

STAFF NEWSLETTER

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

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www.heionline.org

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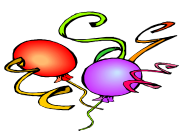
EMPLOYEE of the MONTH

ESTHER MASDEN HCSIS MANAGER

Esther began her employment with Hope in June 1979 as an Activity Aide in Lock Haven. She worked in various positions within Hope during her time here (in order as listed): Prevocational Casemanager in the VR program, Assistant Program Supervisor and Program Supervisor in the VR Program, Residential Services Program Director, and then her most recent position of HCSIS Manager. Amanda Holohan, FOCES Job Coach, nominated Esther. Amanda stated "Esther is great with our individuals and coworkers. She is pleasant to work with and makes everyone feel comfortable. She does an excellent job keeping HCSIS information confidential and organizing agency data. She treats everyone with respect and maintains a positive attitude. Esther has developed many relationships with Individuals and staff. She is very knowledgeable in her job and dedicated to Hope Enterprises. This nomination was supported by Esther's supervisor, Melody Wolf, Vice President of Planning, Development and Support Services, commented, "Esther has been with Hope for many years. Currently, she holds the position of HCSIS Manager. Top on her list is utilizing Incident Management to assure quality services for all the individuals at Hope. In addition, Esther assists with the PROMISE system in balancing the new financial system. I endorse this nomination for Esther due to her commitment to Hope and the Individuals served." Kathryn Davis, Training and Support Specialist and member of the EOTM committee, also supported this nomination saying, "Esther works very hard to ensure that the people we support here at Hope are put first and tries to make sure, through her current job, that their rights are protected." Beth Lundy, ATF Program Specialist, commented, "Hope is very fortunate to have a staff member so concerned and dedicated to the needs of our population. She certainly does enhance lives through her loving thoughts and abilities to enjoy life."

Esther lives hidden away in the woods in Beech Creek with her cat, Dublin. She enjoys reading, traveling, movies, growing flowers, cooking and going to Bald Eagle State Park to watch the eagles nesting. This past winter, she tried snowshoeing! Esther is a Penn State fan and enjoys keeping up with Central Mountain High School wrestling. Esther is very proud of her son, Matthew, who is a Nuclear Engineer. She has two Bull Mastiff Grand dogs, Dutch and London, who like to take grandma for a walk when she is dog sitting. Esther is known for her warm greeting "Good morning Sunshine" towards everyone. She is planning a trip to Italy in 2011. Esther is goal oriented and is proud to report that she has been over 6 years since she quit smoking.

Congratulations to Esther Masden for the many years of hard work and dedication to Hope Enterprises, Inc. You are truly appreciated!!!



Happy Birthday!



MAY

Harold Confer	Warehouse	14th	Sue Hamilton	CAP	20th
Corin Nestlerode	Euclid Ave	14th	Lori Moore	Tule St	21st
Mark Kettler	Euclid Ave	14th	Jamie Mannon	Dove St	22nd
Ronald Stevens	CMSU/CSP	14th	Robin Kelchner	Huffman St	22nd
Barbara Burke	ELP	15th	Kirsten Stephens	CMSU/CSP	22nd
Glenn Macklem	Custodial	15th	Roxy Walizer	Work Center	23rd
Christine Seitzer	Custodial	16th	Medina Bell	Dove St	25th
Frank Forsha	BRC	17th	Cheryl Dieffenbacher	BRC	26th
Linda Probst	Custodial	18th	Lori Bartlett	Catherine St	26th

COMMUNITY GARDENS PROJECT CMSU REGION

The Selinsgrove Community Gardens project at Hope CMSU Region is underway! We've engaged a 30' X 30' plot within the town garden where we look forward to gardening side by side with our fellow community members. An organizational meeting held 04/30 set the groundwork for bringing the project up to speed. Within a week, tools and fertilizer were gathered, the 9th St. group home shed was cleaned out and designated "the tool shed", and the fertilizer was applied and dug into plot #42! The basic design has been laid out and by the time you read this, the plants and seeds will have been purchased. Lots of help will be needed throughout the season with planting, watering, weeding, picking, and eating. We're looking forward to having the local group homes and CSP come together to make this endeavor a success. We'll let you all know how it goes!



Are you looking for an excellent preschool for your child?

Consider Hope's Early Learning classrooms at Lycoming College and Jersey Shore Elementary School. We offer half day sessions for children three to five years of age, a fun learning environment and dedicated teachers.

Call Barbara Burke at the BRC, ext. 1241 for more information.



Time for a Spring Makeover? Your EAP Can Help!

A quick review of popular TV shows makes it apparent that we love the "makeover" concept! Whether the focus is a room, a house, a car or one's waistline, there's clearly something captivating about observing the "before and after" process in action. And since spring is a time of reawakening and renewal, this might be a good time to embark on a makeover of your own. Your Employee Assistance Program provides you with the tools to engineer various types of personal makeovers, including:

Professional: A quick scan of the 52 online trainings available under **Personal Development & Training** at your Premium Information Resources Website will reveal a wide range of possibilities. Topics range from learning to speak in front of a group to managing stress and achieving personal goals. Upon completion of each course, you will receive a certificate which you may wish to present to your supervisor as evidence of your newly acquired skill set.

Interpersonal: Perhaps you would like to improve the way you interact with your coworkers, especially those who can be a bit difficult! A great place to start would be to click on the video entitled **Job Stress: How to Keep Your Cool**, which is located under the Behavioral Health section of the Information Resources site. A good follow-up article to read might be **How to be Assertive, Not Aggressive, at Work**.

Physical: Begin with a visit to the **Wellness Center** at the Information Resources site and see how you do on the healthy eating quiz before moving on to the **Essentials of Nutrition** presentation or any of the other eight nutrition videos available. Now it's time to get into action and a good place to start might be to explore the special health and fitness member discounts listed under **Lifestyle Benefits**. Your choices may include 50% off a **Jenny Craig**® program; a cost-free nutrition evaluation from **Apex Nutrition**® or taking advantage of deeply discounted monthly rates for ESI members at any **Bally's Total Fitness**®.

Attitudinal: If you change your thinking, you can change your life. If you find that your perceptions and thought patterns are self-sabotaging, you can begin to make immediate changes by initiating a dialogue with an experienced EAP counselor who is only a toll free call away. Your path to a more positive attitude may involve continued telephonic discussions or perhaps a referral to a local ESI counselor for cost-free, face-to-face sessions.

It's one thing to **watch** others achieve dramatic makeovers on television – but quite another thing to actually **experience** a significant, personal makeover. With a little help from your EAP, get into action and let the journey begin!