



## BLUE ZONES APPROVED WORKSITE, COMMUNITY INVOLVEMENT



Blue Zone members including representatives from the Pisgah Health Foundation and FYZICAL Therapy joined TVS in celebration on March 23 with a ribbon cutting to celebrate TVS' achievement in becoming a Blue Zone certified workplace! The quick ribbon cutting was filled with cheers from INTERACT participants and TVS Wellness Committee members. "Becoming a Blue Zones certified workplace is a great way to connect with our community and show our commitment to the health and wellbeing of our employees," said Jamie Brandenburg, TVS CEO. "It is important to TVS, and our mission, to continue providing employees and service recipients with healthy lifestyle options and staying connected with our community." Participation in Blue Zones started with INTERACT participants joining the weekly Walking Moai group.



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## HOLIDAY ACTIVITIES SHAMROCK SEARCHES

It wasn't pots of gold that TVS employees were looking for but whoever found the shamrocks did receive a prize! [Congrats to the winners:](#)



A/1st shift - Marlon Cohn  
B/2nd shift - Mike Conley  
INTERACT - Mr. Rob  
Grand Prize - Brian Wilson

## WELCOME TO BOURBON ST!

INTERACT participants brought Mardi Gras to TVS with fun bead necklaces & festive masks!



## EVEN MORE INDM ORDERS THANKS TO THE 'BUILD BACK BETTER' CAMPAIGN

By the end of the campaign, TVS will have shipped almost **11.5 million pounds of INDM** to over 100 food banks across the U.S. for the 'Build Back Better' Campaign.



The large surge order of milk is a result of the 'Build Back Better' initiative. The USDA has been making additional investments focused on building a better food system in America. This will help resolve lingering challenges directly associated with the COVID-19 pandemic and begin addressing the long-term challenges to our nation's food system exposed by the pandemic.

To continue meeting the demands of the USDA, TVS expanded capacity. The newly updated line has a faster percentage and additional through-put. This growth will continue to support TVS in additional orders with food pantries, and American troops.



## WE 'WOOF' GIVING BACK! TVS DONATES TO LABOR OF LOVE

In the 1st donation drive of 2022, TVS donated over 40 bags of dog food, 40 bags of treats, and 3 cases of wet food to the Labor of Love Transport Rescue. "It is such a nice feeling being able to give back to this dog rescue," said HR Administrative Assistant Kayde Hopkins. "Our support with this donation helps fosters care for the pups before they reach their forever homes." Labor of Love specializes in saving dogs from euthanasia by rehabilitating them and working with partner rescues in the Northeast. Labor of Love has been serving the WNC and upstate South Carolina communities for almost a decade. The organization is supported entirely by volunteers and financial donors. Learn more at <https://www.laboroflovetransportrescue.org/>.

## WELLNESS COMMITTEE STARTS NEW YEAR WITH A BANG!

Starting the new year off with a bang, the TVS Wellness Committee is excited to announce the Wellness Fair coming to TVS employees in September. Thank you for all your support and participation so far this year. We hope everyone is enjoying the Ping-Pong table in the main building and the Cornhole Boards at the warehouse!

 **January - Mental Health Awareness Month**

With such a broad topic, the Wellness Committee worked to decorate the facility with mental health facts and local resource options. A Lunch-N-Learn was offered with a Meridian Health guest Zooming in for all interested individuals.

 **February - Heart Health Month**

Combining Valentine's Day with heart health left TVS decorated with hearts and important heart facts. Employees were also served parfaits with mixed fruit and granola.

 **March - Nutrition Awareness Month**

Employees signed up to participate in a month long nutrition challenge. Packets included daily objectives, recipes and other ideas. Congrats to [Angie Benton](#), [Nan Higgins](#), and [Joshua Smith](#), for completing the challenge and earning a Blue Zone Cookbook and a \$50 gift card to Food Matters!

# 'NO LIMITS' ARTISTS COMMUNITY SHOW EXHIBIT "ACROSS THE LAND" HAS SUCCESS!

'No Limits' artists filled the Transylvania County Art Council with furniture, paintings, and crafts in the first art show of 2022! The exhibit titled, "Across the Land" was the product of participants spending time learning about Native American history across the U.S. "The TC Arts Council was honored, and thrilled, to host the 'No Limits' Artists of TVS in their recent exhibit. The artists' creative spirit is evident in all of their artwork which made it a joy to be in the Gallery during the exhibit. We're looking forward to their participation in other exhibits this year," said TC Arts Executive Director Kathy King.



## INTERACT VISITS NATIVE AMERICAN MUSEUM



INTERACT participants took a day trip to Asheville's [Native American Art Museum](#). The trip was filled with interesting and fun facts about the contemporary Cherokee artists in a living language, known as Cherokee syllabary, a favorite exhibit. The group viewed pieces of pottery and creative wire art along with a section of glass art. A highlight of the trip was the elevator. The entire group was able to ride together. During the ride, the group was in awe of the art on the walls decorated with various colors and symbols.

