

January 31st, 2020



Mennonite Village

Employee News

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

NEW Mindful Meditation Class M/W/F 2:30-3:00 pm – Mennonite Home Multi-purpose Room

Mindful meditation has been shown to have many mental, physical, and emotional benefits. Some of these benefits include:

- ⇒ Improved sleep quality
- ⇒ Lower stress levels
- ⇒ Pain management
- ⇒ Improved attention span
- ⇒ Stronger immune system
- ⇒ Improved memory retention
- ⇒ Reduced symptoms of depression



This 30 minute meditation will be led by Laurel Lounsbury, a certified yoga instructor and member of the Wellness Team at Lakeside Center. Participants can choose to sit or lay down for the duration of the class. Chairs, yoga mats, pillows, blocks, and blankets will be provided to make the experience as comfortable and relaxing as possible. No previous meditation experience required.

CHANGE TO THE EARNED INCOME TAX CREDIT

Employees may be eligible for the **Earned Income Tax Credit (EITC OR EIC)**, a benefit for working people with low to moderate income, particularly those with children. EITC reduces the amount of tax owed and may provide a refund.

Visit these websites for additional information about how to qualify:

Federal: <https://www.irs.gov/credits-deductions/individuals/earned-income-tax-credit>

Oregon: <https://www.oregon.gov/DOR/programs/individuals/Pages/credits.aspx>

Some information about tax changes can also be found on the back of your 2019 W2. This is not something you set up with payroll as it is part of your tax filing for 2020. If you still have questions you should contact a licensed tax preparer for assistance.

Happy Birthday

HAPPY ANNIVERSARY

<u>DOB</u>	<u>Employee Name</u>	<u>Dept.</u>
2/2	Rebecca M Almasie	MH
2/2	Haley L Lawrence	QR
2/3	Sonia Conant	MR
2/4	Carlie R Ziemer	MP
2/5	Nancy C Brooks	HSKPG
2/10	Megan J Burkey	MH
2/11	Teresa Moser	CHAPLAINCY
2/11	Kirsten N Diedrich	MP
2/12	Laurie L Warren	IHC
2/12	Kathleen E Spears	IHC
2/12	Rebecca A Roth	MH
2/13	Jennifer L Lynch	HSKPG
2/13	Jenny R Atkins	MH
2/13	Fay Lord	QR
2/14	Samantha M Ackley	QR
2/15	Claudia Cabuto	MH
2/15	Jessica L Graham-Kallai	MH
2/17	Angela Trahan	MH
2/17	Christian M Ramirez-Luna	MH
2/18	Shirley A Sanders	HSKPG
2/18	Alan F Plattner	CS
2/19	Christine A Smith	IHC
2/19	Lauren E Dimick	DS
2/20	Abigail E Reynders	MH
2/21	Brittany L O'Berg	MH
2/21	Marie E Yeager	MH
2/22	Gabriel T Krutsinger	DS
2/22	Sara N Ericson	MH
2/23	Elizabeth L Ebersole	ADMIN
2/23	Michael J Cariati	HSKPG
2/23	Koby S Roofener	MH
2/23	Kirsten L Earhart	LH
2/24	Ligaya G DiCosmo	MH
2/25	Fran W Armstrong	QR
2/25	Sunshine E Crum	MH
2/26	Mercedes M Woods	LH
2/27	Craig Gingerich	MSNW-HV
2/28	Linda R Teigen	LH

<u>DOH</u>	<u>Employee Name</u>	<u>Dept.</u>	<u># Yrs</u>
2/1	David L Detweiler	FACILITIES	30
2/1	Craig Gingerich	MSNW-HV	10
2/3	Debra K Parker	IHC	3
2/5	Lael E Ayers	DS	1
2/5	Chelsea M Mendenhall	MH	6
2/7	Linda L Dibble	CHAPLAINCY	2
2/8	Robin L Lehman	MH	7
2/9	Daniel L Morse	GROUPS	2
2/10	Demetria M Langstaff	IHC	11
2/14	Beverly J Varner	LAUNDRY	15
2/15	Zachary L Brown	MH	1
2/17	Lhoumar N Labilles	QR	3
2/19	Elizabeth L Ebersole	ADMIN	6
2/19	Melissa D Eblen	IHC	1
2/21	Trisha A McClain	IHC	7
2/21	Meghan E Jennings	QR	2
2/22	Michael J Cariati	HSKPG	3
2/25	Alyssa L Davis	MH	5
2/27	Breanna I Wilson	DS	1
2/27	Sarah A Redfern	QR	1

PARKING UPDATE

Spaces have opened up for employee parking in front of the Mennonite Home. Please remember if the space is marked "visitor" we ask employees to park elsewhere so these spaces stay open for guest of the Mennonite Village.

Thank you!

