

The IFMC

Mission

The IFMC's purpose is to provide an atmosphere of opportunity for its members and other loyal stakeholders to enhance their economic well-being and quality of life.

Vision

Members and loyal stakeholders unanimously attribute their unprecedented success to the IFMC environment.

Core Values

Guiding Principles

Cooperation, Integrity, Respect, Honesty, Dedication, Trustworthy, Stewardship, Self-Discipline

Core Values

Success Strategies

Innovation, Continuous Improvement, Agility, Expectations, Proactive, Empowerment, Specialization

How are you incorporating these into your daily work in the IFMC?



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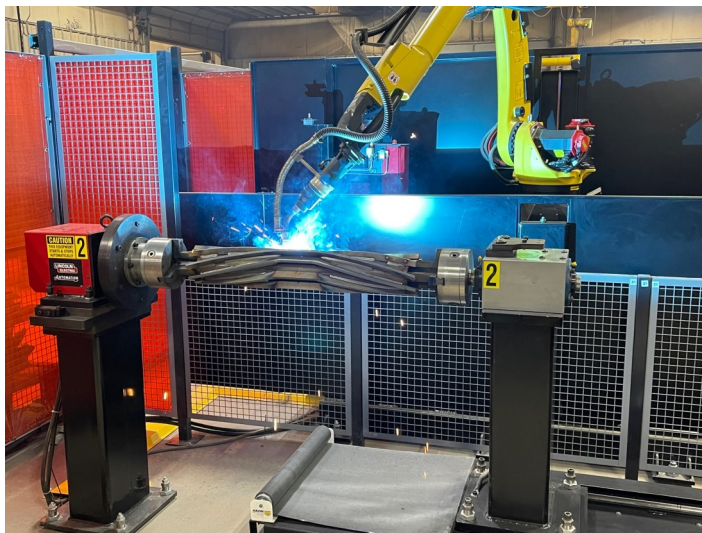
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Robotic Welders Adding Value to the IFMC

Specialty Pulleys, Inc. has added team members recently - but two of the new team members are not in the human form. SPI has two robotic welders installed and in operation. According to SPI Shop Leader Brian Oliver, these welders add value in unique ways. They put down consistent, precise welds. The welders also add value with their ability to weld a moving part, can have one cell being set up while the other is being used for welding, use a seam tracking feature by measuring voltage, and they have an auto nozzle-cleaning station.

Some people may think that these robots are taking jobs of humans but the reality is that

they help fill a gap and solve problems that humans can't, and there are some things a robot may never be able to do.



Welding is currently a very difficult position to fill, like so many others right now. The robots can't identify quality of material being used like a human can so a human will always be needed to address this issue and set up the machines. The robots can also assist with long welds that can leave a human stressed after producing multiple long welds.

When the machines first arrived, some SPI team members spent time training with Lincoln Electric. They learned how to operate the machines and about the safety features, like the zone around the machine that turns the machine off if it senses something crosses into the zone while in operation.

The machines are able to work continuously so they have switched from using 60 pound spools to 600 pound drums, and have changed to a bank of gas instead of individual tanks so there is less labor to change tanks more frequently. The shop is using roughly 3,500 pounds of welding wire per month, welding pulleys and various other parts for equipment.

Adding this technology is making a positive difference for SPI.

Upcoming Events

New Employee Orientation

April 18
8:00 a.m. - 9:30 a.m.

Presentations are scheduled for 90 minutes, and can be attended live or virtually.

For new employees (on the job four months or less), there is no cost. For employees who have been with the IFMC for more than four months, there is a \$40 fee.

Registration is required.

Contact Becca Aikens at Becca.aikens@kabu.net.

Equipped Live

The next Equipped Live will be April 24th at 6:00 p.m. Additional details will be emailed in advance of the event.

