

BRIDGEWAY WEEKLY MONITOR

News Briefs from Human Resources – April 18, 2008

QUOTE OF THE DAY - from State Journal Register article referring to Governor's plan of reorganization.

“The instrument has yet to be invented that can measure how little faith there is in the management ability of this administration,” said Sen. Dale Righter, R-Mattoon.



Pictured from left front row: Brenda Palmieri, Jennifer Ferguson
Middle row: Melissa McClain, Vicki Lybarger, Tiffany Babcock, Pat Schaefer.
Back Row: Joe Campbell, Elaine Humphrey

RETIREMENT PARTY

Fellow employees enjoyed a potluck lunch and cake in honor of Pat Schaefer on Friday, April 11th. Pictured at left is just a few of Pat's fellow co-workers who attended her luncheon. Pat, Substance Abuse Counselor Galesburg retired today, Friday April 18th. Pat will be missed by all. Best luck Pat on your retirement!

ONE YEAR SERVICE AWARDS

The following Bridgeway employees have reached a one-year milestone in March 2008. Each employee received a one-year service award pin and certificate. Congratulations to all employees.

Lois Pratt, Residential Assistant Ave. B Canton – March 15, 2008

Alan Nelson, Residential Assistant Michigan Manor Galesburg – March 20, 2008

CONGRATULATIONS!

Congratulations to Cheryl Majeske, Residential Coordinator Kewanee on the birth of her new granddaughter.

Jeremy Rambo, Residential Assistant at Madelyn in Macomb, has completed DSP training!

KUDOS!

Kudos to Cathy Connell, Pam Smith, Jennifer Hornbeck, Julie Butler, Kathy Bell, Suzie Bresnahan, and Vergene Cree

The Family Support Program recently had a desk audit file review of the Transitional Services DCFS Contract. The DCFS auditor, Johnny Williams, was very pleased with our files-- there were no deficiencies. Mr. Williams also thanked us for our years of services with this contract. Mr. Williams wanted to hear our suggestions on how this contract could be implemented more efficiently as well as any stories we wanted to share regarding youth that were served in this contract. DCFS will not be renewing our contract in fiscal year 2009 as they are revamping the contract. Mr. Williams believes that the contract will be put up for bid for FY 2010.

*From: Ronadene Bogener
Family Support Program Director*

COMING

Dawn Tate, Day Program Assistant Trainer, Pekin
Stacy Voight, Residential Assistant/DD Washington Residence Macomb
Diana Nance, Nurse Clinician Kewanee
Estella Campbell, Residential Assistant Bridgeway Apts. Galesburg

GOING

Adam Killey, Residential Manager Madelyn Macomb
Jacob Pender, Information Systems Manager Macomb
Cheryl Peterson, Director Residential Services Galesburg
Pat Schaefer, Substance Abuse Counselor
Jennifer Piester, Therapist Kewanee

Best of luck to you in your future endeavors!

Compliance Corner

by Mary Fran Freeman

Consumer Satisfaction Results! First Quarter 2008

418 Bridgeway consumers participated in the first consumer satisfaction survey of the year, held March 20th through March 27th. Here are the 1st Quarter satisfaction results plus the number of surveys received by each program.

Bridgeway Services	First Quarter Scores	# of Surveys Received
Mental Health	88.31%	62
Substance Abuse	85.22%	31
Creative Childhood	0%	0
Family Services	99.95%	176
Prevention	100.00%	10
Community Employment	95.38%	13
Employment Training	96.37%	11
Psychosocial Rehab	90.71%	54
Day Programs	99.52%	21
Community Living	92.59%	11
Residential (MH)	88.58%	29
ORGANIZATIONAL AVERAGES	94.76%	418

The survey results continue to show that our consumers as a whole have a very positive level of satisfaction with Bridgeway. Complete 1st Quarter statistical reports will be distributed to program directors so they can thoroughly analyze the survey results with their staff and determine how to maintain and/or improve the satisfaction of our consumers.

BTS ACTIVITES

From Tom Colclasure

- The number of IL-1040 documents received for processing has been approximately 110,000 for each of the last few days. Illinois Department of Revenue staff members tell us to expect this high volume at least through the next 2 to 3 weeks.
- There will be a meeting with the Griffin Wheel Company next week to discuss a possible new contract in addition to packaging rice hulls.
- Thanks to the Pekin, Kewanee, Galesburg & Macomb workshops increasing production amounts and/or resuming rice hull packaging, combined with the extreme efforts put forth by the Keokuk workshop and it's manager, Darlene Morrison, and with the extra support of the Keokuk program staff, and the Galesburg program staff, and the Kewanee program staff, we are meeting the increased rice hull production demands of the Griffin Wheel Company. That company's need for packaged rice hulls has increased from 15 pallets of packaged rice hulls per week to needing 30 pallets for many of the next few weeks thru June.
- The janitorial crew is preparing for the spring grounds maintenance at the rest area.
- Negotiations have been completed for renewing many of our existing contracts with a variety of state departments and others. Negotiations are still in progress on about 15 state contracts and several other contracts with local companies.

