

March 2024



ABLE COIL
& ELECTRONICS

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.
- 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.
- Exercise more.



NEW FACES AT ACE!

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



Welcome Aryan!



Welcome Joseyris!



Winding- Thomas and Theresa



Cambridge Assembly- Vicky and Rose



Cambridge Molding- Yoshabel, Anelise, and Luisanna



ABLE BIRTHDAYS:

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



Welcome Chad and Riley!



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

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!



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.



Carmen Vega



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 ½ cup mixed berries
- 1 banana
- 1 tablespoon honey
- 2 tablespoons of oats

Instructions:

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



Connor McKeever



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” than ever!

Ingredients:

- 2 cups of corn Chex
- 1 cup pretzel twists
- 1 cup Lucky Charms
- ½ 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!



Miguel DeJesus