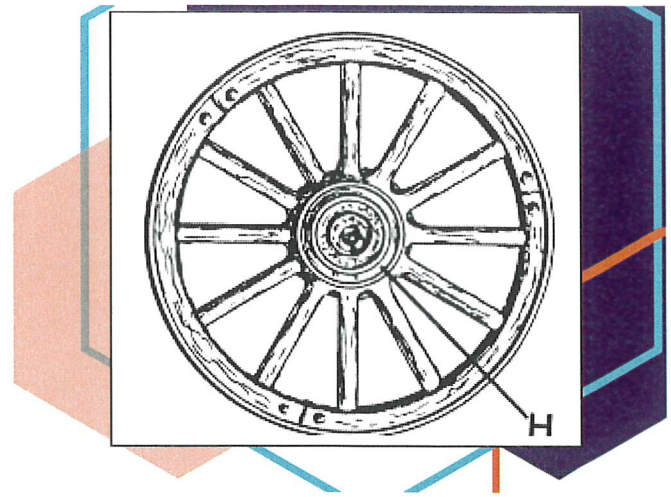


Big Meadows
Frontier Hollow
Lyndon Play and Learn Center
Lyndon Progress Center
Pinnacle Place
S.T.R.I.V.E.
Winning Wheels

THE HUB

MARCH 2022



BURNOUT AND STRESS

PERSONAL LIVES DEMANDING JOBS RESPONSIBILITY SHORT STAFF COVID-19 CHANGING RULES

Caregivers and team members in all positions in the healthcare field are experience stress and burnout at alarming rates. This field provides meaningful and fulfilling work but is a lot of responsibility. Added stressors with the pandemic can make the normal demands seem crushing.

Now more than ever self-care and stress management are critical. You have to take care of yourself before you're able to care for others. Winning Wheels, Inc. has resources available to help with this. The Employee Assistance Program is available to all team members and their families at no charge and is completely confidential – you can use this resource for personal, work, financial or legal concerns.

www.deeroakseap.com

888-993-7650

Nothing in the world is worth having or worth doing unless it means effort, pain, difficulty... I have never in my life envied a human being who led an easy life – Endurance

---Theodore Roosevelt

Mental Health First Aid



“Burn-out is a syndrome conceptualized as resulting from chronic workplace stress that has not been successfully managed. It is characterized by three dimensions:

- feelings of energy depletion or exhaustion;
- increased mental distance from one’s job, or feelings of negativism or cynicism related to one’s job; and
- reduced professional efficacy.

Burn-out refers specifically to phenomena in the occupational context and should not be applied to describe experiences in other areas of life.”

Burn-out was also included in ICD-10, in the same category as in ICD-11, but the definition is now more detailed.

The World Health Organization is about to embark on the development of evidence-based guidelines on mental well-being in the workplace.

Self-Care doesn’t have to be complicated

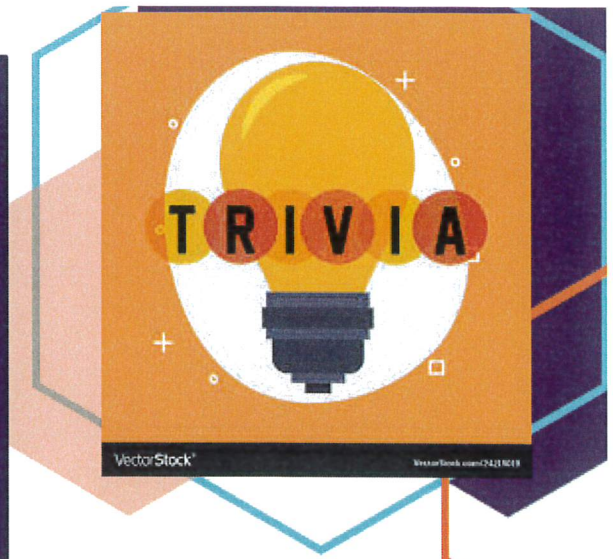
1. **Recognize the valuable role you and your colleagues play.** Remind yourself that despite challenges, you are making a difference and taking care of those most in need.
2. **Practice self-compassion.** There is no road map. You are doing the best you can in a difficult situation. Take your situation day by day or hour by hour, if needed. Take breaks from work where you can.
3. **Validate any emotions you might be feeling.** There is no right or wrong way to process your experience. It is normal to feel a range of emotions including being overwhelmed, frustrated or angry, worried, anxious, restless, agitated, sad, frightened, etc.
4. **Find ways to see the positive.** It can be easy to get overwhelmed by the negative, try to find and focus on the positive.

These small additions to your routine can improve your overall mood and protect your mental health. If these are too challenging, that’s OK – seek support!

February's Trivia Winner is
JoEllen McCaskey!

STRIVE opened in 1988

Congratulations JoEllen – your
prize is on it's way!!!

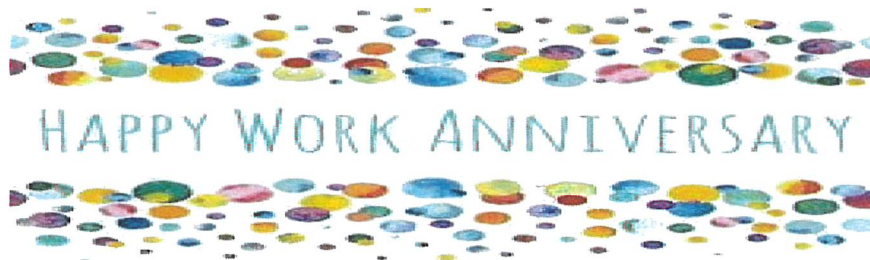


How many team members does Winning Wheels,
Inc. have?

