

# CONCERN CONNECTIONS

A Weekly Publication

Week of July 18, 2022

*Together, we connect!*

## Staff Inspirations - Your Forum to Inspire

*"It's hard to beat a person who never gives up."* — Babe Ruth

## Congratulations!

- Congratulations to **Jalina Reinmann**, Mansfield Behavioral Health Services Clinical Therapist, who will celebrate five years with CONCERN tomorrow, July 19, 2022.

## Welcome Aboard

- We welcome back **Kathleen Stoica**, as an IT Administrative Support, in the Corporate Office, based out of the Fleetwood location.
- We welcome **Casandra Massaro**, as a Crisis Intervention Specialist, based out of the Mansfield CBHS location.
- We welcome **Jeremy Walrath**, as a Behavior Consultant in CONCERN' IBHS Program, based out of the Wellsboro CBHS location.

## July PTOs

STAFF PTO	DATE(S)	SUPERVISOR
Carri Prior	7/25	Gordon May
Tracy Cote	7/25 – 7/29	Melanie Fritch
Mary Szychowski	7/18, 7/22, 7/25, 7/29	Scott Lubsinki
Veronica Cook	7/25	Shannon Coscia
Shannon Coscia	7/27 – 7/29	Glenn Miller
Sue Fritch	7/18 – 7/22	Melania Fritch
Jeff Fritch	7/18 – 7/22	Scott Lubinski
Tyeshia Clark	7/25, 7/28, 7/29	Kassie Irwin

## Agency-Wide Meetings

SLT Wednesday, 7/20/22 9:00 – 11:30

## Administration News & Updates

### Human Resources Happenings

CONCERN Positions Available in SharePoint [\[HERE\]](#)

### Development & Marketing - Raising Dollars & Awareness

It's time to begin planning for the Fall 2022 Bingo. The first committee meeting will be held on July 28<sup>th</sup> at 2:00 PM via Teams. Please contact either Jane Zettlemoyer or Tricia Reedy Jones if you wish to help plan this upcoming event. Bingo is scheduled for Thursday, October 6, 2022.

### Compliance & Quality - News You Can Use

#### From the Director of Quality Assurance:

DEFICIT REDUCTION ACT (2005) is designed to restrain Federal spending while maintaining the commitment to the federal program beneficiaries. The Act requires compliance for continued participation in the programs. The development of policies and education relating to false claims, whistleblower protections and procedures for detecting and preventing fraud and abuse must be implemented.

#### POI stands for Performance and Quality Improvement:

*"We are too busy mopping the floor to turn off the faucet."*

– Author Unknown

Have a good day!

Cheryl Reeling

Hotline 855-234-3168

### Weekly Wellness Tips

Do you drink enough water?

Stay Hydrated with Water: No matter where you are in America, July is hot! Be sure to drink plenty of water and keep your body from overheating, and stay away from caffeinated and sugary drinks that dehydrate you. Keep plenty of fresh fruit on hand too, as fruits are packed with vitamins, fiber, and water.

Benefits of drinking water

- carrying nutrients and oxygen to your cells.
- flushing bacteria from your bladder.
- aiding digestion.
- preventing constipation.
- normalizing blood pressure.
- cushioning joints.
- protecting organs and tissues.
- regulating body temperature.

#### Wellness Wednesday

#### Its Wellness Wednesday

#### Take care of yourself, refresh, and stress less!

Wellness Wednesday will be virtual this month! On *Wednesday, July 20, 2022*, please take time to enjoy being outside, doing what you love to do outside! We would love to see your pictures and comments telling us what "wellness outside" means to you.

Please send to the wellness committee – [wellnesscommittee@concern4kids.org](mailto:wellnesscommittee@concern4kids.org)

### From the Safety Committee

**Workplace Safety Works!**  
Sprain & Strain injuries are the leading type of workplace injury among CBHA member employees. They can be prevented!

**Symptoms of Sprains**  
Sprains tend to have symptoms more localized to the injured joint. You may feel a tear or pop in the joint, then it usually swells, and depending on the severity of the injury, it may not be possible to use the joint. Signs and symptoms of sprains include:  
• pain,  
• swelling,  
• bruising,  
• instability of the joint, and  
• reduced range of motion.

**Symptoms of Strains**  
Strains, whether acute or chronic, have symptoms localized to the injured muscle or tendon. Pain can be felt over a small or large area. Pain can be immediate in an acute strain, or it may be delayed in the case of an repetitive motion injury. Signs and symptoms of strains include:  
• pain,  
• inflammation,  
• muscle spasms or cramping,  
• muscle weakness, and  
• bruising.

**Prevention**  
Use good work practices. Avoid awkward, static positions or working outside of optimal or neutral positions. Proper lifting practices and good posture significantly reduce the stresses placed on muscles and joints.  
Stay in good physical condition. Obesity, poor physical fitness, poor eating habits, and low agility increase the risk of sprain and strain injuries.  
Rest when necessary. Sprains and strains develop when fatigue overtaxes the body's recovery system.  
Recognize signs and symptoms of injury. Avoid making an injury worse: seek medical care when you experience pain or other signs and symptoms of a sprain or strain injury.

**CBHA**  
"Helping members build better communities to live, learn, and work in."

## Around Regions

Northeast Office –It's your last chance to purchase your Christmas in July 50/50 Raffle! Contact Sharon Symuleski at [ssymuleski@concern4kids.org](mailto:ssymuleski@concern4kids.org) to get your tickets today!

Christmas in July 50/50 Raffle  
Proceeds benefit children in care through CONCERN's Northeast Office.  
Drawing on 7/25/2022  
Ticket Price - \$1  
CONCERN  
www.concern4kids.org  
www.westchichesternh.com