



PUT A SPRING IN YOUR STEP

JENNIFER BEATTIE, CSS ADMINISTRATOR

Right before the start of spring, my family welcomed a new furry friend into our home. Leia is a 6-year-old German Shepherd who we rescued from Phoenix Animal Rescue in Pennsylvania. Since we don't have a fenced in yard yet, we have been walking Leia several times per day.

We walk Leia around our neighborhood, which is about 0.5 miles, four times per day. While sometimes we are tired or it is cold outside, Leia needs her walks to stay healthy. Through keeping her healthy, we actually are working to take care of our own bodies and minds, as walking has some great benefits for us humans, too:

- ⊗ **Physical:** burn calories, lower blood sugar, ease joint pain, boost immune function, strengthen your heart, strengthen legs
- ⊗ **Emotional:** boosts energy, improves mood, increase creativity/time to think

While adopting a furry friend may not be in your plans, you can reap the benefits of having a dog by adding several small walks or one long walk into your daily routine:

- ⊗ Take 1-3 ten minute breaks to walk during your day. This can help to take a break from the screen, and may increase productivity after getting some fresh air and movement
- ⊗ Schedule a walk with a friend, either in person with masks/COVID precautions or remotely (you can walk and chat on the phone)
- ⊗ Listen to a book on tape or music you really enjoy during the walk—this may be a way to motivate yourself if you really want to know what happens during that next chapter!

I hope you enjoy the wonderful spring weather and beautiful flowers/greenery this season!

Image Source: <https://images.unsplash.com/photo-1522748906645-95d8adfd52c7?ixlib=rb-1.2.1&ixid=MXwxMjA3fDB8MHxlleHBsb3JlLWZlZWR8NHx8fGVufDB8fHw%3D&w=1000&q=80>

Information Sources: <https://www.healthline.com/health/benefits-of-walking#how-to>

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MOVIE REVIEW

MARTINIQUE NICOL,
FRANKLIN LIFE COACH

I watched “All the Bright Places” on Netflix this month and it was an amazing film about healing through trauma and grief. Another theme that is prevalent throughout the film is how those who help others may also need help themselves. This film is an unhappy one and doesn’t give the conclusion we would hope, but it does talk about the effects of grief and how important it is to have a safe space. Whether that is with a person or group of people it’s important to feel safe when being vulnerable; that is what allows us to heal and grow. This film also touched on depression and how even with a safe space, more help may be required. Though I would say have tissues ready when watching this film, I can’t help but notice how well it was written and how real it felt. This film felt accurate to me when touching taboo topics, not just in our field, but within the world. I hope if you have a Netflix account you check it out and let me know what you think!

Image *source:* https://m.media-amazon.com/images/M/MV5BY2FkY2E1OTgtYmFhYi00NzczLThjYjktNDJlN2ZiZGY4OGIzXkEyXkFqcGdeQXVyMTkxNjUyNQ@@@_VL_.jpg

HELPFUL COVID-19 VACCINATION INFORMATION TO INFORM PRACTICE CHOICES

MARY MCBRIDE, RN, CMHIMP

On St. Patrick's Day, while the corned beef and cabbage cooked, I attended a Webinar to learn more about providing education to others about the Covid-19 vaccine. The webinar was presented by Dr. Margaret Fitzgerald DNP, FNP-BC, NP-C, FAANP, CSP, FAAN, DCC, FAAP provided through Elite Learning. This webinar addressed how to provide education and encourage others to obtain the Covid-19 vaccination as a trusted health professional.

The main points regarding the vaccine were that the quickest way to get life back to normal is to receive it (at no cost) and, when you get the vaccine, you are also protecting your loved ones. Dr. Fitzgerald provided facts, including that if 2/3 people are vaccinated, we will achieve 50% national immunity; however, 70% national immunity is needed to stop the Covid-19 pandemic.

