

October 2022



Under *the* Sun

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CULTIVATING GRATITUDE

Contentment starts with gratitude. If you find yourself grumbling about various circumstances, some simple exercises to cultivate gratitude may be what you need to change your thinking.

Here are a few ways to orient your mind and heart toward gratitude:

- » Keep a daily gratitude journal. Far from the diary you may have kept in middle school, a gratitude journal is a place to purposefully keep track of people, things, and situations for which you are grateful. An entry can be as simple as the date and an explanation of what made you grateful. You may even find yourself making note of negative things that were avoided.
- » Act on your gratitude. In many ways a quick text, email, or social-media shoutout has taken the place of an intentional thank-you note. Consider starting a habit of regular thank-you-note writing—your gratitude journal is a good place to find inspiration. As encouraging as it will be for people in your life to receive a note of gratitude, you will

also be built up as you recognize the connections and support you have in your life.

- » Pause and reflect. While taking a moment to think over your day is an important way to cultivate gratitude, be sure to also take a comprehensive view of your life, making note of the wins and losses that have shaped who you are. It can be easy to see how a good circumstance had a positive impact. But there are many times when a bad situation has ultimately led to a good outcome. Reflecting on both is important.

Finding contentment through practicing gratitude means getting your eyes and heart off what is weighing you down and focusing on all the ways you have been supported and uplifted. ✓



Become a Mall Walker

- » Safety. Walking through the mall means not having to contend with busy intersections, bicycles on the sidewalk, or dogs off their leashes.
- » Terrain. While there is a sense of sameness that can come with looping through a mall, the balanced terrain, free from sticks, rocks, and sidewalk cracks, provides an ideal surface to get your steps in.
- » Convenience. Restrooms, water fountains, coffee shops—the amenities of a mall can make your walk more enjoyable!
- » Camaraderie. Many malls have walking programs for people of all ages and abilities. If you're looking for some accountability or just some companionship, you're likely to find it.
- » Security. Being indoors among other people instead of walking alone on the street increases your sense of safety and security. And in the case of a medical emergency, you'll have access to immediate help. ✓

KEEP THINGS IN LINE WITH INDEX TABS

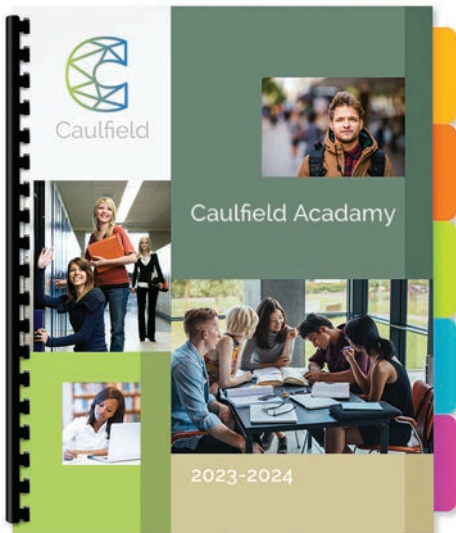
As you consider the production of your company's annual reports, the printing of policy and procedure manuals prior to the New Year, or the distribution of presentation materials, be sure you take into account the way these important pieces will be handled.

Your hope is that these reports and manuals serve as a source of information for the recipient that can be referred to over and over. Part of what makes these reports and manuals necessary is they are meant

to be paged through while the reader searches for information.

Printing custom index tabs for your reports and manuals is a simple way to make a professional impression. It takes the guesswork out of locating pertinent information so clients and employees can easily navigate your documents and get their questions answered. A set of index tabs also increases the life of your printed document since the reader won't have to spend as much time flipping pages to find what they need.

Something as simple as custom index tabs might be easy to overlook when you are printing important, multipage documents. But the impact they can have on your customers and on the usability of the piece makes them a wise choice.



Super-Convenient Service

So often, the opportunity to give or receive stellar customer service means being in the right place at the right time. Take the case of a train passenger who arrived home to find he had misplaced a favorite pair of Warby Parker reading glasses. He immediately ordered a new pair, but when the package arrived he was shocked to find inside his original pair along with a replacement, a copy of Jack Kerouac's *On the Road*, and a note letting him know the person sitting across from him on the train was a senior executive at Warby Parker who had taken it upon herself to be sure the glasses were returned, and because they were a bit scratched, a fresh pair was included.



TRIVIA

1. What does a funambulist walk on?
2. What is the world's most expensive spice by weight?
3. Nephelococcygia is the practice of doing what?
4. How many balls are on a pool table at the start of a game?

