



Staff Recognition Crossword!

ALEXANDRA GALLARELLO, QA ASSISTANT

PG. 2

[Recognizing Consumer Achievements](#)

[Inspiring Hope](#)

PG. 3

[Meet Jake!](#)

PG. 4

[Meet Jake, cont'd](#)

PG. 5

[Meditation and Breath Work](#)

PG. 6

[A Treat to Beat the Heat!](#)

PG. 7

[Introducing: Shanecqua](#)

PG. 8

[Meet Our Pets!](#)

PG. 9

[Staff Spotlight](#)

PG. 10

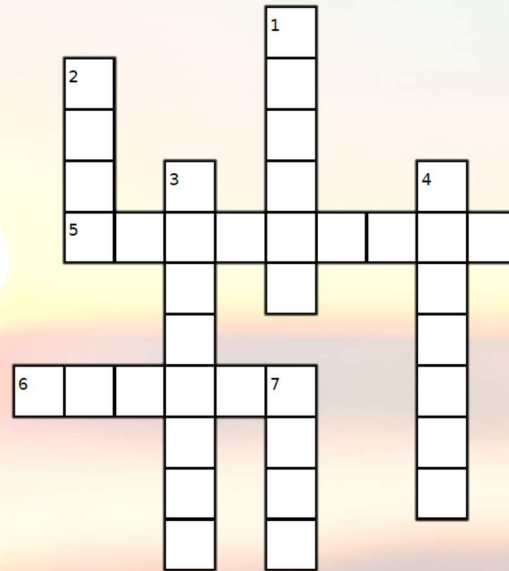
[Answer Key](#)

PG. 11

[Celebrate Summer Joys](#)

PG. 12

[A Look at Our Writers](#)



Down:

1. Staff member promoted to Franklin Team Leader
2. Staff member promoted to Sherman Team Leader
3. Staff member promoted to Assistant Director of Nursing
4. Staff member promoted to Assistant Team Leader
7. Staff member promoted to Director of Nursing

Across:

5. Staff member promoted to QA Assistant
6. The agency is upgrading to a new one this summer

Image Source: <https://www.pexels.com/photo/orange-mason-jar-in-body-of-water-462030/>

Source: https://www.education.com/worksheet-generator/reading/crossword-puzzle/?gclid=Cj0KCQjwio6XBhCMARIsAC0u9aE4WoWxHW4n401orDy1KzH0dw20tcOhhhMgY-Dw1I-85O2LugHVdCEaAstJEALw_wcB

RECOGNIZING CONSUMER ACHIEVEMENTS

NASIIR MACKEY, SHERMAN LIFE COACH

HayLee has taken another stride in gaining independence as she had recently purchased a car which has been one of her goals for a year or so. Congratulations to HayLee on attaining this significant milestone!

Brandon has begun making an EP (Extended Play) where he hopes to expand his music and gain more listeners. We don't have a release date yet but he is motivated to release it as soon as possible, so keep your ears open for his content in the future!

Inspiring Hope

LAURA BLUSTEIN, BILLING COORDINATOR



Image Source: brainsocialworker

Meet Jake!

WENDY MARINKO, VICE PRESIDENT/CHIEF INFORMATION AND OPERATIONS OFFICER

Meet Jake (Jockey Club name “Talent Show”)! Jake is a 10-year-old retired Thoroughbred racehorse who earned just under 100,000 in the five years and 28 starts of his racing career. During that time, Talent Show won a number of his races wire-to-wire. He raced locally at Monmouth and Parx, but also at Santa Anita and Belmont. When his racing connections decided to retire him, he found himself in a retraining/rehoming program designed to pair retired racehorses with eligible adopters for a second career. With a great brain and fancy movement, it was assumed Talent Show would find a new home easily after being allowed time to relax and remember how to just be a horse again. All was not as it seemed; Talent Show was returned by his first, and then his second adopter, who found themselves unsure of how to work with him with any meaningful success. He was sent to well-respected trainers in various disciplines, but to no avail. When he came to New Beginnings Thoroughbreds in Howell, the crew there thought he would make an excellent all-round team entry in that year’s Retired Racehorse Project’s Makeover event, held in Kentucky. Talent Show was a barn favorite and started strong in his training for the Makeover, but at some point that summer a switch flipped in his brain and it all proved to be too stressful. He went lame in all four legs (the vet determined it was psychological and not physical), and that was the end of that. He was adopted out a short time later and renamed “Phoenix”, but, sadly, was returned by his third adopter, who cited nebulous reasons and appeared flummoxed.