Most Covid-19 vaccines are two doses and none of the vaccinations contain a live virus. The vaccinations came rapidly to the market due to the emergent need, but the technology used in creating the vaccine is decades old. The vaccination works by producing a harmless spike protein, which triggers an immune system response to provide immunity to Covid-19. Nothing ever enters the cell nucleus and does not alter the body's DNA code. The vaccines provide about 94.1 % efficacy to prevent getting Covid-19 and 100% prevention of severe Covid-19 infection. The Pfizer, Moderna, and Johnson & Johnson vaccines do not contain any eggs, preservatives, or latex (some of which are common allergens). The vaccination can cause adverse effects, which indicates that your body is working on building immunity so it should be expected in most cases. The most prevalent side effects are fatigue, headache, feeling feverish, having body aches and injection site soreness, which subside within a few days.

Some advice on providing education to others about the vaccine:

- ⊗ Take the vaccine you are offered—there is no guarantee which brand you will receive for your first dose, as the facilities giving the injections may receive different shipments than anticipated.
- ⊗ Do not take Tylenol, Advil, Motrin, Aspirin before the vaccine. You do not want to blunt the body's immunological response. These medications can be taken after the vaccination is given.
- ⊗ Make sure you do not leave the vaccination site without your vaccine card and an appointment for your second dose (Moderna and Pfizer).
- ⊗ It is also recommended to not receive any other vaccinations within two weeks of the Covid-19 vaccine (flu, shingles, etc.).



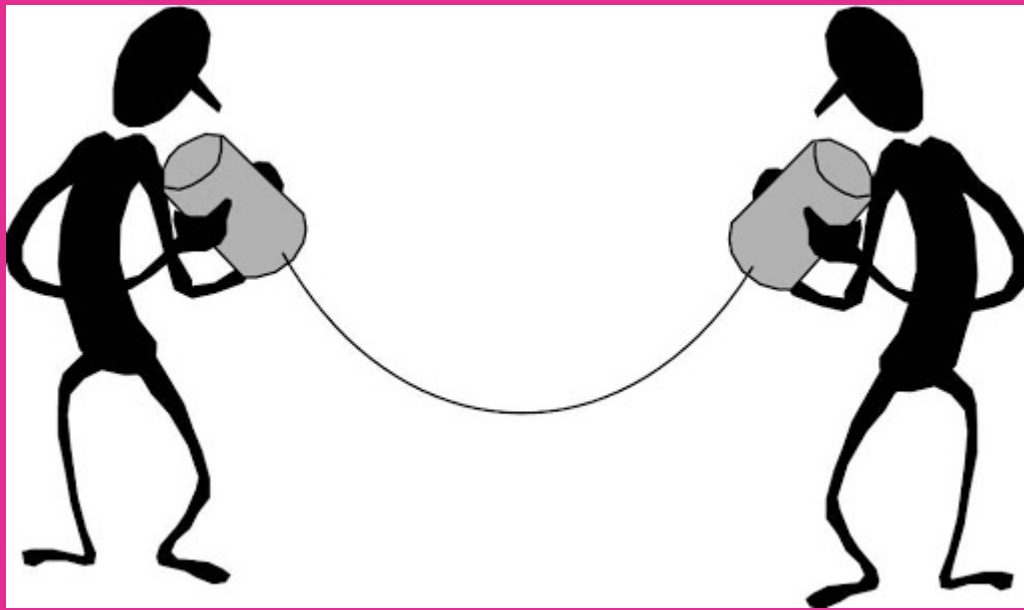
Ideas to promote social health by encouraging the vaccination is to use positive language, such as, “Great News! You can register for the vaccine!” This is more effective than using binary language, such as, “Would you like the Covid-19 Vaccine?” The binary question does not leave a lot of room for further discussion, as it is a “yes” or “no” question. Also, provide information that the Covid-19 vaccine is highly effective and will prevent you from getting very sick.

I hope this provides some education to allow you and those you work with to make an informed decision. It is recommended that you take the time to make a personal decision for your health and question advice from social media, friends, and family.

