

DIRECT

Hit



The **SUCCESS** *Spotlight*

NAME TO A GOOD LOOKING FACE: DADHI BISTA

Dadhi Bista has been with Midwest for three years. As First Class Presort Supervisor he keeps our mail operations running smoothly. We love having Dadhi on our team!

What do you officially do at Midwest?

I am a First Class Presort Supervisor. I oversee inbound mail from clients and help the operators process the mail. I also sign off on work orders.

What would your dream vacation be?

I love any vacation where I can enjoy quality time with my family doing something fun.

Do you have a family (include names, even pets)?

My family isn't too big. It's my dad, Harka, my mom Chitra, my brother, Nanda, and my sister, Pabi.

Where do you live?

I moved to the United States 8 years ago and moved straight to Lakewood where I have been ever since.

What's your favorite food?

Meat and rice.

Please go through your journey here at Midwest. What did you do when you first started? What do you do now?

I started in logistics, sorting trays into pallets for our standard commingle departments. I did that for almost a year. After that I moved to presort and became the Presort Supervisor. I have been in that position for almost 2 years.

What do you like most about Midwest?

It's a good environment to work in, we get hour long lunch breaks if we want them and the people I get to work with are great. Every month management hosts an employee appreciation luncheon for us. It's really fun to get together, have fun and get to know each other.

What changes have you seen in the company in your time here? What keeps you coming back?

Since I started, we have streamlined production to make things more productive over time. We have also upgraded a lot of our equipment.

What is one recent success that you are proud of?

We have increased the number of mail pieces we sort on a daily basis. It's a good feeling to do my job well. Every step of the way I feel the support from my supervisor Don Sammons. I try to make him proud by doing my job to the best of my ability.

What parts of your job do you find challenging?

The most challenging part is probably meeting deadlines and making sure everything gets out on time.



Team Treats



Thanksgiving Leftovers Casserole:

INGREDIENTS:

- 2 cups leftover stuffing
- 4 cups chopped leftover turkey
- 2 cups mixed veggies
- 1/3 cup leftover mashed potatoes
- 1 cup shredded cheddar cheese
- 1/8 tsp paprika

DIRECTIONS:

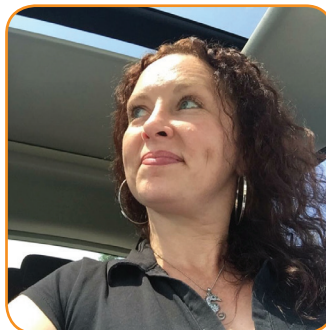
1. Preheat the oven to 375 F. Grease 13x9 baking dish
2. Spread stuffing into bottom of baking dish
3. Combine turkey, veggies, and mayo; spoon over stuffing
4. Mix potatoes and cheese; spread over turkey mixture. Sprinkle with paprika
5. Bake 30 to 40 minutes or until heated through

FUN FACTS:

November!!

November is a month of watching the leaves change color and eating turkey, but it is for many people also the month of mustaches. The month of November has been taken over by the Movember Foundation who hope to use mustaches to raise money and awareness for prostate cancer and other men's health projects. Here are a few fun facts about Movember:

- On November 1st, you're required to be entirely clean-shaven. No cheating.
- No beards or goatees. It's mustaches only.
- Movember is observed in 20 different countries
- If you join the movement and grow a mustache for charity, you're officially a "Mo Bro". You can sign up online to become a Mo Bro (movember.com)
- \$60 million was raised in during Movember 2016 to fund men's health projects
- Thanks to the money raised during Movember, there have been cancer research breakthroughs.



Melinda's

MOTIVATIONAL MOMENT

With Thanksgiving upon us, Melinda wanted to remind you to be kind to others this holiday season.

"Blowing out another's candle will not make yours shine brighter."

**HAPPY THANKSGIVING
FROM EVERYONE AT MIDWEST DIRECT!**



Michelle's MARKETING MINUTE

If you're reading this, you're already a client who knows the value of mail, but did you know you could be getting even more value from your mail? Contact us to find out how to add online ads, email marketing triggered by mail delivery and better reporting to your next mailing.

Health & Safety Tip of the Month: FRYING A TURKEY

People keep trying to find alternative ways to cook the standard Thanksgiving Turkey. One of the main ones is frying up the bird. Although delicious, that has been known to be dangerous and cause serious fires. If you're going to be frying a turkey this year, put your safety first.

- Make sure the turkey is thawed and dry before cooking. Ice and water that mixes into the hot oil can cause flare-ups.
- Keep outdoor fryers off decks, out of garages and a safe distance away from trees and other structures.
- Choose a smaller turkey for frying. A bird that's 8 to 10 pounds is best; pass on turkeys over 12 pounds.
- Purchase a fryer with temperature controls, and watch the oil temperature carefully. Cooking oil that is heated beyond its smoke point can catch fire. If you notice the oil is smoking, turn the fryer off.



Communication Tip: DEALING WITH HOLIDAY DRAMA

It is holiday season which means you will probably see your family a little more than normal in the next few months. Family is great, but they can also bring drama and chaos along with them, so here are a few ways you can try to prevent or de-escalate your family drama.

- Commit to keeping it positive – your attitude might rub off on others
- Spend time outdoors in nature – being outside in nature can help keep you calm and disrupt the cabin fever
- Allow yourself to walk away – it's okay to walk away from a situation rather than getting angry
- Make a plan – if you know a topic will pop up (like it does every year) make a plan for how you will react that is different from how you responded in the past
- Take time for yourself – everyone needs their alone time, especially when surrounded by potentially triggering experiences or people
- Enjoy your time together- keep it in perspective and enjoy your holiday



Happy Thanksgiving!!

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Your Next Mailing**

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