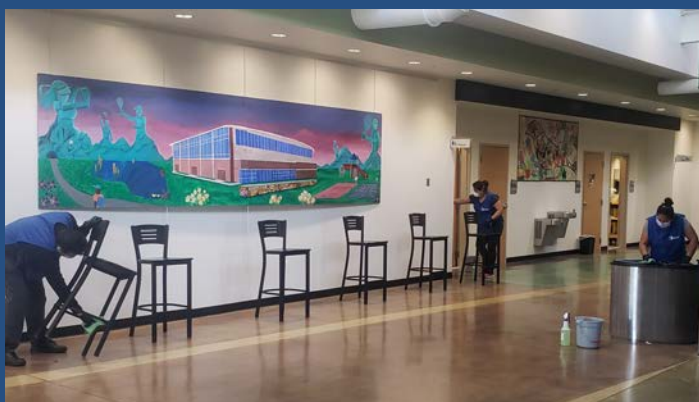


BOLANA CONNECTION

June 2020



Team Bolana Providing Safe and Sanitary Areas for In-Person Voting at all Prince George's County Polling Locations on June 2, 2020



Bolana is proud to have worked at the multiple Prince George's County polling locations on June 2nd providing our deep cleaning and disinfecting services to help make the voting experience safe for residents of the County.

Bolana is Open and Ready to Serve!

Our services are considered an essential and critical part of our community's infrastructure. Throughout the pandemic crisis our dedicated team members have been working tirelessly on the front lines cleaning to create a healthy environment for our clients and community. We are here for you!



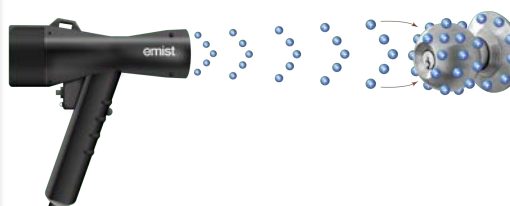
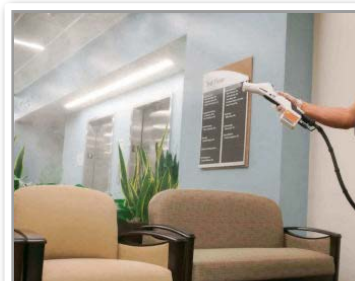
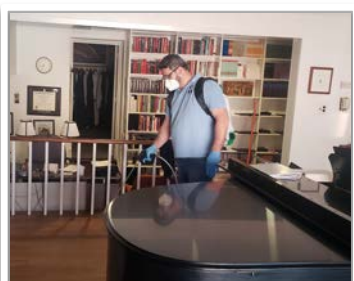
Is Your Facility Ready to Reopen?

This is an unprecedented time of uncertainty, especially now when many states and districts are preparing to reopen. We know that ensuring the cleanliness and safety of your facility through cleaning and disinfecting is paramount in order to reduce the risk of exposure to the virus that causes COVID-19. According to the CDC, the virus can be killed if you use the right products. Bolana's team has been working diligently throughout this pandemic providing deep cleaning and disinfecting services using our 4-Step Process.

What is Electrostatic Disinfection?

Electrostatic disinfection is a way of evenly coating a surface with a disinfecting solution. It works by spraying positively charged disinfected particles that aggressively adhere to surfaces and objects. It evenly coats surfaces and envelops objects, providing 360-degree coverage of surfaces, including back sides, underneath and crevices of surfaces!

When electrostatic sprayers are used in place of or in addition to traditional methods, effective coverage is increased! Electrostatically applied chemicals have a wrapping and adhering effect, so that even complex objects and areas hidden from the line of sight get coated with the disinfectant liquid.



Help Save a Life – Donate Blood Today!

Donating blood products is essential to community health and need for blood products is constant. As part of our nation's critical infrastructure, healthy individuals can still donate in areas of shelter in place declarations. The Red Cross follows the highest standards of safety and infection control, and volunteer donors are the only source of blood for those in need.



Bolana's Valarie Dock & LeRoy Dock Donating in April

There is no known end date in this fight against coronavirus and the Red Cross needs the help of blood and platelet donors and blood drive hosts to maintain a sufficient blood supply for weeks to come. In times of crisis, we witness the best of humanity as people roll up a sleeve to help those in need.



If you are able, please donate!

For more information please visit
www.redcrossblood.org.

