

STAFF NEWSLETTER

Mission Statement: Enhancing the lives of people with developmental disabilities by providing them with responsive services and supports.

March 20, 2009

www.heionline.org

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Staff Birthdays

<u>March</u>					
Lorraine Gates	BRC	20th	Jean Hollingsworth	Miller St	25th
Robert Roney	E. Sixth St	20th	Nicholas Kline	Custodial	25th
Sally Lauver	CMSU CSP	20th	Julie Godin	Memorial	26th
Barb Fenstermaker	CMSU	20th	Tara McKibben	CES	28th
Desiree Eichenlaub	Custodial	21st	Barbara Pish	ELP	29th
Jolinda Pfirman	Custodial	22nd	Linda Mazzullo	ATF	30th
Heather Johnson	Northway Rd	22nd	Brenda Rachau	Pineview	30th
Keri Fry	2729 W 4th	22nd	Monica Gray	ATF	30th
Patricia Sterner	IHS	23rd	Melanie Mantle	Almond St	30th
Michael Gregersen	CMSU CSP	23rd	Nicole Fry	Nottingham	30th
Daniel Irimagha	1923 Mahaffey	23rd	Christi Roberts	CMSU CSP	31st
Stephanie Hill	IHS	25th			
<u>April</u>					
Gemia Gibson	Four Mile Dr	1st	Walter Shepperson	Church St	2nd

SYNERGYSTRIDES

Are you confused about what to eat? What you think may be "good" for you actually may not be. SynergyStrides wellness consultant, Dominique, invites you to come join her on Monday, 03/23/09 at all lunch times from 11:00 a.m. until 1:00 p.m.

Learn what ingredients to look for and which to avoid when shopping. You don't have to give up foods you love! Learn how to enjoy food - and your life - but still be healthy! You will gain an understanding of what the CULPRIT of bad nutrition is and what the CURE is when it comes to healthy eating.

Please join her and educate yourself! You can RSVP a spot by emailing or calling Kris Ottaviano at 326-3745, ext. 1209. Just give her your name and the time you would like to attend. Lectures will be given in 1/2 hour intervals. "HOPE" to see you there!

FRIENDLY REMINDER

Please remember that the speed limit in the BRC parking lot is 5 mph.



WE VALUE THE LIVES OF PEOPLE WE SERVE!!!

Return your interest survey for day care services to Barbara Burke as soon as possible. Thank you!



Thanks

Palmer Hill Road staff and individuals want to give a shout out to Scott Reed to thank him for all the leg work he has done to get internet service set up at Palmer Hill.

Thanks, Scott!!

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March 2009 - We Can All Learn From Sully!

When US Airways Flight 1549 glided to a smooth water landing in the Hudson River in mid-January, we all marveled at the skill and courage of the pilot, Captain Chesley B. Sullenberger. As a direct result of his actions that cold afternoon, 155 passengers got to watch the event on the evening news!

Quite apart from the uplifting emotions resulting from this positive outcome, might there be some “take-away” lessons that we might derive and apply to our own lives? Consider the following for starters:

Always have a Plan B: Every pilot has a checklist for unexpected emergencies to eliminate unnecessary fumbling and indecisiveness. Do you have a back-up strategy for financing your child’s college education if he/she is unable to obtain scholarships or grants? Or do you have a contingency plan for assisting an elderly relative who may come to rely on you for helping them address their day to day needs?

Keep cool during a crisis: Pilots don’t have the luxury of an emotional meltdown when things go wrong. Do you waste valuable energy worrying or “catastrophizing” when life tosses you a curveball? Our crises can range from a relationship problem to a serious medical diagnosis – and a bit of initial worry is only natural, but the ability to focus on possible solutions early is the key to getting beyond the crisis and into the recovery mode.

Avoid dramatics: Becoming emotionally animated depletes energy needed for problem-solving and can be distracting. Remember that Captain Sullenberger uttered but three words as he masterfully steered his Airbus A320 toward the water: “Brace for impact.”

Expect some bird strikes: Not every friendship will be problem-free and not every new skill we attempt to master will be acquired effortlessly. But the ability to accept, adjust and move on is the secret of surviving whatever gaggle of geese life throws our way.

Trust and believe in yourself: Air traffic controllers advised Captain Sullenberger to divert to a smaller airport nearby. But he later stated that he was “too low, too slow and unfamiliar with the Teterboro airport” and made the decision to ditch in the river. Sully knew that with two dead engines, the chances of gliding to the airport over heavily populated northern New Jersey was not the best choice. As we progress through life, we develop knowledge and skill sets upon which we may need to rely in critical situations. These life lessons may be as simple as “Always tell the truth, regardless of the penalties.”

Practice teamwork: As Sully glided silently over the George Washington Bridge to the river below, he relied on co-pilot Jeffrey Skiles to monitor the diminishing altitude and on flight attendants Doreen Walsh, Sheila Dail and Donna Dent to calm the passengers and maintain order in the cabin. Whether at work or at home, learning to function as a team ensures success and lowers everyone’s stress level.

Complete the task at hand: Before exiting the aircraft, Captain Sullenberger walked the aisle twice just to be sure that no passengers remained on board. Do we take time to dot that final “i” or cross that final “t” when we near the end of a challenging task?

Practice humility: In spite of accolades from the media and a standing ovation at this year’s Super Bowl, Captain Sullenberger has avoided the spotlight and remains a humble hero. As he was quoted as saying shortly after the incident, “My crew and I were just doing our job.”

As we celebrate the wonderful story of Flight 1549, let’s continue to reflect on how Captain Sullenberger’s actions that day can enlighten and inspire us as we spend the day “just doing our job.”