Information is also available at CDC.gov, and you can register for the vaccine at NJ.gov to await an email/text for the time you are able to schedule an appointment for the vaccine.

We've waited a year for this, and the Covid-19 vaccination is here!

Image Source: https://www.cdc.gov/coronavirus/2019-ncov/images/vaccines/HCW_vaccine_page_transp-300x236-1.png



COMMUNICATION

BARBARA MELE, DIRECTOR OF ADMINISTRATION

Communication...whether verbal or written, it sometimes seems that we also need to communicate telepathically to effectively understand one another. In “normal” times, communication can prove to be a somewhat daunting task to some. With texting, emailing, and all forms of social media being some of the most widely used forms of communication, we can find ourselves speaking to one another in terms that are often misunderstood or misconstrued. One recipient may “hear” the message in an entirely different tone than the next. Or one may even hear the message come through in a particular way, reading it to themselves in a tone that fits their given mood. All of a sudden, you can find yourself thinking, “Did she really just say that?” or “He has some nerve!”

We have certainly been challenged this past year in COVID times. With all of our lives changing so drastically in what seemed like overnight, it’s become even more difficult to stay connected to family, friends, and yes...our co-workers. The people we used to spend the majority of our days with are no longer right down the hall, in the office next door, or in the break room enjoying lunchtime conversation. The smiles we used to see so readily on some are now hidden behind a mask, or not even present underneath anymore. Our stress levels have risen due to losses of loved ones, financial worries, homeschooling children while still working a full schedule from home, on top of feeling trapped by not being able to enjoy so many of the activities on a daily basis that we took for granted. When those stress levels rise, our ability to communicate constructively can sometimes be jeopardized without even realizing it...before we know it, we may be lost in a realm of misinterpretation. Anger, hurt, or confusion may be the result of what might have been a simply posed statement or question.

When we are triggered by a particular comment (verbal or written), in any situation or atmosphere (work, home, the local grocery store), it is important to take a moment before reacting. Sit with it, give it the contemplation it deserves...perhaps picking up the phone and asking for clarification first would help to better comprehend what the other person is trying to say or ask for. It’s OK to speak to one another, in fact it’s what helps us to come together and work through our differences and lead us to what we hope may be common ground. Take the time to understand why you may want to respond negatively or not at all. Listen to understand, and reply with the intention to provide a gateway for effective communication.

Image Source: https://lh3.googleusercontent.com/proxy/NKl2cA6jXcjVoBu_WaaTVI0WmXES3JEi4fBX5wOgCFIGuAgfm-0K7CdS40-WySkLxiVfNTu4XT7zkCmNsk-LnGUFcVIXVO_yOQ

WARM WELCOMES

ANDRES GONZALEZ, ADAMS LIFE COACH



I am Andres and I am a new Life Coach on the Adams team!

I help wonderful people remember how wonderful they are. I have been in the coaching field for 11 years, and if you've ever heard someone ask, "what is my purpose" before, you now know someone who actually answered that question for himself.

Being there for others and believing in them is what I was made to do.

The #1 thing I've learned from coaching men and women from different walks of life, young adults to grandparents, the successful business owners to the person just starting on their dream, is that we all have similar challenges and we're more alike than we are different.

Here are some fun facts about me:

1. When I was 21, I did the SEALFit challenge with a few friends. It is a 12-hour continuous workout run by Navy Seals
2. At 22, I did another 12-hour challenge called GoRuck, which was run by an Army Ranger
3. I have had five [5] personal Life Coaches in my life; the first one being when I was 19.
4. I have three [3] siblings. One is a half-sister, one is a step-sister, and one is a pain in my butt.
5. When I first met my fiancé's mom, she thought I was in high school. I was 28.



Image from:

https://cdn.xl.thumbs.canstockphoto.com/welcome-colorful-buzzword-cubes-series-stock-illustrations_csp5657535.jpg

WORD SEARCH ACTIVITY

JASON PELAEZ, FRANKLIN LIFE COACH

Below, please find a word search Jason submitted. If you are stumped, you can check the answer key on page 9.

