

January 18th, 2019



Mennonite Village

Employee News

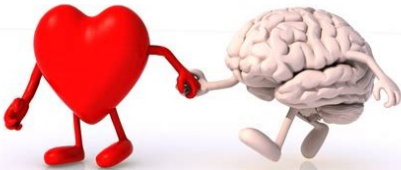
To be a Christ-centered community providing life-enriching services

WELLNESS CENTER

2019 Programming: The 100-Club will be revamped in 2019! Starting in the New Year, the 100-Club will be renamed “Fit and Forward.” This program will follow the same routine as the 100-Club with a few changes – 110 visits to the Wellness Center, Aquatic Center, or Wellness classes will enter you into a quarterly drawing for various prizes. We will be releasing new tracking sheets and t-shirts with the new name. Please speak to a member of the Wellness Team if you have any questions.

Why “Fit and Forward”? Being “fit” can have personal meaning to every one of us based on our health conditions. Fit represents doing the best we have with what we are given in the day that we were blessed with. “Forward” represents continual growth and momentum forward.

Why 110 visits? This program will be open to all residents and employees. Employees are encouraged to visit our Wellness Center or Aquatic Center 110 times in order to receive credit toward their medical insurance reimbursement.



Mind Your Health Year Long Challenge: The Wellness Program Team would like to invite you to a year-long behavioral health challenge. Each month, a special presentation will be offered by a health expert on topics ranging from brain health to self-empowered aging. Punch cards will be available at the Wellness Center and at each event. For every card completed, you will earn entry into the end of the year prize drawing. All residents, employees and local community members are welcome to participate.

January’s Mind Your Health Presentation “Catch a Wink: Sleep Hygiene & Aromatherapy for Wellness” by Helen Beaman, MSW LCSW, Tuesday, January 22nd at 10:30 am in LSC: We are fortunate to have Helen back for a 2nd presentation this month. Get some Zzzz, take a snooze, and grab some shut-eye! Helen will discuss the ways that sleep changes as we age, and then look at why getting good quality rest is so vital to our overall health and wellbeing. Next, she will explore practical tips for improving your sleep and getting your snooze schedule back on track. She will conclude with a brief overview of how aromatherapy can optimize sleep and wellness. Make-and-take aromatherapy cups will be available after the presentation.

Please let us know if we need to send anything else your way. The Wellness Program Class Offering flyer will be updated in February to include Zumba and Zumba Gold offerings.

Don’t Forget About Your EAP Benefits: All employees of Mennonite Village and MSNW have full access to a wide range of benefits through our Employee Assistance Program. Don’t just take my word for it, check it out for yourself at: www.MyRBH.com. You can open up your own account using **Access Code: LMEAP**.

BIRTHDAY

DOB	Employee Name	Dept
2/2	Rebecca M Almasie	MH
2/2	Haylee J Malloy	DINING
2/3	Sonia Conant	MED RECORDS
2/5	Nancy C Brooks	HSKPG
2/7	Khilyona E Yearsley	DINING
2/8	Emily J Noel	MH
2/10	Megan J Broughton	MH
2/11	Teresa Moser	CHAPLAINCY
2/11	Kirsten N Diedrich	MP
2/12	Laurie L Warren	IHC
2/12	Kathleen E Spears	IHC
2/13	Jennifer L Lynch	HSKPG
2/13	Jenny R Atkins	MH
2/14	Samantha M Ackley	QR
2/15	Claudia Cabuto	MH
2/15	Jessica L Graham-Kallai	MH
2/16	Heidi Bare	QR
2/17	Angela Trahan	MH
2/18	Shirley A Sanders	HSKPG
2/18	Alan F Plattner	MH
2/19	Christine A Smith	IHC
2/20	Ashley M Newton-Stephens	MH
2/21	Anja J Boller	QR
2/21	Brittany L O'Berg	MH
2/21	Marie E Yeager	MH
2/23	Elizabeth L Ebersole	ADMIN
2/23	Michael J Cariati	HSKPG
2/23	Koby S Roofener	MH
2/24	Lynea N Turnwall	QR
2/25	Fran W Armstrong	QR
2/25	Sunshine E Crum	MH
2/27	Craig Gingerich	HOPE VILLAGE

ANNIVERSARY

DOH	Employee Name	Dept	# Yrs
2/1	David L Detweiler	FACILITIES	29
2/1	Craig Gingerich	Hope Village	9
2/3	Debra K Parker	IHC	2
2/5	Chelsea M Mendenhall	MH	5
2/7	Jessica S Chilcote	Dining	2
2/7	Linda L Dibble	CHAPLAINCY	1
2/8	Robin L Lehman	MH	6
2/9	Daniel L Morse	GROUNDS	1
2/10	Demetria M Langstaff	IHC	10
2/10	Angel E Harris	MH	8
2/14	Beverly J Varner	HSKPG	14
2/17	Lhoumar N Labilles	QR	2
2/19	Elizabeth L Ebersole	ADMIN	5
2/19	Kelly L Stewart	MH	1
2/21	Trisha A McClain	IHC	6
2/21	Meghan E Jennings	QR	1
2/22	Michael J Cariati	HSKPG	2
2/25	Alyssa L Moore	MH	4
2/26	Michelle R Younger	MH	1

Dr. Martin Luther King Jr. Quotes

“Faith is taking the first step even when you can’t see the whole staircase.”

“Darkness cannot drive out darkness: only light can do that.”

“I have decided to stick to love...Hate is too great a burden to bear.”

“Our lives begin to end the day we become silent about things that matter.”

January 21st, 2019
Martin Luther King Jr. Day