March 2024



Issue #22

## Custom is our standard

# March Newsletter

## Letter from ACE Team

It is that time of year again. Cold and flu season is upon us. Able Coil is committed to maintaining a healthy work environment. Here are a few tips to stay healthy this time of year:

- Drink lots of water. ۲
- Get plenty of sleep.
- Wash your hands more often. •
- Don't touch your face. •
- Get outside! Vitamin D helps! •
- Take control of your allergies. •
- Eat a well-balanced diet. ٠
- Exercise more.



During the month of February, we welcomed four new members to the ACE team!

- Aryan Bubier- Cambridge
- Joseyris Alvarado- Light Assembly
- Riley Thomas- Honeywell
- Chad Williamson- Winding







Winding- Thomas and Theresa

**Cambridge Assembly- Vicky and Rose** 



Cambridge Molding- Yoshabel, Anelise, and Luisanna



## **ABLE BIRTHDAYS:**

Dave Spellman- March 6<sup>th</sup> Thomas Salinsky – March 7<sup>th</sup> Rosalba Garcia – March 8th Hilary Lambert- March 11<sup>th</sup> Aremi Velarde – March 11<sup>th</sup> Riley Thomas- March 15<sup>th</sup> Myron Moroz- March 17<sup>th</sup>



Shout out to the Honeywell Department for stepping it up and giving it your all to meet the customers high quantity demand! You all are crushing it and working great as a team, keep up the great work!! Thank you!!!

Hilary Lambert, Honeywell -Supervisor



Welcome Arryan!



Welcome Joseyris!



Welcome Chad and Riley!

### ABLE **ANNIVERSARIES:**

Wendy Quintana – 24 years Shelby Bonomo – 11 years Luisanna Toribio – 5 years Patrick Parnell – 5 years Kimberly Cadorette - 2 years



Thank you, Wendy, and Shelby, for making Able Coil the success that it is! **Happy Anniversary!** 

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## 10 FOODS TO BOOST YOUR IMMUNE SYSTEM

- 1. Berries. Blueberries, blackberries, and strawberries.
- 2. Fish oil. Salmon, tuna, and mackerel.
- 3. Leafy greens. Spinach, kale, and collard greens.
- 4. Nuts and seeds. Almonds, walnuts, and sunflower seeds.
- 5. Spices. Zinc, garlic, ginger, and turmeric.
- 6. Citrus fruits. Oranges, grapefruits, lemon, and limes.
- 7. Poultry. Chicken soup!
- 8. Yogurt.
- 9. Olive oil.





#### MIXED BERRY SMOOTHIE

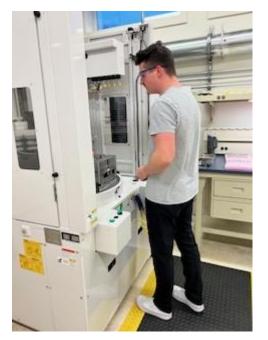
This meal in a glass is packed with antioxidants, proteins, and vitamins.

#### Ingredients:

- 1 cup Greek yogurt
- 1 cup liquid of choice (any type of milk, coconut water, plain water, or juice)
- 1 <sup>1</sup>/<sub>2</sub> cup mixed berries
- 1 banana
- 1 tablespoon honey
- 2 tablespoons of oats

#### Instructions:

- Add all ingredients to a blender. Blend until smooth.
- 2. ENJOY!





### LEPRECHAUN BAIT

Looking for the ultimate St. Patrick's Day snack for adults and kids to enjoy? The search is over. This Leprechaun Bait is the festive party mix that will make you feel "luckier" thank ever!

#### Ingredients:

- 2 cups of corn Chex
- 1 cup pretzel twists
- 1 cup Lucky Charms
- $\frac{1}{2}$  cup green M & M's
- 12 ounces white chocolate chips, melted.
- 1 tsp green sanding sugar

#### Instructions:

- 1. In a large bowl combine Corn Chex, pretzels, Lucky Charms, M & M's, melted white chocolate, and green sanding sugar.
- 2. Mix until combined. Transfer to a parchment lined backing sheet and spread into one even layer.
- 3. Freeze for 20 minutes (or until firm), then break into pieces and enjoy!



**Carmen Vega** 

**Connor McKeever** 

**Miguel DeJesus**