- 1) A tightrope
- 2) Saffron
- 3) Finding shapes in clouds
- 4) 16

Gutenberg's Army©



TOP Ten Fastest-Growing Cities

1. Delhi, India
2. Shanghai, China
3. Dhaka, Bangladesh
4. Kinshasa, DRC
5. Chongqing, China
6. Lahore, Pakistan
7. Bangalore, India
8. Lagos, Nigeria
9. Cairo, Egypt
10. Beijing, China



Featured **Solution**

WRAPPING THE ROCKET

This month, Lexington Medical Center launches its "Be Well" campaign, which encourages people throughout the Midlands to focus on their overall health and well-being. It also emphasizes the importance of primary care and how LMC's network of providers is ready to care for those in their communities should they need treatment for common conditions or complex ones.

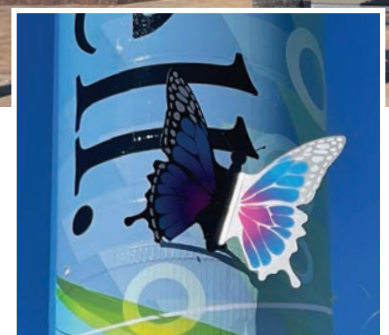
"After caring for our communities throughout the COVID-19 pandemic, LMC is more committed than ever to improving the health of all those we serve and helping our communities thrive," said Mark Shelley, vice president of Marketing and Communications. "We are more than a health care provider; we partner with our patients in their wellness."

One way that LMC is promoting healthy lifestyles and encouraging its communities to "Be Well" is by partnering with local municipalities and Dominion Energy to install water fountains in parks and recreation areas in the Midlands. These "Be Well" fountains are located at:

- **Carraway Park, West Columbia**
- **Cayce Riverwalk, Cayce**
- **Gibson Pond Park, Lexington**
- **Lake Murray Dam Walkway, Lexington and Irmo**
- **Riverwalk Park and Amphitheater, West Columbia**
- **Timmerman Trail, Cayce**

"Because residents and visitors widely use these locations, providing water bottle filling stations encourages more people to get out and be active. We want everyone to live a healthy life and be well," said Lara Lott Moore, vice president of Community Medical Centers.

In addition to advertising, signage and promotional opportunities, LMC is sharing the "Be Well" message throughout its communities with several hand-painted murals in the Midlands, including Irmo Community Park, Riverbanks Botanical Gardens and Columbiana Centre mall. The rocket at the South Carolina State Fair and a flower bed on the front lawn of the hospital also carry the "Be Well" message.



The butterfly is over six foot tall and wide. It is made of polycarbonate. Printed direct surface one side and the side is printed on reflective material.

SUN JOINS THE BOARD OF DIRECTORS FOR CWC CHAMBER

Todd Cockrell, General Manager of our Grand Format division, joins the Board of Directors for Cayce West Columbia Chamber,



GREATER
CWC

"I joined the CWC Chamber to network with other businesses, build relationships and to share ideas. I did not realize when I joined, I would gain an entire new family. The relationships and alliances that have been built are truly rewarding. The Chamber is filled with experts in every field, and they are just a phone call away. Those experts have helped me grow in the community with my position at Sun Solutions print, mail and marketing."

- Todd Cockrell



Featured **Branded Merchandise**

HOLIDAY PROMOTIONS

Make an impression with your customers this holiday season!

The best way to say thanks to your customers this holiday season is with a gift they can share with their whole team! We offer a variety of custom branded gifts of all sizes that fits any promotional budget.



2022 GIFT IDEAS

Bamboo Cheese Board Knife Set

Cookie Tins

Bluetooth Speakers

Yeti/RTIC Tumblers

Sherpa Blankets

Blue Berry Pound Cake

much more!



Call or email our team at Sun to order your holiday gifts today!

803-791-1786 or info@SunSolutionsUSA.com

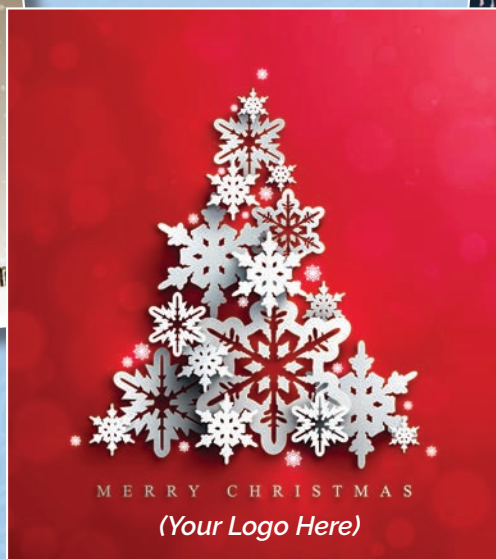


Featured **Printing Solution**

CUSTOM BRANDED 2022 HOLIDAY CARDS

Order your custom branded holiday cards!

