



1731 Southridge Drive Jefferson City, MO 65109 573-635-9295 csemployment.com

## **C&S Staff:**

Paula S. Benne, CSP CTS

President

Jerry Benne, CSP Vice President

**Darlene Norment, CSP** *Accounting Director* 

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* 











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

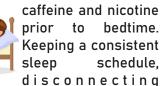
best to make it one of your priorities.

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,



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!





#### 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."



# 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 Studehaker



# Hello Aprīl



- A good day Isn't always
- Perfect. It challenges you to
- R elease your potential and
- Inspires you to appreciate the
- Dittle, amazing things in life