Save the Date - Annual Training & Benefits Open Enrollment

Please save the date for our upcoming Annual Trainings and Benefits Open Enrollment! They will be held at 3 different dates & locations for your convenience!

**Friday, November 30**
Location – **Dysart’s Broadway Restaurant**, Conference Room, 1110 Broadway, **Bangor**, ME 04401

**Wednesday, December 5**
Location – **Home, Hope and Healing**, 189 Village Road, **Smithfield**, ME 04978

**Friday, December 7**
Location – **Ramada Lewiston Hotel & Conference Center**, 490 Pleasant Street, **Lewiston**, ME 04240

Please take a look at the itinerary, locations and dates and plan to attend at the time that is applicable to you at the location near you. If you cannot get out of a work commitment or other important reason, we will send training information to you with the required questionnaires/paperwork to complete and return to us. We are still firming up the itinerary but it will be the same for all 3 locations. If you do not hear from your Staffing Coordinator within the next month, please contact them directly to discuss your availability to attend, so that we can plan (for lunch, handouts, etc.).

*If you’re eligible* for the 401(k) plan and/or the Benefits Open Enrollment a special invitation will be sent to you and you should plan to attend the 1st and 2nd benefits presentations. *If you cannot attend the benefits open enrollment portions, then we’ll send you an information packet.* If you’re not eligible for benefits, plan to arrive *at 9:15 a.m.* to sign in for the training portion, lunch and giveaways!

Please see the next page for the Annual Training itinerary
Itinerary

8:00-8:15 a.m. - benefits attendees only: sign-in, get materials/handouts, beverages, etc.

8:15–8:45 a.m. – 401(k) Retirement Plan - Quarter open enrollment for newly eligible staff, eligible staff who previously did not enroll, and current participants who wish to make changes. Michael Roderigue Financial Services will outline the benefits of participating in a retirement plan, our plan details, and how to enroll. (Note: Mike will obtain contact information for anyone who wishes to arrange an individual meeting with him to discuss specific investment questions, financial goals, rolling over former employer plans, etc.).

8:45–9:30 a.m.- Benefits Open Enrollment - Cross Insurance Agency & the HR Office will announce any changes in the health, dental & supplemental insurances; flexible spending accounts (medical reimbursement & dependent reimbursement accounts) and PTO.

9:15 a.m. Sharp – new arrivals sign in, get paperwork/CD’s, beverages, etc. while benefits meeting is wrapping up

9:30–12:00 Noon – In-Service/Annual Training, includes specific presentations throughout the day with different presenters. More information to come.

12:00–12:45 p.m. – Lunch, break

12:45–1:00 p.m. – Documentation – Jane Greenblatt

1:00 – 2:00 p.m. – Compassion Fatigue in Health Care – presented by Karen Ryler, Employee Assistance Program (EAP) counselor, through our EAP provider, Affiliated Healthcare Systems EAP/Workforce Performance Solutions.

2:00 – 2:30 p.m. – Safety Program – by our worker’s compensation provider, MEMIC.

2:30 – 3:00 p.m. – Wrap-up, test completions, giveaways
Aspire Update – Fall 2018

The end of the summer is approaching and as we get ready for the fall, we have thoughts of a new school year either for ourselves or those we are working with.

How to manage back-to-school mental health

Don’t forget that addressing mental health and well-being may be one of the most important things that needs to be taken care of before the new school year.

Going back to school can be exciting. It can also be terrifying, particularly for those who’ve already experienced bullying, anxiety, stress, depression, or trauma. Students today are grappling with intense experiences, including natural disaster anniversaries, school shooting drills, and heightened political and social tensions that disproportionately affect young immigrants and LGBTQ people.

Remember to:

♦ Gauge the problem: for 20 percent of teens who live with a mental health condition, being at school again may worsen symptoms of anxiety, depression and post-traumatic stress. It is important for those students who feel prolonged feelings or sadness to pay attention to important signs, such as stomach aches, trouble sleeping, and irritability.

♦ Identify coping skills: Ask questions such as, “What worked before to help feel better?” “What made things worse?” “Can they be avoided this time?”