## FREE REIN HONORS PAST TVS PARTICIPANT

Free Rein received substantial donations in honor of Avery, in lieu of flowers for her memorial service. Reunited Crossfit, also honored the memory of AM in a workout and collected \$700 from members to continue the support of Free Rein. The plaque was created by a volunteer with a long standing relationship to the family. The plaque was returned to Free Rein along with her riding boots, providing for the needs of participants as well as a constant reminder of the important role that Free Rein played in her life.



## SELF-CARE CORNER

### Balancing Work & Personal Life

One of the biggest struggles we all face in life is how to juggle a work-life balance and our own personal care needs. Self-care is an important aspect of a healthy work-life balance and overall quality of life. How do we find a healthy work-life balance? Here are some helpful examples:

- **Make Time for Yourself** - Take break times to focus on yourself and personal needs. Your time is valuable, use it wisely.
- **Get Good Sleep** - Lack of sleep can affect many aspects of our lives including focus and our mood.
- **Eat a Healthy Balanced Diet** - What we eat can have a direct link to how our brain functions on a given day.
- **Give Yourself Permission to not Feel Okay** - Life can be challenging. It is ok to not feel well emotionally. Give yourself permission have those moments.
- **Ask for Help** - We all need help sometimes and it is ok to ask others in your life for assistance.
- **Take a Mental Health Day** - Your mental health is important. If you have PTO, consider taking one day during the week to focus on your self-care needs or simply relaxing at home.
- **Plan a Weekend Activity or Get Away** - Take time to plan an activity on weekends that you enjoy!
- **Physical Health** - Make time for exercise in your life. Good movement can improve your overall wellness and quality of life.
- **Get Involved in a Community** - Experiencing life with others is an important facet of self-care.
- **Set Good Boundaries** - It is ok to say "no" to things that may cause us to be spread too thin within our daily schedules.
- **Know Early Warnings When You Are Not Doing Well** - Pay attention to your needs.
- **Take a Vacation!** - You deserve it!
- **Learn a New Hobby** - Now is the time.

For more information please contact: [Kyle Ridgley, TVS Employee Support Specialist](#) [kyler@tvsinc.org](mailto:kyler@tvsinc.org) / 828-884-2052

# ADVOCACY BASICS - 101

## JOIN THE TVS DISABILITY COALITION TODAY!

Every year, hundreds of decisions are made by government officials impacting the lives of people with disabilities and their families. It is very important that people with disabilities and their caregivers have a voice in deciding the laws, rules and regulations that affect their everyday lives. Educating legislators and rallying community support is necessary to have a voice in passing laws and writing regulations that increases independence and accessibility for the disability community. **“Nothing about us without us”** and **“know better, do better”** are the messages that we want to lead with, in educating people who do not understand the disability world and it’s unique needs.

### ★ Current Topics of Concern:

- ★ Expanded access to Medicaid home and community-based services for people with disabilities on waiting lists and to address the direct care workforce crisis, including raising wages.
- ★ Improvements to the Supplemental Security Income (SSI) program by increasing asset limits, to encourage work, rather than disincentive it and to move disabled people out of poverty.

In future newsletters, we will be discussing issues and asking for your support as we contact, visit and educate our legislators and our community about disability rights and issues. **Please send your email address to [lecac@tvsinc.org](mailto:lecac@tvsinc.org) to join the TVS Disability Coalition.**

## HIRING SUCCESS WITH LOTS OF NEW FACES!

Did you miss the TVS billboards, Facebook Ads, WLOS commercials, or the Transylvania Times ads? The billboards were located near the Pisgah Fish Camp and on Rosman Highway. The Transylvania Times and the WLOS ads aired and ran from the end of January until mid March. All these different avenues helped TVS in a successful hiring campaign. These new faces are working to continue producing and shipping INDM to food banks across the United States, nuts and bakery mixes to American troops around the world, and SuperCereal Plus to food insecure nations.



## CELEBRATING THE YEARS!



### 3 YEARS:

- Catherine Whitely
- Monique Sharpe
- Tim Shelton
- Brece Larry



### 1 YEAR:

- Danny Benton
- Princess Deptuch
- Jade Pierce

## MEET THE NEW HIRES!



- Uwe Kemper
- Walker Lance
- Alex Norton
- Lisa Thompson
- Chrystal Allender
- William Barton
- Beau Cagle
- Heather Greene
- Caleb Kimsey
- Timothy King
- Joe Lafon
- Nicholas Marcum
- Holly Owen
- Felicia Pressley
- Jessica Quimby
- Allison Smathers
- Devin Stepp
- Robert White
- Joseph Berner
- Jennifer Fulp
- Kyle Kitchen
- Karri Ward
- Brittany Webb
- Samuel Tuttle

## BIZ DEVELOPMENT IN THE AIR



TVS Sales, Purchasing, and Marketing flew to sunny California in March to talk to potential new customers, locate more supplies for ingredients, and research market trends and hot new items.

The trip had 2,700 exhibitors showing different foods, beverages, and supplements. With so many people to speak to, Marketing and Sales are confident that many new leads will transition into new business for TVS, matching our mission and business style. Keep your eyes open for new products later this year and into 2023!