Testimonial from Bolana's Mentoring Program at Smothers Elementary

"The mentoring program that Bolana Capitol Enterprises, Inc. has provided at Smothers Elementary School is really going well for our students that are involved. The mentors have developed strong relationships with the students. Smothers students look forward to the time with their mentor. The mentors have been real role models for our students. We have seen them transition into true scholars. Bolana mentors have been consistent and genuinely caring. They have provided our scholars with another listening ear in their lives. Smothers is incredibly grateful for this collaboration. We are lucky to have Bolana as Smothers Elementary School's students' mentor. We look forward to being a part of the Bolana family well into the future."

Kiana Williams, Principal
Smothers Elementary

University of Maryland

Our General Manager, LeRoy Dock is participating in and Bolana is supporting the University of Maryland football players mentoring program.

Support During the Pandemic

Bolana is proud to provide support of various donations and compensation to employees in need at this difficult time. In addition, we have made several financial donations for utility bills, groceries, transportation, etc.

Thursday Lunch Program

Our corporate team has started a program to prepare and provide 100 lunches weekly for the homeless. More information regarding this program will be provided in our next newsletter.

"We make a living by what we get, but we make a life by what we give."

- Winston Churchill

Employee Hire Date Anniversaries

The following employees have hire anniversary dates in the months of January–April. These employees have been a member of the Bolana Team for at least 1 year. Thank you for your continued commitment to making Bolana a great place to work and being an asset to the team!! * = 5 or more years of service ** = 10 or more years of service.

| | | | |
|----------------------------------|-------------------|---------------------------|------------|
| Lenin Garcia** | 02/01/2010 | Ana Chevez Ortega | 01/28/2019 |
| Calla Boston* | 02/28/2011 | Evelyn Guillen | 02/01/2019 |
| Pastora Martinez* | 03/01/2012 | Reina Martinez Orella | 02/01/2019 |
| Luz Becerra* | 03/19/2012 | Daniel Guillen | 02/16/2019 |
| Maria Pineda-Casarrubias* | 01/07/2014 | Mariuda Garcia Sarceno | 02/25/2019 |
| Joe Edwards* | 03/02/2015 | Agostina Serafini | 02/26/2019 |
| Irael Garcia Sarceno* | 03/16/2015 | Jessy Damas Ramirez | 02/27/2019 |
| Claudia Flores* | 03/29/2015 | Geraldina Hernandez Lazo | 03/01/2019 |
| Abraham Baez* | 04/01/2015 | William Reyes | 03/01/2019 |
| Nilo Santana-Perez | 02/16/2016 | Teresa Moreira | 03/01/2019 |
| Julia Sanchez | 04/11/2016 | Maria Salmeron de Fuentes | 03/01/2019 |
| Helen Jacks | 04/10/2017 | Jose Vargas | 03/01/2019 |
| Fernando Reyes Monroy | 01/02/2018 | Jose Ramos | 03/01/2019 |
| Mario Hernandez Amador | 01/05/2018 | Carlos Contreras Umana | 03/01/2019 |
| Roney Mendoza | 01/10/2018 | Karina Benavente Perez | 03/05/2019 |
| Miriam Ventura | 03/19/2018 | Glenda Sanchez | 03/05/2019 |
| Kadiatu Bangura | 04/01/2018 | Sarai Hernandez | 03/12/2019 |
| Amanda Sanchez Ayala | 04/01/2018 | Elisabeth Fernandez | 03/13/2019 |
| Maria Quintanilla | 04/01/2018 | Oscar Rivera-Zeledon | 03/14/2019 |
| Luis Camacho Garcia | 04/01/2018 | Jessy Damas Ramirez | 03/15/2019 |
| Harriet Asantiwah | 04/01/2018 | Yeyson Hernandez | 03/23/2019 |
| Reyna Avendano | 04/01/2018 | Willy Caceres de Paz | 03/23/2019 |
| Alejandro Calderon | 04/01/2018 | Fatima Gonzalez Cerritos | 04/03/2019 |
| Eric Bedjabeng | 04/01/2018 | William Luna Marquina | 04/12/2019 |
| Yaw Boama | 04/01/2018 | Odilio Garcia Sarceno | 04/13/2019 |
| Tito Paniagua | 04/01/2018 | Cristian Gabriel Romero | 04/15/2019 |
| Edmundo Velasquez | 04/01/2018 | Jorge Palomino | 04/18/2019 |
| Jerry Wilkes | 04/01/2018 | Cristina Eusebio Vazquez | 04/18/2019 |
| Luz Paredes | 04/01/2018 | Marisela Escobar Florian | 04/18/2019 |
| Sandra Aguirre | 04/04/2018 | Saira Bojorquez Garcia | 04/21/2019 |
| Carlos Blanco Pacheco | 04/23/2018 | Elisabeth Fernandez | 04/24/2019 |
| Louis Matthews Jr | 01/21/2019 | | |

What Our Clients Have to Say...