Somewhere around the same time Talent Show was stressing out over being trained for Kentucky, I started riding again, after a 30-year hiatus. After two years back in lessons, I decided it was time to adopt and train with a partner of my own. I tried several of the adoptable horses at New Beginnings, but could not get the slightly grumpy, quirky, and extremely opinionated Talent Show out of my mind. Believe me when I say I wish I was drawn to a more agreeable horse, but I wasn’t. My first trial ride included a disclaimer by my trainer that Talent Show (at that time known as “Heimdall”) was “not an *easy* horse to ride”, but I thought he was fun, and he made me laugh when he pretended to have no idea what I was asking him to do (he absolutely knew). My trainer thought it was a good fit, since I was quiet and patient, and was not looking to pressure a horse into a heavy workload or intense show career. I adopted Talent Show, now known as “Jake”, in May of 2020, and we have been slowly teaching him about dressage, jumping, and liberty work as if they are all new concepts. It can be tough, but he is worth it!



Meet Jake!, cont'd



MY EXPERIENCE WITH BASIC MEDITATION AND BREATH WORK

ERIN MULLEN, DIRECTOR OF NURSING

Over the past year, I have started doing more meditation and breath work in an effort to improve my own self care practices. At first, I was skeptical that I could just sit and breathe, however, the more I practiced the easier it got and now I have been successful at incorporating this into my routine.

When I realized the amazing health benefits, I decided that by putting this into practice I could provide my mind and body with those same benefits.

Some of the health benefits include, reduction in anxiety, relief from stress, strengthens intuition and focus, and brings us more present. Plus, has positive impacts on heart and digestive health.

Here is a basic breathing practice that I self-apply:

First find a quiet environment, such as a room you enjoy or a beautiful place outdoors. Get in a comfortable position either sitting up in a chair with your feet planted or you can sit crossed legged on the floor. You can place your hands relaxed on your lap or on your side. Then, relax your face muscles and close your eyes. Focus solely on your breathing and try and take regular breaths. Notice if you have any changes in your breathing. When a thought comes into your head acknowledge the thought but then return your focus on the breathing, try to keep your mind as clear as possible. Be open to any feelings and thoughts that you are experiencing. Do this for 5-10 minutes or longer depending on your schedule. You can also set a timer to ensure that you stay within your time frame.

Once you complete your breathing, think about how it felt. What things did you notice? Was it hard or easy for you to clear your mind? What things came to your mind?

The more you practice, the easier it becomes to have a clearer mind and feelings of relaxation afterward. For those of you who have never tried, this is a great basic way to start. There are also different types of meditation and breathing exercises that you can try once you have mastered the basics.

I have only been doing breathing exercises this past year but already notice improvement in my emotions and ability to handle certain stressors. If you are ever feeling curious, give this a try and see the amazing benefits for yourself.



just
Breathe

Image Source: <https://www.sosoundsolutions.com/breathe-tips-relax-10-minutes-time/>

Summer 2022 – Issue 27

Page 5



A Tasty Treat to Beat that Summer Heat!

ZACHARY MELO, JEFFERSON LIFE COACH

This is a recipe that I make specifically for summer gatherings with friends and family. I have been making it since I was in high school. When I was a senior, I found a passion for baking and cooking, and this was a receipt that I found simple, yet also a crowd pleaser! Who doesn't love a good s'more in the heat of summer? These warm toasted s'mores bars are a hit for all. You most certainly won't have any leftovers. They make an even sweeter treat when warmed up for 10-12 seconds!