♦ Get educated: Then if you’re interested in mental health resources and advocacy, bookmark the National Alliance on Mental Illness, JED Foundation, American Foundation for Suicide Prevention, National Eating Disorders Association, Born This Way Foundation, The Trevor Project, and Crisis Text Line,

♦ For health and science research, including details about symptoms and treatment, consult the Centers for Disease Control and Prevention, Substance Abuse and Mental Health Services Administration, and National Institute of Mental Health.

♦ Educating yourself about mental health is a way to empower yourself.

♦ Reach out: Talk to a friend, parent(s), counselor, coach or someone trusted, or join an extracurricular activity. Provide opportunities to boost self-esteem, learn new skills, and heighten sense of belonging.

Additional support includes: Mental Health America’s (www.mentalhealthamerica.net) free and anonymous Youth Test – the screening indicates if you should seek additional support based on your answers. Mental Health America’s back-to-school toolkit, which includes practical tips for managing emotions.

Information provided by: Rebecca Ruiz and Theresa Nguyen, LCSW

CSW Supervision:

September 2018 – Wednesday 9/12 9:00-11:00am and Friday 9/21 5:00-7:00pm

October 2018 – Wednesday 10/10 9:00-11:00am and Friday 10/19 5:00-7:00pm

November 2018 – Wednesday 11/14 9:00-11:00am and Friday 11/16 5:00-7:00pm

BHP Supervision

TBD
**Aspire:**

**May 2018:**
**Melissa Dooley, CSW**
Melissa has been working as a Community Support Worker since August of 2017. She works with multiple clients and provides consistent care, allowing each of them to exceed their goals. She actively participates in her monthly supervisions with empathy towards her co-workers.

**June 2018:**
**Brenda Anthony, BHP/CSW**
Since November of 2016, Brenda has been working in a dual role as a Behavioral Health Professional and a Community Support Worker for Aspire Behavioral Health. Brenda always has a positive attitude toward others, both in the office and in the homes of the clients that she works with. She is often praised for her ability to think of new ideas and activities which are used in assisting her clients with progress towards their goals.

**July 2018:**
**Jacki Nadeau, CSW**
Jackie has been working since May of 2018 as a Community Support Worker for Aspire Behavioral Health. She engages her clients by presenting goals in a fun way and has been praised by her client’s family for her patience and understanding. Jacki writes her progress notes in an objective manner and submits her paperwork on time.

**Home, Hope and Healing:**

**May 2018:**
**Daniel Dillon, RN**
Since December of 2017, Dan has been working as a Registered Nurse for Home, Hope and Healing. Dan consistently displays positivity not only to the family he works with, but also to his staff peers. He is always seeking to learn and improve his own skills to best support his client and family.

**June 2018:**
**Penny Belleville, LPN**
Penny has been working as a Licensed Practical Nurse for Home, Hope and Healing since August of 2013. She has been described by her supervisor as being attentive to details, well organized in her approach to care, effective in communicating concerns or issues, and being creative in problem solving. Her documentation is clear, concise, detailed, accurate and submitted on time.

**July 2018:**
**Shannon Brady-Franklin, LPN**
Shannon was hired as a Licensed Practical Nurse for Home, Hope and Healing in June of 2016. Shannon has been praised by her peers, supervisor and her client’s family for exemplifying the meaning of care and professionalism of a nurse, going above and beyond in every way possible while caring for her client. She led the palliative care of her client confidently while comfort, peace and treatment approaches were provided.

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**New Hires for May - July 2018**

**May 2018**
Jacki Nadeau, BHP/CSW

**June 2018**
Megan Hutchinson, LCSW  
Lukas Kenison, BHP/CSW  
Nicole Levine, CSS/TCM  
Maddison Peterson, CSW

**July 2018**
Jonny Hayes, CSW  
Kortnie Willeford, BHP/CSW

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Home, Hope and Healing Anniversaries

1 year
Cindi Carpenter, RN
Kathleen Constable, LPN
Anjelica Davenport, CNA/PSS
Heather Hart, CNA/PSS
Deborah Pomerleau, RN
Christine Popovich, RN

2 years
Shannon Brady-Franklin, LPN
Elaine Conant, RN
Loreli Crawford, CNA/PSS
Katie Gillihan, RN
Laurieann Swan, CNA/PSS
Sarah Taylor, CNA/PSS
Lucinda Majors, RN

