

BRIDGEWAY WEEKLY MONITOR

News Briefs from Human Resources

March 5, 2010



110% AWARD

Melissa McClain, Substance Abuse Counselor Galesburg was honored with a Bridgeway 100% Award on Monday, March 1st. Melissa was honored for her “Outstanding Leadership Skills”. Melissa is willing to “step up” and do what is needed to meet the needs of the consumers. She provided day to day

management of the substance abuse program while the director was on maternity leave. Melissa is someone who is dependable and trusted to ensure the clinical issues are being addressed appropriately in the substance abuse program.

Melissa demonstrates the Bridgeway Mission each and every day and is a true asset to our organization. Melissa was honored with the Bridgeway 110% Award, which includes a certificate of recognition, a 110% pin, and a \$25 Gift Check. Congratulations Melissa!

NEW EMPLOYEES



Paul Borgione
Community Support Specialist
Galesburg



Heather Kanakares
Community Support Specialist
Galesburg



Julia Wilson
Employment Specialist
Kewanee

BTS ACTIVITIES

From: Tom Colclasure & Rebecca Scheelk

- Bridgeway Training Services held an open house and ribbon cutting ceremony on Tuesday, March 2nd in celebration of the opening of its newest vocational service center in Bloomington – Normal. We had a great turnout and received a wonderful welcome from the community!



- Among the guests were representatives from Senator Bill Brady's office, Representative Dan Brady's office, Steve Stockton, the Mayor of Bloomington, Corey Smith from Il State Use, and others that we are contracting services with. BTS currently employs over 30 individuals in McLean County with plans for expansion of employment opportunities in a variety of occupations. The new BTS office is located at 310 Wylie Drive, Suite 464, Normal, at the former Crossroads Outlet Mall. Bridgeway Training Services operates work programs in Galesburg, Macomb, Kewanee, Pekin-Peoria, the Illinois Quad Cities and Keokuk, Iowa. Please refer BTS to anybody you come in contact with so that we can continue to grow!
- The quantity of data entry work has significantly increased in both Macomb and in Galesburg this last week since we began data entering Small Business Corporate Replacement Tax Returns and Partnership Replacement Tax Returns for the Illinois Department of Revenue (IDR). We are in the process of negotiating a contract rate for another new data entry contract with the IDR that will begin in July. Negotiations are underway this week with the Illinois Department of Public Aid in the development of a 3 year contract.
 - Compliments are being received from the Illinois Department of Transportation about the shine on the bathroom floors and other results of the other deep cleaning projects that we performed at the Spoon River Rest Area over the last few weeks. Final preparations are being made for the rest area to reopen on March 8, 2010. Since January, while it has been closed for repairs and renovation, we have been performing deep cleaning projects.
 - The old Galesburg workshop is being prepared as a working space for a large electrical parts assembly job that will begin next week.
 - The number of IL-1040 mailings being processed is averaging from 25,000 to 40,000 each day and will continue to increase. ***Additional workers are still needed for the contract with the Illinois Department of Revenue to sort IL-1040 forms. Especially needed are workers for the 2nd shift. Please share with your family members and friends that we are taking applications at this time to recruit workers for the IL-1040 form mail sorting contract.***

CONGRATULATIONS!

Congratulations to the following employees for completing DSP training!

Shawna Betz, Day Program Assistant Trainer in Macomb

Katie Newenham, Residential Assistant in Macomb



GALESBURG CHILI COOK OFF

Winner of the Chili Cook Off was Ginny Campbell (Residential Asst). Four participants (Aimee Anderson, Vicki Brooks, Ginny Campbell & Lori Heiman) entered the First Annual Chili Cook Off in Galesburg Monday, March 1st. Employees tasted and voted on their favorite chili.

Thanks to everyone who participated. Watch for other upcoming activities!

JOB OPENINGS

Residential Community Support Coordinator – Macomb

Driver – Hancock County

Production Clerk; 1st Shift – Macomb Data Entry (BTS)

Substance Abuse Counselor – Macomb/Monmouth/Galesburg

Accountant - Macomb

Residential Nurse/Community Support Specialist - Galesburg

Community Support Specialist - Kewanee

Female Janitorial Associate - Bloomington

Day Program Assistant Trainer - Pekin

Driver - Macomb

HCBS Outreach Worker-Keokuk/Burlington

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

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



Nutrition 101: Back to the Basics

Nutrition from the Ground Up

March is National Nutrition Month, a time for reinforcing healthy and nutritious eating habits. The 2010 theme is “Nutrition from the Ground Up” – a return to basics.

“Nutrition from the Ground Up” means choosing more fruits, vegetables, whole grains, nuts and beans to create a healthful eating plan. Current guidelines call for eating at least three whole grain servings per day where a serving is one slice of bread or ½ cup of pasta.

For fruits, guideline varies with age and activity. An average amount is 2 cups per day or 2 pieces of fruit. When it comes to vegetables 2 ½ cups of vegetables per day is the minimum for most adults.

Back to Basics for Healthy Weight Loss

While there are plenty of ways to lose weight, maintaining your weight loss over the long term is often unsuccessful. If you’ve lost and found the same pounds several times before, it’s probably time to go back to the basics of a healthy weight:

- Prevention of weight gain or stopping recent weight gain can improve your health.
- Health can improve with relatively minor weight reduction (5 percent to 10 percent of body weight).
- Adopting a healthy lifestyle – eating smarter and moving more – can improve your health status even if you don’t lose any weight at all.

If you want to maintain a healthy weight for the rest of your life, it’s all about energy balance. Here are three basic steps for Success:

Make Smart Choices from Every Food Group

Your body needs the right fuel for your hectic, stress-filled schedule. The best way to get what you need is to enjoy a wide variety of nutrient-rich foods that are packed with energy, protein, vitamins and minerals.

Where can you find these smart choices? When you go shopping, look to the four corners of your supermarket:

- Fruits and vegetables from the produce aisles
- Whole grains from the bakery
- Low-fat milk products from the dairy case
- Lean proteins from the meat/fish/poultry department

Here's an easy way to eat more produce: Enjoy one fruit and one vegetable as a snack each day. It's quick easy, tasty and very nutrient-rich.

Get The Most Nutrition from Your Calories

The biggest nutrition problem for most Americans is posed by high-fat, high-sugar foods and drinks, such as snack foods, candies and soft drinks. Eating smarter does not mean you have to immediately go sugar-free and fat-free. You can make a big difference in your calorie intake by just eating and drinking smaller portions and by making empty calorie choices less often.

The key is to moderate, not eliminate. Watching portion sizes is an easy way to cut back without cutting out. If you want to consume less sugar, limit your soft drink intake to one can a day and switch to sparking water the rest of the time.

Balance Food and Physical Activity

What you eat is just one part of the energy balance equation. The other is your physical activity. Most of us take in more calories than we spend on your daily activities.

Finding a healthier balance means fitting more activity into your day. The minimum for good health is 30 minutes of moderate to vigorous activity each day. To reach a healthy weight, you may need to be physically active longer (60 minutes a day) or participate in more intense activities. How much activity do you usually get now? If it's only 15 minutes, try adding a 15 or 20 minute walk during your lunch break.

Source: www.EatRight.org

Courtesy of Wellness Proposals