Watch the video guide [here!](#)



Information & Image Source: <https://www.bettycrocker.com/recipes/warm-toasted-marshmallow-smores-bars/902bb288-e52b-4aba-a264-925d20f37d98>

WARM TOASTED MARSHMALLOW S'MORES BARS

Ingredients

- 1 pouch (1 lb 1.5 oz) Betty Crocker™ sugar cookie mix
- 1 cup graham cracker crumbs
- 1 cup butter or margarine, melted
- 3 cups milk chocolate chips (18 oz)
- 4 1/2 cups miniature marshmallows

Instructions

- 1) Heat oven to 375°F. In large bowl, stir together cookie mix and crumbs. Stir in melted butter until soft dough forms. Press into ungreased 13x9-inch pan.
- 2) Bake 18 to 20 minutes or until set. Immediately sprinkle chocolate chips over crust. Let stand 3 to 5 minutes or until chocolate begins to melt. Spread chocolate evenly over crust.
- 3) Set oven control to broil. Sprinkle marshmallows over melted chocolate. Broil with top 5 to 6 inches from heat 20 to 30 seconds or until marshmallows are toasted. (Watch closely; marshmallows will brown quickly.) Cool 10 minutes. For bars, cut into 6 rows by 4 rows. Serve warm. Store any remaining bars tightly covered.



INTRODUCING

Shanecqua
Welch



Image Sources: <https://www.callcentrehelper.com/introducing-voxivocx-cloud-contact-centre-142756.htm> & <https://image.shutterstock.com/image-vector/introducing-word-banner-megaphone-260nw-1924839194.jpg>

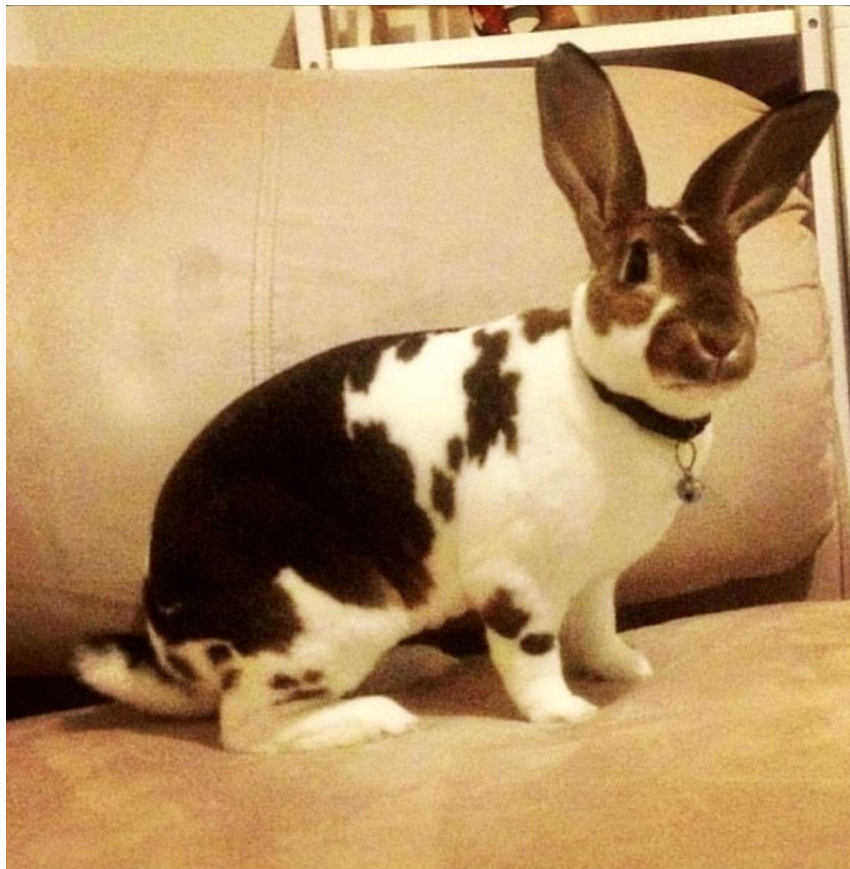
Hi Declarations Family,

My name is Shanecqua Welch and I am the new Life Coach of the Adams team. I have previous work experience as a Direct Support Professional. I am eager to learn as much as possible in this new career path. Working hands on with the consumers and playing a role in their progression is something I am excited to experience. I believe I can bring an open mind and a different perspective to Declarations. I am passionate about providing support to those who struggle with self-advocacy. My self-care tip that I try to live by is to find humor in your day that will make you laugh at least once.

