

BRIDGEWAY WEEKLY MONITOR

News Briefs from Human Resources

April 16, 2010

BRIDGEWAY ALERT

Dear Staff,

We need your help. Monday morning you will receive an e-mail memo from the senior management staff requesting your assistance to inform Governor Quinn, your elected representatives and key state officials of the devastation to our services supporting our consumers and the devastation to Bridgeway if the current proposed budget becomes law. It is critical that our voices be heard! The FY 2011 Illinois budget crisis is as critical as it was last year in FY 2010 and with your advocacy and assistance we will be able to overcome these obstacles. It was only through the efforts of all our voices that the funds were restored last year and we must be heard again. We will succeed with your help.

Thank you for your hard work and dedication to those we serve,
Jim Starnes

CONGRATULATIONS!

Congratulation to Galesburg Community support Specialist Paul Borgione and his fiancée Robin Schmidt on the birth of their daughter Olivia Rose Borgione! Olivia was born on April 12. She was 19 inches long and weighs 7 pounds and three ounces. Best wishes to them all.

OPEN HOUSE

As many of you know Bob Fuhr (Operations Supv. Macomb) will be deploying with the National Guard at the end of May. We are inviting everyone to an open house to wish him farewell. The open house will be on Saturday May 8th from 1-3 pm at 402 E. Franklin St. in Macomb. If you have any questions please let me know.

Thank you for your support
Suzanne Fuhr
ext. 122

BTS ACTIVITIES

From: Tom Colclasure

- Our Ursa Major Superior Court stencil is now advertised on the Dakota Fence website www.dakotafence.com
- The number of IL-1040 mailings being received for processing has dramatically increased to about 80,000 per day. We anticipate the number will increase to around 120,000 per day and continue at the highest level for the next few days. The 2nd shift was implemented this week to help process the quantity of documents being received.
- The Pella Corporation donated 2 pallets of high quality powder coat paint to the metal working shop. We at BTS are very appreciative of the generosity our friends at the Pella Corporation have demonstrated throughout the time they have been in the Macomb area.
- The data entry departments in Galesburg and Macomb have been working diligently to try to keep up with the huge quantities of documents being received at this time. We anticipate the increased demand for work to continue thru the rest of this fiscal year.

JOB OPENINGS

Maintenance Supervisor - Galesburg

Community Support Specialist - Burlington

Maintenance Worker/Driver - Macomb

Director of Community Employment Services – Galesburg/Macomb/Kewanee

Employment Specialist - Kewanee

Job Coach – Part-Time Macomb

Janitorial Associate – BTS Bloomington Rest Areas

Driver – Hancock County

Substance Abuse Counselor – Macomb/Monmouth/Galesburg

Accountant - Macomb

Residential Nurse/Community Support Specialist - Galesburg

HCBS Outreach Worker-Keokuk/Burlington

Residential Assistants/MI – Kewanee & Galesburg (Pooled Position)

Residential Assistant/DD – Macomb & Pekin (Pooled Position)



Stress

Awareness Month

Americans are known for placing great emphasis on work and career. Working hard, however, should not be confused with overworking at the expense of relationships and physical health. According to a 2007 nationwide poll by the American Psychological Association, three-quarters of Americans list work as a significant source of stress, with over half of those surveyed indicating that their work productivity suffered due to stress. Furthermore, almost half stated that they did not use their allotted vacation time and even considered looking for a new job because of stress. Job stress is also a concern for employers, costing U.S. businesses an estimated \$300 billion per year through absenteeism, diminished productivity, employee turnover and direct medical, legal and insurance fees.

Stress can significantly affect physical health. The APA survey found three quarters of people have experienced physical symptoms as a result of stress, such as headache, fatigue, and an upset stomach in combination with feelings of irritability, anger, nervousness, and lack of motivation.

The stress people are experiencing comes, in part from the pressures of today's connected world. Because of e-mail, cell phones and the Internet, Americans are finding it increasingly difficult to switch off from the stresses of the workplace and concentrate on their personal priorities –over half of respondents said that job demands interfered with family or home responsibilities.

Increased stress can lead to using unhealthy behaviors such as smoking, comfort eating, poor diet choices, inactivity and drinking alcohol to manage their stress. APA warns that reliance on such behavior can lead to long-term, serious health problems and offers these strategies for managing your work-related stress:

- Know yourself. Be aware of your stress level and know what stresses you out. People experience stress in different ways. You may have a hard time concentrating or making decisions, feel angry, irritable or out of control, or experience headaches, muscle tension or a lack of energy.
- Recognize how you deal with stress. Do you engage in unhealthy behaviors such as smoking, drinking or eating poorly to cope with your stress? Do you lose patience with your children or spouse or coworkers when you feel overwhelmed by work pressures?
- Turn off and tune in. Communication technology can take you to productivity heights never imagined, but it can also allow work to creep into family time, dinner and vacations. Let technology be a tool that works for you, rather than the other way around.
- Keep a "To-Do" list. Worried that you'll forget something important? Constantly thinking through all the things you need to get done? Clear your head and put those thoughts on paper (or in an electronic task list) by creating a list of work and personal tasks and marking those with the highest priority.
- Take short breaks. Stay energized and productive by taking a minute or two periodically throughout the day to stand up, stretch, breathe deeply and shake off the accumulating tensions. Take a 10-15 minute break every few hours to recharge and avoid the temptation to work through lunch. The productivity you gain will more than make up for the time you spend on break.

- Find healthy ways to manage stress. Work to replace unhealthy coping strategies, such as eating junk food, smoking or drinking alcohol with healthy behaviors, like exercise, meditation or taking with friends and family. Some behaviors are very difficult to change and may require the help of a licensed professional such as a psychologist.
- Take care of yourself. Eat right, get enough sleep, drink plenty of water and engage in regular physical activity. Take regular vacations. No matter how hectic life gets, make time for yourself—even if it’s just simple things like reading a good book, listening to your favorite album or enjoying a leisurely Sunday brunch at your favorite café.
- Ask for professional support. Accepting help from supportive friends and family can improve your ability to manage stress. Your employer may also have stress management resource available through an Employee Assistance Program (EAP), including online information, available counseling and referral to mental health professionals, if needed. If you continue to feel overwhelmed by work stress, you may want to talk to a psychologist, who can help you better manage stress and change unhealthy behavior.

SOURCE: www.APA.org

Courtesy of Wellness Proposal