** We are planning to have some co-op students this summer too.

Thank you for helping us achieve our goals!



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February is Heart Month and it offers a unique opportunity for you to jump start your own heart health while also supporting the world-class cardiac care available at the University of Ottawa Heart Institute each day.

How do you take the challenge? It's easy! Complete one or more of the challenge options below and then encourage your loved ones to do the same by bragging about it on your social media (using **#GiveWithHeart** **#FebruaryIsHeartMonth** **#HeartHealthy Challenge**) at work, at social gatherings, in line at the grocery store, and wherever you can.

- A Heart Healthy Challenge is truly a winning scenario! You win by pledging to take care of your heart during the month of February and beyond.
- Your friends and family win because you give them the same opportunity to be heart-healthy.

The funds you raise by participating in Heart Month (buying a Paper heart, attending or organizing an event, or by registering to be [Heart Month Participant or Team](#)) go a long way towards helping the Heart Institute purchase highly specialized equipment and support care, research, and education that will help to save lives in our community.

Choose your Heart-Healthy Challenges

EAT Eating 5 or more servings of vegetables and fruit each day will promote good health and help you feel your best. Take a step towards better health and the small changes will become new habits that affect your overall heart health. Pledging to increase your intake of fruits and vegetables can reduce your blood pressure and help raise much needed funds for life-saving care in the heart of your community.

MOVE Get up and move every 30 minutes to get blood circulation through the muscles, live with greater vitality throughout your day, and get all the health benefits.

FOCUS Be mindful to live in the moment and focus to reduce stress and anxiety and increase long-term well-being and happiness. Consider trying these tips 3 times per week:

- Do what you're doing
- Pay attention to what you're doing
- Return to what you are doing if your thoughts carry you away
- Repeat nine billion times

GIVE Participate in Heart Month and Give with Heart in one or more of these easy ways:

- Attend, support, or host an event
- Volunteer your time as a member of our Paper Heart Brigade
- Buy a Paper Heart from a local participating business and display it with pride. Register as an individual, team, or group and start fundraising to support the Heart Institute
- Make a donation by phone, in person, or online and your donation could be DOUBLED by a Corporate Community Match partner!

CONTACT

- University of Ottawa Heart Institute
- Tel: [613-696-7261](tel:613-696-7261)
- Email: foundation@ottawaheart.ca
- Website: <https://foundation.ottawaheart.ca/>





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