Equipped Live topic suggestions are always welcome and can be submitted to Jackie Krawczak at jackie.krawczak@kabu.net

Basic Stretching Can Provide Tremendous Value

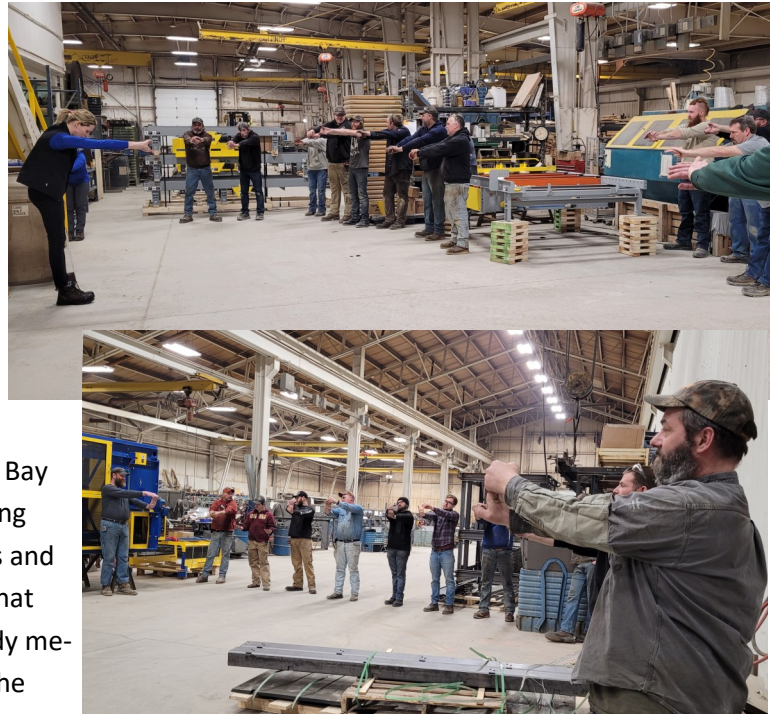
Employment Services, Inc. has partnered with Thunder Bay FYZICAL Therapy and Balance Center of Alpena for many years. Most recently ESI has worked with Thunder Bay FYZICAL to provide instruction on preventative actions employees can take to help prevent injuries like strains, sprains and repetitive use injuries.

Representatives from Thunder Bay FYZICAL learn what work is being done in the participating shops and then build a program around that understanding. They teach body mechanics, stretching, and even the importance of hydration.

This is not a mandatory program for ESI clients, but it is offered to all of them. Pictured are Uni-Craft Mfg. Corp. team members learning from representatives from FYZICAL.

The feedback from employees has been very positive, according to ESI Representative Leslie Davis. She shared that employees do notice a difference in how they feel if they engage consistently with what they learn at these events.

Look for additional educational offerings on topics like nutrition and first aid in the near future.



Alpena High School Career and Technical Education EXPO



ESI team members attended the Career and Technical Education Expo at Alpena High School recently. They met a lot of great people and talked about industry career opportunities with parents and students.

It's important that ESI continues to share what career opportunities exist with their clients.

From 2355 to 2380, Reacher Mfg. Corp. Has Relocated

Relocating Reacher Mfg. Corp. (RMC) from 2355 US 23 South to 2380 US 23 South had been talked about for nearly a year. The main reason for the move was to address space needs of IFMC businesses while still remaining appropriate to the zoning of properties and minimizing impacts on neighbors.

Very little construction was needed to prepare the space for RMC - they focused on optimizing the space for their needs and will continue to do so. Space layout considerations were made to keep noise away from other businesses still operating from the 2380 facility.



The move itself took less than six weeks. Initially when the call to move came up there was some trepidation but once they started exploring options to make it work, it became clear it would be more feasible and suitable than initially thought.

The process didn't happen without hiccups, including two snowstorms that happened in the move timeframe, and a large order on a tight timeframe that impacted the order of the move.

No delivery dates or lead times were impacted and RMC did work from both buildings for a period of time.