JOB OPENINGS

Mental Health Case Manager - Macomb

Family Resource Developer - Galesburg

Information Systems Manager - Macomb

Therapist – Galesburg

Director of Mental Health Residential - Galesburg

Nurse Clinician - Monmouth

Rehabilitation Trainer – Keokuk, Iowa

Residential Coordinator - Galesburg

Employment Specialist – Kewanee

HCBS Team Leader - Keokuk

HCBS Outreach Worker-Keokuk

Family Support Worker (Pooled Position) – Various Work Locations

Residential Assistants – Kewanee (Pooled Position)

Residential Assistant/DD - Macomb and Pekin

Residential Assistants, (Pooled Positions) – Bridgeway Residential Facilities

THE WAY TO WELLNESS

Health and Wellness Information from Mercer Health & Benefits

Good Diet and Gardening Linked to Lower Lung Cancer Risk

By simply eating four or more servings of green salad a week and working in the garden once or twice a week, smokers and nonsmokers alike may be able to substantially reduce the risk of developing lung cancer, say researchers at The University of Texas M. D. Anderson Cancer Center. “This is the first risk prediction model to examine the effects of diet and physical activity on the possibility of developing lung cancer,” says Michele R. Forman, Ph.D., lead author of the study and a professor in M. D. Anderson’s Department of Epidemiology. Forman’s study of more than 3,800 participants looked at salad consumption and gardening because, “salad is a marker for the consumption of many vegetables and gardening is an activity in which smokers and nonsmokers can participate.” “This finding is exciting because not only is it applicable to everyone, but it also may have a positive impact on the 15 percent of non-smokers who develop lung cancer,” says Forman. The other risk factors include exposure to secondhand smoke and dust, family history of cancer and the patient’s history of respiratory disease and smoking. Lung cancer is the leading cause of cancer death for men and women, with more than 213,000 estimated new cases diagnosed each year according to the American Cancer Society. Smoking tobacco accounts for more than eight of 10 lung cancer cases.

Source: <http://www.sciencedaily.com/>

A New Way to Control Weight?

Studies show standing up may be as important as exercise.

Researchers have found intriguing evidence that one major reason people are overweight is because most of us simply sit too much. In most cases, exercise alone isn’t enough, according to a team of scientists at the University of Missouri. Sitting for hours at a time attacks the body in ways that have not been well understood, but research is showing that the enzyme responsible for burning fat just shuts down with long periods of inactivity. No one is suggesting that anyone quit exercising, but Marc Hamilton, associate professor of biomedical sciences at the University of Missouri-Columbia and leader of the research team says that exercise alone won’t get the job done. Take the time to get up and “putter” for a while, moving the big muscles in the legs and back, which are critical to burning fat.

Source: <http://www.abcnews.go.com/technology/>

More young people lose hearing

Hearing loss is fairly common among senior citizens, with one in four adults over 60, and one of three over 70, experiencing it, reports Helen Morrison, Texas Christian University associate professor of communication sciences and disorders. But now hearing loss is occurring at younger ages, largely because of noise exposure.

Millions with hearing loss

“We’re not talking about a hearing loss that people are born with, but a loss because of noise,” Morrison says. According to the American Speech-Language-Hearing Association, nearly 10 million Americans experience hearing loss as a result of noise exposure. An estimated 30 of 1,000 children have some type of hearing impairment. Teenagers make up the fastest-growing group suffering hearing loss. More than half of high school students report having at least one symptom of hearing loss, according to a survey released by the association.

Turn it down!

To avoid hearing problems later in life, children, teens and young adults are advised to listen to loud music less often and at a lower volume. “Find a comfortable level and turn it down just a notch,” Morrison says. “If your ears are ringing after listening to music, then you’re wearing the device too long.” Something else to know—the intensity level of loud music is much greater in a car than in a big room.”

Source: <http://www.asha.com>

Hearing Self-Test

You should have your hearing tested if you answer “yes” to more than two questions:

Do you have trouble hearing over the phone?

Do people complain that you turn the TV volume too high?

Do you strain to understand conversations?

Do you have problems hearing with a noisy background, such as in a restaurant?

Do you experience dizziness, pain or ringing in the ear?

Do family members say that you are missing what’s been said?

Do many people seem to mumble?
Do you frequently ask people to repeat themselves?
American Speech-Language-Hearing Association

Short takes

Bottoms up! Beware of the shape of the glass you use. You could drink much more than you think. Studies at weight-loss camps show that visual illusions unknowingly cause us to pour an average of 34% more into short, wide glasses than tall, narrow ones.

Bread + olive oil = more fat and calories. Hidden cameras at Italian restaurants show that people who put olive oil on their bread will eat more fat and calories than if they used butter instead. The good news—they eat fewer pieces of bread.

Keep the kisses away. The farther you have to walk, the less you eat. A recent study showed that college secretaries ate twice as many chocolate kisses (9 versus 4) when the kisses were placed on their desks than when they were placed six feet away. They were also more likely to lose track of how many candies they had eaten.

Big packages, big portions. Five studies with 691 adults across 48 product categories show that people pour more out of larger packages. Large package sizes increase consumption an average of 22%. And Chicago moviegoers, who were given large-size popcorn containers ate 45% more than those given medium-sized containers. This happened even when people were given stale, 10-day-old popcorn.

Labels may affect how much you eat. When presented with two large bowls of M&Ms—one labeled “low fat M&Ms” and the other labeled “regular M&Ms”—participants in one research study ate 28.4% more of the “low fat” candies than the “regular” ones. In addition, overweight participants ate 16.7% more M&Ms than normal weight participants. Serving sizes also increased with the “low-fat” label.

Source: <http://foodpsychology.cornell.edu/>

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