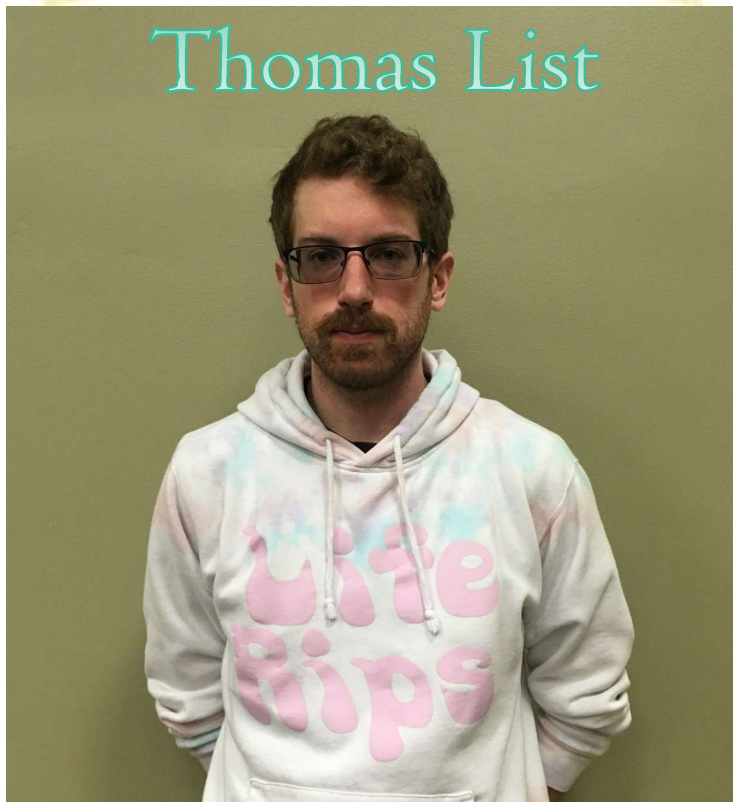
Meet Our Pets!

BRIANNA NELSON, FRANKLIN LIFE COACH

This is Toby! Toby is about 11 years young and is still kicking it in his old senior age! I adopted Toby when he was a full grown adult, but I am unsure of when his actual birthday is so I am unsure of his exact age; he could be older! Tony is a Mini Rex breed and is only about four pounds. He has been a part of my life for a decade now and I wouldn't change a thing. He used to be so outgoing, loved having companions so he was social and enjoyed skipping around my back yard when let outside. His favorite food is kale and strawberries. In his years with me he has out lived three sisters, which is sad, but bittersweet that my sweet Toby is still with me. I started loving rabbits in 2010 when I bought my first rabbit Bailey at the pet store I was working at, and just never looked back. I think I will own a rabbit for years to come now. They are easy animals to take care of, and easy to make happy! They are very fragile and can be scared very easily so using caution when having them around other larger animals like cats (although my cats don't seem to mind him), and loud noises is preferred for these little guys. Toby is also great with my 2-year-old daughter, Avery who always loves to pet him and feed him his favorite foods. I hope to enjoy having Toby be part of the family forever!



Staff Spotlight on...