3 years
Heather Brown, PSS
Paulette Chagnon, RN
Jean Gotreau, Admin
Lee Jellison, Admin
Carol Nappi, RN

4 years
Shannon Cutter, RN
Gayle Feole, RN
Margo Soule, RN
Wanda L’Heureux, RN

5 years
Virginia Beal, LPN
Richard Smith, LPN

6 years
Kelly Robinson, RN

7 years
Cheryl Moody, RN

8 years
Dorothy St. Hilaire, RN
Joan Hume, LPN
Rosa King, RN

16 years
Jane Greenblatt, Admin
Jill Lufkin-Robinson, Admin

Welcoming New Office Staff

Aspire Behavioral Health and Counseling would like to welcome Nicole Levine to our Farmington office! She will be the Case Management and Community Support Supervisor for the Section 28 program out of that office. Nicole comes with a background in working with both children and adults in various capacities.

We would also like to welcome Megan Hutchinson, LCSW to Aspire! Megan is originally from upstate New York but has lived in Colorado for the last 6 years, where she got her master’s degree in Social Work. Megan has worked with various populations - developmentally disabled adults, domestic violence survivors, geriatric clients and hospice patients. In her spare time she enjoys arts and crafts, hiking, and seeing live music. Megan is excited to work with children and their families.

welcome!
I wanted to take the opportunity to discuss the importance of having the appropriate forms on hand for your daily documentation. To assure that you have these vital forms of documentation, we ask that you please mail in the supply order form by the 15th of every month. The below form is included with every MTR package and is what you will use to keep adequate supplies on hand. Unless there is an urgent need, we will mail your requested supplies with the next month’s MTR.

**Items to remember:**

* Staffing can fluctuate over time, please consider any new staff to the home with your monthly supply orders. If you feel like you may run out prior to the new MTR’s arriving, give Krista Austin, QA Assistant, a call and she’ll assist you.

* There is a line on the MTR for home supply ordering. Please assure that you complete this so that all staff are aware that the supply sheet has been sent to the office.

* RCC visiting soon? Check to see if they may have some supplies on hand that they could leave if you’re running low. RCC visits are also a great time to purge charts and other materials that can be sent back with the RCC for shredding.

* Stockpiling—please do your best to refrain from cluttering the chart and home with forms. Thanks in advance for keeping a tidy chart and our postage costs down!

* Please remember to apply your name as well as the client’s name on the order form.

We greatly appreciate your assistance with this process. As always, please feel free to call with any questions or concerns, we are here to help!

*Enjoy the rest of your summer; see you in the fall!*
Upcoming Job Fairs

HIRE-A-VET JOB FAIR—We’re among the 220+ employers that’s meeting veterans, military families and civilian job seekers at the Maine Hire-A-Vet kick-off at the Augusta Civic Center. Happening Thursday, August 30 from 12:30pm-4pm at the Augusta Civic Center. We hope to see you there!

UMF JOB FAIR—Come see us at the University of Maine at Farmington Job Fair, happening Friday, September 7 from 11am-1pm at UMF.

Our Smithfield Office is done
(As well as the newly paved parking lot!)
Kora Shrine FEZtival of Trees, Lewiston Maine
During the holiday season, Kora Temple holds it’s Annual FEZtival of Trees. Come in and see the beautiful trees and decorations, take on chance on the Raffle Room, visit our craft show, and top it off with a visit and photos with Santa.

Hours:
Saturday, November 17, 2018, 10:00am to 8:00pm
Sunday, November 18, 2018, 10:00am to 5:00pm
Monday, November 19, 2018, 10:00am to 8:00pm
Tuesday, November 20, 2018, 10:00am to 8:00pm
Wednesday, November 21, 2018, 10:00am to 8:00pm
Closed for Thanksgiving
Friday, November 23, 2018, 10:00am to 8:00pm
Saturday, November 24, 2018, 10:00am to 5:00pm

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Follow along with us on Social Media!

Did you know that Home, Hope and Healing & Aspire Behavioral Health and Counseling is on Facebook, Instagram, and Twitter?

Follow us on Facebook for the latest job postings, monthly contests, and posts to add some laughter into your day!
We are Home, Hope and Healing, Inc. & Aspire Behavioral Health and Counseling on Facebook.

Follow us on Instagram and Twitter @ HHH & Aspire BHC

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