Order your custom branded 2022 Holiday cards early. We customize the card design, add your logo, and customize the message so your holiday greeting stands out this season.



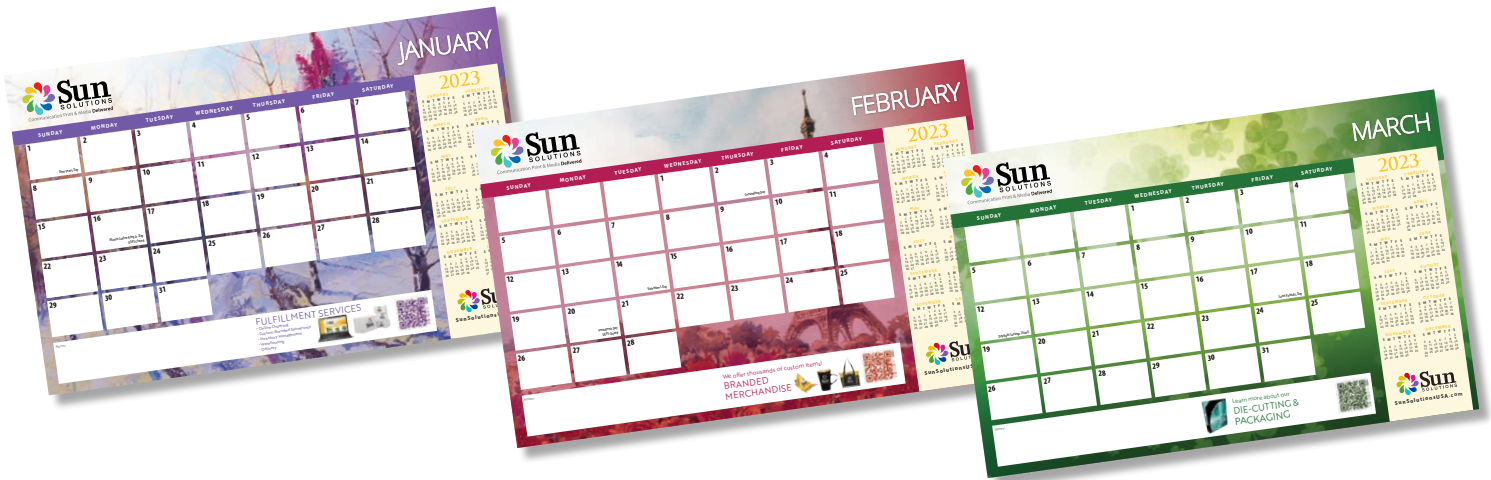
Call or email our team at Sun to get your holiday cards order today!

803-791-1786 or info@SunSolutionsUSA.com

2023 SUN CALENDARS

Pre-order your 2023 calendars now!

Our team is getting ready to print the 2023 Sun calendars. Pre-order your calendars now for your business.



To pre-order your 2023 Sun Calendars, contact your sales rep. or contact Sun at:

803-791-1786 or
info@SunSolutionsUSA.com

October Birthdays

PATRICK TYSINGER - 09/06

DANIEL SIMS - 10/6

TERI JOHNSON - 10/11

STEPHANIE BUTLER - 10/12

JOE NOLL - 10/13

MICHELLE KELLY - 10/13

DAVE ROBINSON - 10/18

BOBBY SCOTT - 10/23

WILLIE BROWN - 10/23

GREG SMITH - 10/26

JACOB COOK - 10/26

LUKE LUESING - 10/30

October Anniversaries

WAYNE WOODYARD - 10 YEARS

JAMARR HOLLEY - 10 YEARS

Under The Sun Newsletter

Sun Solutions
345 Dreher Road
West Columbia, SC 29169

Phone
803.791.1786 Local
800.523.7058 Toll Free

E-mail
Letters to the Editor
Jacob.Cook@SunSolutionsUSA.com
Customer Service
info@SunSolutionsUSA.com

Fax
803.794.9487

Web
www.SunSolutionsUSA.com

*Please note that anniversaries are recognized beginning at 3 years, followed by 5 years and then onward in increments of 5.

SUN SOLUTIONS IS PROUD TO BE A