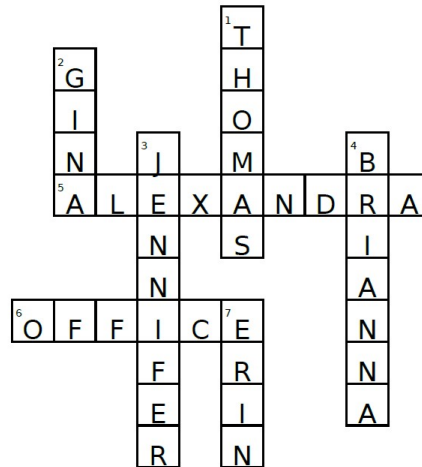


Thomas has been a great help to the Franklin Team! Recently, he has been given the position of Acting Team Leader for Franklin and I am excited to see his growth during this time of taking the position! Thomas is always easy to get in contact with when it comes to asking for help or to ask a question about anything consumer/team related. He is also always willing to go see a consumer, take them to a doctor's appointment, and always knows about a certain update with our consumers. He has also branched out to other teams occasionally to help them when in need! Thank you, Thomas, for all your hard work and keep it up!

Nominated by: Brianna Nelson, Franklin Life Coach

ANSWER KEY

FOR THE CROSSWORD ON PAGE 1:



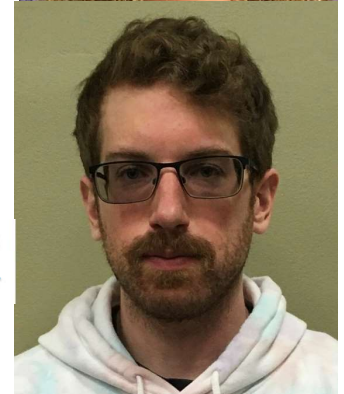
Jennifer M., promoted to Assistant Director of Nursing



Erin M., promoted to Director of Nursing



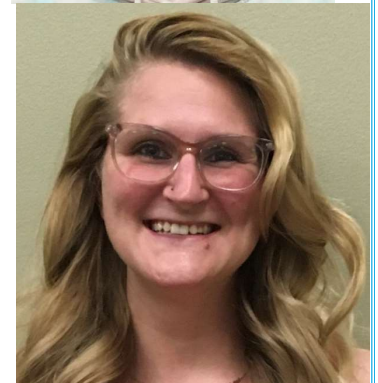
Alexandra G., promoted to QA Assistant



Thomas L., promoted to Franklin Team Leader



Gina P., promoted to Sherman Team Leader



Brianna N., promoted to Assistant Team Leader

CELEBRATE SUMMER JOYS!

ALEXANDRA GALLARELLO, QA ASSISTANT

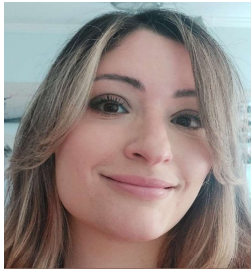
Please join us in celebrating our staff members for their accomplishments, anniversaries, birthdays, and personal updates!



<u>Jul-22</u>	<u>Aug-22</u>	<u>Sep-22</u>
Birthdays	Birthdays	Birthdays
Jim Marhold	Erin Mullen Jennifer Beattie Sharon Gunther	Mike McEniry Brianna Nelson
Work Anniversaries	Work Anniversaries	Work Anniversaries
Alexandra Gallarello - 10 years Gina Pepi - 8 years Thomas List - 1 year Brianna Nelson - 1 year	Kellen Polito - 12 years Mike McEniry - 11 years Barbara Mele - 9 years Courtney Jones - 1 year	None
Personal Updates		
Congratulations to Alex Gallarello and her fiance, who got engaged in April 2022! Congratulations to Jennifer Beattie and her husband, who welcomed a baby boy into their family in May 2022! The agency welcomed the following staff to the agency: Shanecqua Welch (May 2022), Meghan Easton (June 2022), & Jessica Bilotti (July 2022)		

Image Source: <https://www.telc.net/en/about-telc/news/detail/unique-summer-festivals-from-around-the-world.html>

A LOOK AT OUR WRITERS



Alexandra Gallarello
QA Assistant



Nasiir Mackey
Sherman Life Coach



Laura Blustein
Billing Coordinator



Wendy Marinko
Vice President/Chief
Information & Operations
Office



Erin Miullen
Director of Nursing



Zachary Melo
Jefferson Life Coach



Shanecqua Welch
Adams Life Coach



Brianna Nelson
Assistant Team Leader
