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C&S Staff:

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President

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Vice President

Darlene Norment, CSP
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Carrie Russell, CSP CTS
Staffing Specialist

Mandy Thomas, CSP
Staffing Specialist

Nicole Wilson, CSP
Payroll Clerk

Stephanie Lehmen
Community Relations Coordinator

Mary Heimericks, CSP
Claims Manager

Suzette Mengwasser
Employment Verification Specialist

Shaun Sappenfield
Business Development Executive

MEMBER OF
ASA American Staffing Association



April has been recognized as Stress Awareness Month since 1992 which makes this a fitting time to be mindful of the importance of stress management in both our professional and personal lives.

Stress can impact many aspects of our health and wellbeing; therefore, identifying and learning to cope with stress as well as finding healthy ways to deal with stressful situations can go a long way in living a healthy and positive life.

While stress can be unavoidable at times, recognizing triggers or causes of stress in our lives is important in management of our stress. The next step is to find and practice ways of managing stress.

The following are some tips that can be helpful in managing and coping with stress.

Physical activity -- Engage in regular exercise, even short bursts of activity, as it can boost mood and reduce stress. Find a physical activity that fits your schedule, personality and budget and do your best to make it one of your priorities.

Healthy, balanced diet -- Try to eat a balanced diet, focusing on fruits, vegetables and lean protein while limiting processed foods, caffeine and alcohol.



Sufficient Sleep -- Aim for 7-9 hours of quality sleep each night, as sleep deprivation can worsen stress and anxiety. Medical professionals recommend avoiding alcohol, caffeine and nicotine prior to bedtime.

Keeping a consistent sleep schedule, disconnecting from electronics along with other common sense winding-down steps can help in achieving quality sleep.

Find balance -- Strive for a balance between work, personal life and leisure activities. It's not so much about splitting your time 50/50

between work and leisure but making sure you feel fulfilled and content in both areas of your life. An example might be meeting your deadlines at work while still having time for friends and hobbies.

Social Support -- Connecting with others and socializing can help with reducing stress. Try sharing your thoughts and feelings with trusted individuals. Discussing stress factors can help with processing and finding solutions. And, consider joining a support group or seeking professional help if you are struggling to manage stress on your own.



BREAKING NEWS

C&S Employment Solutions Voted #1 in 2025 Readers' Choice

From the onset of the News Tribune's Readers' Choice Awards, C&S Employment Solutions has been voted the #1 Career/Employment Service in Central Missouri!

As reported in last month's Temp News, the Jefferson City News Tribune presents the Readers' Choice Awards to local businesses receiving the most votes in a variety of categories.

C&S takes this honor very seriously and we are extremely proud to have received the First Place Award each year since the inception of the Readers' Choice competition.

"C&S Employment Solutions strives to be recognized as the top staffing choice in our community and we take great pride in receiving this award," stated Paula S. Benne, President of C&S.

C&S Employment Solutions will continue doing our very best to keep this #1 ranking in the eyes of our employees, clients, customers and those in the community!

Thank you to everyone who voted for C&S and helped us secure the title again in 2025!



CS april 2025

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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

What's happening in April:

- April 1** -- April Fool's Day
- April 15** -- Tax Day
- April 18** -- Good Friday (C&S open 8 a.m.-3 p.m.)
- April 20** -- Easter
- April 22** -- Earth Day
- April 25** -- Arbor Day



Permanent Placement

The following employees were recently offered and accepted permanent employment at their assigned job placement. C&S would like to congratulate and thank each of them for their hard work and dedication!

*Xavier McKaye
Hannah Morey
Deanna Kotana
Jessica Philbert
Kristina Studebaker*



Hello April

A good day Isn't always
P erfect. It challenges you to
R elease your potential and
I nspires you to appreciate the
L ittle, amazing things in life



Shaun Sappenfield Joins C&S Staff

C&S Employment Solutions recently expanded its in-house staff to include Shaun Sappenfield as Business Development Executive.

With a background in business development, Shaun is charged with expanding business with current customers of C&S Employment Solutions as well as developing new relationships and educating businesses and individuals about the services

C&S offers and how C&S can assist with staffing needs and employee recruitment.

Shaun is tasked with growing C&S Employment Solutions' staffing reach and strengthening its market presence in central Missouri. He also serves as a backup for the C&S Staffing Specialists assisting with screening and onboarding employees.

On a personal note, Shaun is a native of Cole County and resides in Brazito with his wife, Stephanie, and their 2 sons, Cole and Cale. In his spare time, he enjoys most any kind of outdoor activity and tackling projects on the family farm.

Shaun added, "I look forward to contributing to the team at C&S and working with new and existing clients of C&S Employment Solutions."