Keli Werda, Vice President of Operations for RMC, credits the ease of the move to teamwork between all parties (Sabre Technologies Corp., Tran-Sol Corp., Ren-Tech Industrial Corp., and Reacher Mfg. Corp.), the flexibility of all involved, and the open minds people had about what it should look like and how the move should work.

Leadership Brags The following brags were submitted to ESI for publication.

Reacher Mfg. Corp. (RMC) has relocated operations from 2355 US 23 South to 2380 US 23 South. Keli Werda, Vice President of Operations for RMC, submitted this shout out to the team members at RMC, Sabre Technologies Corp., Tran-Sol Corp., and Ren-Tech Industrial Corp. for their efforts in the move. Daily operations and assembly were minimally impacted in the process thanks to their extra care. Job well done, all!

Congratulations to Bill Szumila on his retirement from Via-Tech Corp. after more than 30 years in his career. Bill added great value and kept a positive attitude throughout his time in the IFMC and will be missed tremendously by all who worked with him. (submitted by Vic Ross)

Leaders may submit information for future editions (new hires, promotions, retirements, completed trainings, etc.) to jackie.krawczak@kabu.net.

A Diabetic Engagement Program

The following is a message from Priority Health

This new program in partnership with Livongo will become available beginning 04/01/2023 and will help assist Priority Health members in managing their type 2 diabetes. Any member who is at least 18 years old and has a diagnosis of type 2 diabetes will be eligible to enroll. Pregnant members will be excluded from eligibility. Coming soon will be an e-mail that will be sent to eligible members from Livongo (co-branded with Priority Health). Members may also be contacted through direct mail, referral from their provider or Priority Health Care Management.

Once enrolled, Livongo will provide members a connected blood glucose meter, unlimited test strips and lancets, access to coaches at any time with a personalized approach, and much more with the overall goal to reduce A1c levels, all without extreme dieting. The Livongo member journey currently exists within the Livongo member website or Livongo app but we are working toward a solution that would bring this into the Priority Health member portal.

This program comes at no charge to the group or member. Members can disenroll at any time and re-enroll if desired.

If you are eligible for this program, keep an eye out for additional information from Livongo and Priority Health.



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Find ESI on



Your Health Matters

A message from USI, ESI's health insurance broker.



Nutrition 101



Macronutrients and micronutrients are essential elements that can be found in whole foods as well as through supplementation.

Macronutrients

Macronutrients have caloric value and consist of carbohydrates, fats and proteins. Everyone's macronutrient needs differ depending on gender, weight, goals, activity level, health status, and other factors.

Carbohydrates serve as the body's main energy source by breaking down glucose from food. Some examples of carbohydrates include fruits, vegetables, grains, pasta, rice and breads.

Fats help the body absorb fat-soluble vitamins A, D, E and K. Foods that provide healthy fats include avocado, nuts, fish, olive oil and other oils.

Proteins help the body build and repair muscle. Foods high in protein include beans, legumes, eggs, various meats, and dairy products.

While everyone's dietary needs will differ, The Dietary Guidelines for Americans recommends a well-balanced diet consisting of:



45% to 65%
of calories from
carbohydrates



20% to 35%
of calories from
fat



10% to 35%
of calories from
protein

Micronutrients

Micronutrients include vitamins and minerals, and our bodies need these in much smaller amounts.

Vitamins can help prevent infections, promote healthy aging, reduce anxiety and stress, and cover your nutritional bases. Eating a balanced diet with plenty of vegetables, fruits and whole grains should provide the vitamins your body needs. However, it's not always possible to eat healthy meals, so taking supplements may help.

Minerals are found naturally in the earth and in food. Examples include calcium, sodium, potassium and magnesium. Minerals have many functions in the body, including helping maintain hydration and proper hormonal balance.

Consult your physician or a registered dietician about your specific macronutrient and micronutrient needs.

Sources:
Oxford Class
Nutrition

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