Good Manners

S	O	R	K	L	C	G	N	I	R	A	C	LOVING
R	S	E	I	L	P	C	E	N	L	E	H	CARING
H	N	S	N	S	E	O	P	O	O	T	A	SHARING
H	C	P	D	T	L	M	L	I	V	I	R	SMART
A	O	O	T	H	I	P	E	S	I	L	M	EYE CONTACT
P	N	N	C	A	M	L	A	S	N	O	I	SMILE
P	F	S	A	N	S	I	S	I	G	P	N	CONFIDENT
I	I	I	T	K	H	M	E	M	O	F	G	SURE
N	D	B	N	Y	N	E	E	R	U	S	S	HAPPINESS
E	E	I	O	O	I	N	L	E	S	N	M	PLEASE
S	N	L	C	U	R	T	N	P	P	N	A	THANK YOU
S	T	I	E	S	H	A	R	I	N	G	R	RESPONSIBILITY
S	G	T	Y	L	D	N	E	I	R	F	T	EXCUSE ME
I	I	Y	E	E	X	C	U	S	E	M	E	PERMISSION

A.C.C.E.P.T.S. – A GUIDE TO HEALTHY DISTRACTIONS

KELLEN POLITO, ASSISTANT DIRECTOR OF QUALITY ASSURANCE

During this pandemic era where there seems to be more bad news than good news, we can all use a good distraction. One skill that I love teaching can be found within DBT. A.C.C.E.P.T.S. is acronym that identifies ways we can all distract ourselves from unpleasant emotions. By practicing this skill, you are attempting to set aside problems from the past or future so that you can focus on the present. A.C.C.E.P.T.S. stands for:

Activities – Engage in activities that require thought, concentration, and will get your blood pumping. This could be anything from doing a hobby you enjoy to intense exercise.

Contribute – Focus on someone or something other than your current situation. Do a random act of kindness, volunteer, or anything else that might contribute to a good cause.

Compare – Compare your situation to something worse. Remember a time when you were in more distress or compare your situation to someone else going through something more difficult.

Emotions – Do something that will create a competing emotion. Watch a scary movie, have someone tell you a funny story, listen to calming music.

Pushing Away – Do away with the negative thoughts by pushing them out of your mind. Imagine writing your problem on a piece of paper, crumpling it up, and throwing it away.

Thoughts – When your emotions feel overwhelming, change your focus to your logical thoughts. Count to ten, recite a poem in your head, read a book, sing a song.

Sensations – Find physical sensations to distract you from intense negative emotions. Hold an ice cube, eat something sour, rub something soft against your cheek.

Source: Sunrise Treatment Center – St. George, Utah



Image from: https://www.clipartkey.com/mpngs/m/167-1671859_small-coping-mechanisms.png

WORKING FROM HOME WITH KIDS: THE STRUGGLE IS REAL



Image from:
https://st3.depositphotos.com/1001630/35774/v/600/depositphotos_357747414-stock-illustration-busy-father-working-home-kids.jpg

SOPHIA LYNN-MORRIS, SHERMAN TEAM LEADER

Working from home with kids is hard: children, babies, even teens are constant interruption to your work day. Before the pandemic, I didn't really understand how challenging this could be until it happened to me! I was on the outside looking in; my cousin who works from home for an insurance agency would constantly rant and rave, telling me her horror stories and work from home struggles with her, then, 1-year old toddler. Back then, I was naïve; I told her she was lucky she could work from and spend so much "valuable" time with her kid. Of course, spending time with your children is a blessing, but I found out that it could also be a curse when it comes to trying to get your work done. I have a few tips to share for those who, like me, are still struggling; I feel your pain, you are not alone! Working from home is hard, especially with young kids, but it is doable and worth it! Here are few things that help me get through the day:

- ⊗ **Create a designated work space.** Create a place in your home that is relaxing for you and can create a work "feel" for you. Make it your space and don't allow the kiddos to tamper with anything in that space - it helps to have a place to "go to" to work
- ⊗ **Follow a Routine.** This doesn't always work, especially with young children/babies but you must try! You need structure! Make every effort to plan out your day and try to stick to it.
- ⊗ **When the kids are napping, run! Don't walk to your computer.** Take advantage of that time to finish up or start a project.
- ⊗ **Create a Distraction.** For my 6-year old, Fortnite on his Nintendo Switch works great, but for the baby, I have to be a bit more creative. Sometimes I roll a ball far away and it distracts him for a while, running back and forth trying to chase it and bring it back. This is perfect for one hand typing! Also, Cocomelon and the Wiggles have worked well, too.
- ⊗ **Lastly, don't give up!** Despite tired eyes and long nights, you're doing it! You're making it "work"! For that, you should be proud! Has anyone told you how amazing you are yet?!

Hope this helps someone! Happy Working! ☺

ANSWER KEY

FOR THE WORD SEARCH ON PAGE 6:

Good Manners

S O R K L C G N I R A C
R S E I L P C E N L E H
H N S N S E O P O O T A
H C P D T L M L I V I R
A O O T H I P E S I L M
P N N C A M L A S N O I
P F S A N S I S I G P N
I I I T K H M E M O F G
N D B N Y N E E R U S S
E E I O O I N L E S N M
S N L C U R T N P P N A
S T I E S H A R I N G R
S G T Y L D N E I R F T
I I Y E E X C U S E M E

LOVING
CARING
SHARING
SMART
EYE CONTACT
SMILE
CONFIDENT
SURE
HAPPINESS
PLEASE
THANK YOU
RESPONSIBILITY
EXCUSE ME
PERMISSION
COMPLIMENT
FRIENDLY
CHARMING
POLITE
KIND



SPRING FORWARD TO CELEBRATE...

JENNIFER BEATTIE, CSS ADMINISTRATOR

Please join us in celebrating our staff members for their accomplishments, anniversaries, birthdays, and personal updates from Spring 2021!

<u>April 2021</u>	<u>May 2021</u>	<u>June 2021</u>
Birthdays	Birthdays	Birthdays
Wendy – 4/6 Barb – 4/6 Jen M. – 4/12 Mary – 4/20 Martinique – 4/27	Taylor S. – 5/9 Gina – 5/29	None in June ☹️
Work Anniversaries	Work Anniversaries	Work Anniversaries
Wendy – 4/14/08, 13 years	None in May ☹️	Jen M. – 6/15/2015, 5 years
Personal Updates		
Kerri Eger was promoted to our Chief Compliance Officer! Laura Blustein was promoted to our Billing/Leasing Coordinator! The Adams Team welcomed three new Life Coaches: Taylor Strothmann, Andres Gonzalez, and Latoya Locke! The Franklin Team welcomed one new Life Coach: Collin Weinberger! The Jefferson Team welcomed one new Life Coach: Tyra Williams! Mary McBride is celebrating her 50 th birthday on 4/20! Happy Birthday, Mary! Enjoy the day and the milestone 😊		

Image from: <https://www.istockphoto.com/photos/spring>

A LOOK AT OUR WRITERS



Jennifer Beattie
CSS Administrator



Kellen Polito
Assistant Director –
Quality Assurance



Barbara Mele
Director of Administration



Andres Gonzalez
Adams Life Coach



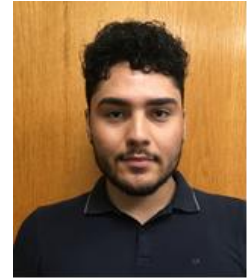
Mary McBride
Adams Nurse



Sophia Lynn-Morris
Sherman Team Leader



Martinique Nicol
Franklin Life Coach



Jason Pelaez
Jefferson Assistant
Team Leader