"Bolana could not have been more responsive to schools and the COVID crisis. The Bolana team worked tirelessly to clean our building and was accommodating at every turn throughout this pandemic."

Jen Kuzdzal, Principal
Saint Agnes School

"Your company Bolana Enterprises did an outstanding job doing our turn cleaning last summer. Things were very professional and organized. Your staff had all the cleaning supplies needed to do an outstanding job. Your supervisor Leonardo did a great job keeping up with move-out and move-in days making sure apartments would be ready on time. I also want to thank you for the great job that Alfonso does every day. From the hard work of Bolana Enterprises I was told by res-life that Walker Apartments look amazing. He was talking about inside and out."

Hermond Lawson
Walker Avenue Apartments

Dealing with Stress and Anxiety

Excerpts taken from www.cdc.gov

Outbreaks Can Be Stressful

The outbreak of COVID-19 may be stressful for some people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. **Find ways your family can reduce stress.**

Stress during an infectious disease outbreak can include:

- Fear and worry about your own health and the health of your loved ones.
- Changes in sleep or eating patterns.
- Difficulty sleeping or concentrating.
- Worsening of chronic health problems.
- Worsening of mental health conditions.
- Increased use of alcohol, tobacco or other drugs.

Everyone Reacts Differently to Stressful Situations

How you respond to the outbreak can depend on your background, the things that make you different from other people, and the community you live in. People who may respond more strongly to the stress of a crisis include:

- Older people and people with chronic diseases who are at higher risk for severe illness from COVID-19.
- Children and teens.
- People who are helping with the response to COVID-19, like doctors, other health care providers, and first responders.
- People who have mental health conditions including problems with substance use.

Take Care of Yourself and Your Community

Taking care of yourself, your friends and your family can help you cope with stress. Helping others can also make your community stronger. Ways to cope with stress:

- Take breaks from watching, reading or listening to new stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body.
 - Take deep breaths, stretch or meditate
 - Try to eat healthy, well balanced meals
 - Exercise regularly and get plenty of sleep
 - Avoid alcohol and drugs
- Make time to unwind.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.



Need Help? Know Someone Who Does?

If you or someone you care about are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others:

- Call 911
- Call Disaster Distress Helpline at 800-985-5990 or text TalkWithUs to 66746
- Call National Domestic Violence Hotline at 800-799-7233 and TTY 1-800-787-3224

Congratulations to Safety BINGO Winners

Nelson Vides & Evelyn Guillen



Safety BINGO Winner Nelson Vides (above) from Bolana's ESA Team pictured with Area Manager Sergio Serafini

Evelyn Guillen

Safety BINGO Winner from Bolana's ESA Team



Women Elevating Women

Bolana's President, Valarie Dock attended the Women Elevating Women (W.E.W.) Conference earlier this year. W.E.W. is a business conference providing a platform where multi-cultural women business owners can come together to openly share and to learn from each other. Pictured is Valarie Dock (left) with W.E.W. Founder/Business Strategist Betty Hines (right).



Management Development Training

The Bolana Corporate Team participated in a Management Development and Education Meeting in May conducted by Dr. Jamyce Curtis Banks, Founder and CEO of Whatever It Takes Consulting. Dr. Banks is an experienced organizational development consultant providing interactive learning and training for over 25 years.



COVID-19 Cleaning & Disinfecting Training



The Mercain Group

Building Health and Environmental Hygiene

On June 12th Marion Stecklow, President & CEO of The Mercain Group will conduct **COVID-19 Cleaning and Disinfecting Training for Cleaning Service Providers** for a group of Bolana supervisors and managers. Ms. Stecklow has over 25 years of experience administering and managing occupational and environmental health programs. She is a medical technologist, ASCP by training and has received numerous additional certifications related to occupational health care and identification of environmental health and safety hazards.

CPR Training

The American Red Cross provided CPR training during the month of April for our employees working at The Brooks.



American Red Cross
Training Services



301-595-2577 (MD)
202-621-2260 (DC)
www.bolanainc.com
info@bolanainc.com

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SOCIAL



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**Thank you for taking the time
to read our newsletter!**