

BRIDGEWAY WEEKLY MONITOR

News Briefs from Human Resources

February 5, 2010

ONE YEAR SERVICE AWARDS

The following Bridgeway Inc. employees have reached a one-year milestone in January 2010. Each employee received a one-year service award pin and certificate. Congratulations to all employees on their accomplishment.

Erica Hayes, Residential Assistant/DD Pekin – January 5, 2010

Kristin Wong, Residential Assistant Galesburg – January 15, 2010

DEEPEST SYMPATHY

Deepest sympathy to Connie Jacobs and her family on the loss of her mother Shirley Williams. Connie is a Residential Assistant in Galesburg.

NEW EMPLOYEES

Bridgeway Inc.

Matthew Ritter, HCBS Outreach Worker Keokuk

Kara Brown, Residential Assistant/DD Pekin

Michelle Thomas, Program Support Specialist I Monmouth

BTS

Linley Hedbloom, Data Entry Macomb

THANK YOU!

A BIG Thank You to Tom Colclasure Jr. Cheryl Majeske and Krista Lofing who have put in many extra efforts and extra hours to fully cover the representative payee services in Galesburg and Kewanee while the Representative Payee, Beth Harmon, has been gone on a three week vacation in Hawaii. These three staff have written thousands of checks to pay hundreds of bills and provide more than one hundred Bridgeway consumers with quality financial services during this time. Thanks so much to Tom, Cheryl and Krista!

Bill Nelson

JUST A REMINDER

Monday, Feb. 8th is the last day to place an order for a 6" decorated valentine cake. Cakes are \$7 and will be ready for pick up Friday, Feb. 12th. Call Tammy Froelich (309-344-4297) or Teresa Schisler (309-299-7023 to place an order.

BTS ACTIVITIES

From: Tom Colclasure

- BTS is discussing a possible partnership with a Kentucky based electronics company. Should a partnership be developed, BTS will provide skilled staff to work in Springfield to operate a scanning machine purchased by the State of Illinois.
- BTS staff are working on a proposal to assist the Dixline Corporation in meeting production needs. The Dixline Corporation manufactures hardware for caskets.
- A conference call is scheduled next week with NISH representatives to discuss BTS's ability to provide confidential document destruction for Social Security offices throughout and around our current geographical areas of operation.
- A tremendous effort conducted by Rebecca Scheelk and Jim Starnes has gone into formulating a response for NISH request for information. BTS's in depth response to this very extensive request will place our company in the radar for consideration to manage large facility maintenance contracts for federal governmental agencies.
- We have provided the Illinois Department of Public Aide with proposed contracted rates for dates and service for FY 2011.
- The process of negotiating FY 2011 rates with the Illinois Department of Transportation will begin next week.

JOB OPENINGS

Residential Nurse/Community Support Specialist
Community Support Specialist – Galesburg
Community Support Specialist – Keokuk
Community Support Specialist - Kewanee
Nursing Specialist – Keokuk/Burlington
SASS Recovery Specialist - Galesburg
Employment Specialist - Kewanee
Employment Specialist - Macomb
Residential Community Support Specialist - Galesburg
Administrative Coordinator Iowa - Keokuk
Manager Bridgeway Janitorial Services - Galesburg
Female Janitorial Associate - Bloomington
Day Program Assistant Trainer - Pekin
Job Coach – Galesburg
Driver - Macomb

HCBS Outreach Worker-Keokuk/Burlington
Residential Assistants/MI – Kewanee & Galesburg (Pooled Position)
Residential Assistant/DD – Macomb & Pekin (Pooled Position)

Heart

Health



Heart Health at All Ages

20s and 30s

Know your family history. Know who in your family has experienced heart disease



and talk to your doctor about how your family history may affect your own risk profile.

Take stock of your health habits. The eating and exercise habits you learned



growing up can be either a boon or a burden to you.

Don't smoke. If you don't smoke, congratulations! If you do smoke, stop now. Of



all the things you can do to protect your heart, smoking cessation is perhaps the most beneficial.

Develop healthy eating and exercise habits. Learn how to eat and exercise in a



way that supports your heart health now and in the future.

30s and 40s

Pay attention to your numbers. This is a good time to know your cholesterol,



blood pressure, and ideal weight. If your numbers are within normal limits, you have a good baseline for comparison as you get older. If your numbers put you at elevated risk for future heart disease, now is the time to work with your health care provider to manage your numbers and lower your risk.

Set a good example for your children. Children are influenced much more by



what you do than what you say. Model good eating, exercise, and stress reduction strategies for them, and start them off on a lifetime of heart-healthy habits.

Take care of yourself. The demands of managing a family and sometimes a career



as well can seem like an excuse to put ourselves last and to abandon our good health habits.

40s and 50s

Continue to monitor your numbers. It is wise to check your cholesterol at least



every five years, annually if you are being treated for high cholesterol. Also continue to monitor your weight and blood pressure and follow your doctor's recommendations for optimum management.

Continue to model heart healthy behavior



for your children. Bring good food choices into the house, limit TV and computer time, and get plenty of exercise. If you haven't yet adopted a heart-healthy lifestyle yourself, it is not too late to do so. However you should check with your doctor before embarking on a new exercise program.



50s, 60s and Beyond

A renewed focus on your heart-healthy



lifestyle is critical to help you protect your heart and it's never too late to make changes.

Maintain good sleep habits. Uninterrupted sleep becomes more difficult with



menopause, but it is important to your general and cardiac health to aim for 6 to 8 hours of good quality sleep every night.

Be aggressive about investigating cardiac concern. Even if they are not



“typical”, new or unusual symptoms could herald trouble and need to be discussed with your physician. Symptoms, evaluation, and treatment of heart disease are different in women and men.

Source: www.MassGeneral.org

Courtesy of Wellness Proposals