

January  
2024

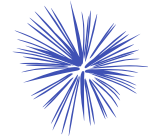


**ABLE COIL**  
& ELECTRONICS

Custom is our standard

## January Newsletter

Issue #20



### Happy New Year!

The New Year is always a great opportunity for new beginnings, ventures, and new projects. May this new year bring our team many opportunities and success. Let's start the year off with plenty of energy and determination and work together to make this year the best one yet!

As we start the new year, let us strive every day to achieve our hourly, daily, weekly, monthly, and yearly goals. We need to work together as a team and think of the core values we hold, which form the foundation on which we perform our work and conduct ourselves.

Thank you for all your contributions in 2023. This holiday season we were happy to be able to offer employees an additional holiday bonus in their year-end paychecks!



### JANUARY BIRTHDAYS:

- Maria Galicia-Gamboa - January 2<sup>nd</sup>
- Tammy Bunnell - January 4<sup>th</sup>
- Jackie Hernandez - January 5<sup>th</sup>
- Jason Gambacorta - January 15<sup>th</sup>
- Gladys Robles - January 17<sup>th</sup>

### JANUARY ANNIVERSARIES:

- Yoshimi Gurry - 1 year
- Taylor Watts- 1 year
- Maria Galicia- Gamboa - 11 years
- Nisa Macha - 11 years
- Cody Shukis- 11 years
- Ivona Wielgos - 23 years



### CONGRATULATIONS:

The ABLE team would like to extend our congratulations and warmest wishes to Jason Gambacorta and Yoshabel Figueroa-Seoane on their recent marriage. May your journey together be filled with happiness and blessings.



## 2024 SAFETY REMINDERS!

As we start a new year, please remember to always follow the safety rules listed below:

- ALWAYS WEAR SAFETY GLASSES, and other appropriate PPE (Personal Protective Equipment) when on the production floor.
- If you see something, say something. Always alert supervisors to anything that you think may be unsafe.
- Use equipment, machines, and tools properly.
- Keep work areas and all emergency exits clear.
- Make sure all machines/ equipment are turned off at the end of work shift.
- Power off any computers and workstations.
- Check to make sure that clothing does not have pet hair or on it.
- No food or drink (except water) is permitted on production floor.
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## New Year's Challenge!

It's that time of year again! Pick 1 or 2 New Year's Resolutions to focus on this year. Write them down and at the end of every month check in with yourself and see how you are doing! Do you feel different? Are you happier?

- Read More
- Take a break from social media.
- Volunteer
- Practice gratitude. Focus on the good, rather than the negative.
- Practice healthy sleeping habits.
- Practice good eating and drinking habits.
- Keep your home and workspace organized.
- Commit to learning new things.
- Improve your communication.
- Start a hobby.
- Create a new budget.
- Practice self-care.
- Improve time management.