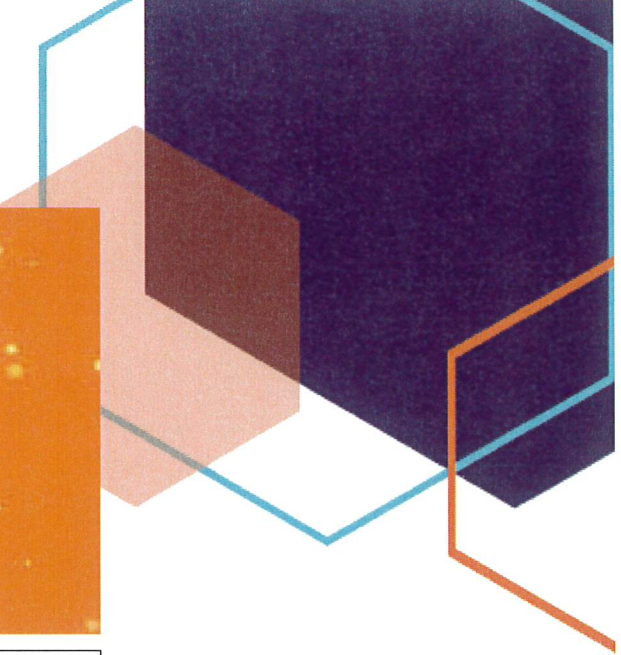
All participants will have their name placed into a drawing
for the prize!!!

Email your answers to aschaefer@ahainco.com or

call 815-778-36833



Team Member	Anniversary Date	Years of Service
Ann Lundquist	3/2/1998	24
Juanita Wisely	3/25/2001	21
Mary Jane Jacobs	3/7/2010	12
Trinity Solomon	3/24/2010	12
Sandy Armstrong	3/1/2012	10
Kim Easley	3/22/2012	10
India Sipe	3/18/2013	9
Kiara Rhodes	3/10/2014	8
Reba Bonneville	3/11/2014	8
Schyler Clark	3/3/2015	7
Nicole Partin	3/20/2017	5
James Morris	3/14/2018	4
Kelly Sommers	3/28/2018	4
Coby Johnson	3/27/2019	3
Kyle Winebrenner	3/23/2021	1



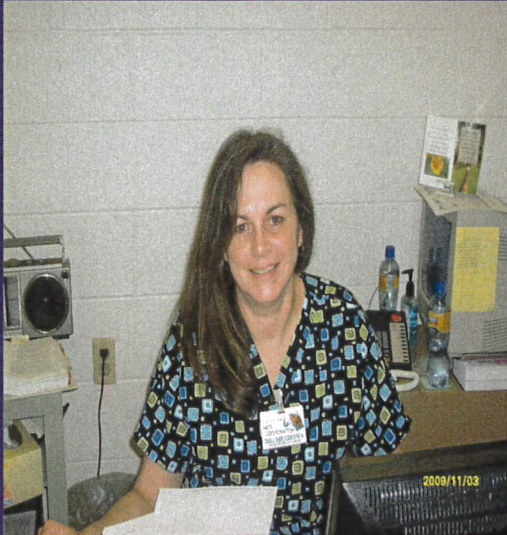
Happy
Birthday!

Team Member	Birthday
Elizabeth Woods	March 3 rd
Rosalie Hall	March 4 th
Stephanie Foust	March 4 th
David Corona	March 5 th
Israel Buyno	March 5 th
James Morris	March 7 th
Elizabeth Williams	March 8 th
Cathryn Boussetot	March 9 th
Amanda Claus	March 9 th
Jessica Armstrong	March 10 th
Monique Dersham	March 10 th
Coby Johnson	March 12 th
Alexis LaBorn	March 12 th
Samantha Wainscott	March 13 th
Gretchen Geirnaeirt	March 13 th
Sarah Gray	March 15 th
Jackie Williamson	March 21 st
Wilma Schaefer	March 21 st
Stephanie Ranken	March 22 nd
Katrina Gerber	March 23 rd
Christopher Sommers	March 24 th
Amanda Sommers	March 24 th
Maria Kempthorne	March 28 th
Kelly Sommers	March 30 th
Patricia Connelly	March 31 st

Kelly Foley Celebrated 35 Years of Service on February 19th

Thank you Kelly!!!

35 years!

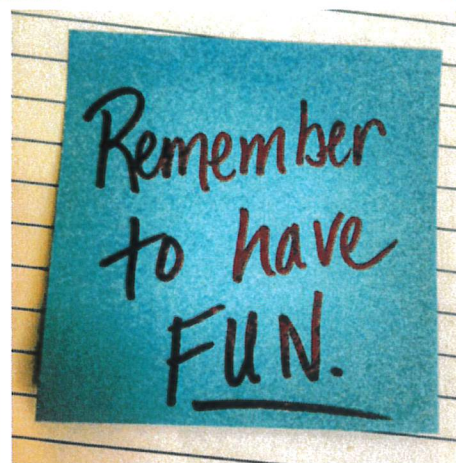


Thank you for the inspiration, motivation, and encouragement you've given throughout the years to your peers.

We know you will continue to inspire us for many years to come!

Congratulations on reaching this milestone in your career! It is a testament to your loyalty and dedication to the organization.

Cupid on the hunt at Winning Wheels!



How do you have fun at work?!

Submit your responses to aschaefer@ahecinco.com or 815-778-3683

---There will be prizes!!!

Having Fun at work is important to remember why we love and commit to the important work we do. Having fun at work promotes teamwork and reduces burnout and stress. It also creates a fun environment for our residents!

Why do you LOVE your job?

- The residents
- Co-workers
- Benefits
- It's Fun
- It's Rewarding
- Great Company

