

BIRTHDAYS

- Jen Hunter 11/12
- Krystle Krauss 11/12
- Kennon Neal 11/12
- Jon Thornton 11/15
- Kerri Carpenter 11/16
- Virginia Gales 11/18
- Brandon Patzner 11/28



EXPRESSING GRATITUDE IS TRANSFORMATIVE

BY JOSEPH P. COWLEY, PH.D.

Time of change is the most important time to “count your blessings” and apply our blessing in how we carry out our daily lives, personally & professionally. As Charles Darwin shared, “It is not the strongest of the species that survives, nor the most intelligent, but the one most responsive to change.”

Expressing gratitude is transformative, just as transformative as expressing complaints. Imagine an experiment involving two people. One is asked to spend ten minutes each morning and evening expressing gratitude (there is always something to be grateful for), like having a place to live, positive supportive people in your life, your health, while the other is asked to spend the same amount of time practicing complaining (there is, after all, always something to complain about).

That person while focusing on the complaints is saying things like, "I hate my job. I can't stand this apartment. Why can't I make enough money? My spouse doesn't get along with me. That dog next door never stops barking and I just can't stand this neighborhood."

The other is saying things like, "I'm really grateful for the opportunity to work; there are so many people these days who can't even find a job. And I'm sure grateful for my family. What a gorgeous day; I really like this fall breeze."

They do this experiment for a year. Guaranteed, at the end of that year the person practicing complaining will have deeply confirmed his entire negative "stuff" rather than having let it go, while the one practicing gratitude will be a very grateful person. . . Expressing gratitude can, indeed, change our way of seeing ourselves and the world.

NEW HIRES

- Amy Allison
Counselor—Smoking
Cessation FRMT
- Karen Felton
Tech COAKS
- Calkia Tolsen
Counselor FRMTN



DRUG AWARENESS AND RED RIBBON WEEK

BY: ZANDRA RODRIGUEZ

This month, the Prevention Team has been working hard promoting drug awareness with their DFYIT clubs, Esteem Teams, and Outreach participants. Outreach participants were able to learn more about the dangers of tobacco use by getting a more “hands-on” experience. Participants were able to compare a healthy pair of pig lungs, opposed to a pair of pig lungs that have inhaled smoke. Students were able to see how the tar builds up in the lung tissue and how it effects a person’s breathing; this was an eye-opening experience and lesson that they can take with them and share with their friends and family.

The Prevention Team has also been preparing activities for the national campaign, Red Ribbon Week, during the month of October. DFYIT members created pledges in the shape of a key that read, “My future is key, that’s why I choose to be drug free”. In All Saints’ DFYIT, these pledges were passed out to all classrooms to be decorated by the students, and were cut out and hung up in the school’s cafeteria. All Saints DFYIT members also utilized an environmental strategy to promote Red Ribbon Week to the community as a whole. Students dedicated their lunch time to place red solo cups in their school’s fence that spelled out “Drug Free”. This message can be read by all community members on W. Locust St. All DFYIT members encourage everyone to continue spreading awareness to help make a change!



TIC

TIC (Trauma Informed Care) TIP of the month

One of Six Principle Guiding Principles of Trauma Informed Care is Cultural, historical, and gender issues - The organization actively moves past cultural stereotypes and biases (e.g., based on race, ethnicity, sexual orientation, age, geography), offers gender responsive services, leverages the healing value of traditional cultural connections, and recognizes and addresses historical trauma.

Time of holidays can be a great opportunity to connect and/or create cultural connections in one’s daily life. Having these conversations with clients to implement these changes or steps can help move them forward in their recovery.

Based on this, what changes can you make?

TIP

Administrative Directive of the Month

4235

Transition Planning

Please review with staff.

NOVEMBER TRAINING

INSERVICE NOVEMBER 11/17/2017	INSERVICE: Working with Clients Involved with the Criminal Justice System (Special Population)	Nik Kerr	12pm-1pm
11/3/2017	Daring Dialogues (Generic)	Josh Krauss	215pm-430pm
11/??/2017	TBD		



UNITY POINT HEALTH NET LEARNING



Staff,

Until we are on the Unity Point-Trinity email system to receive email notices, please check your Netlearning account regularly to look for trainings due. Currently all staff are required to complete a Stroke Training along with anything else that could be reassigned. Below is the link.

1) From any computer connected to the internet with Internet Explorer as your browser, click on the link below to access NetLearning:

<https://lms.netlearning.com/mynetlearning/ihstrinityquad>

Use your SSN and password you created to complete.

UNITY POINT HEALTH BENEFITS ENROLLMENT

UPH benefits information for open enrollment has been sent to staff. Please begin to review the provided documents.

It is important to note that CADS staff will be following a different open enrollment period then described on the paperwork. Please ignore the dates! Enrollment will be done via computer/online.

CADS will have 30 days to enroll starting December 24, 2018. In order to avoid double deductions, you will want to enroll between 12/24/17 thru 12/29/17. We will be setting up kiosk stations 12/26-12/29 at different CADS locations if staff need assistance in enrolling along with a list of materials/information to bring. A schedule will come out in December.

Staff can contact Health Partners directly at (888) 735-9200 to identify providers in Trinity's network.



Things for which to be thankful

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S R E I D L O S T H G I L P T S
S Y R T N U O C N U R S E S E M
F A I T H M O U N T A I N S P I
Y T I N A S S A Y R S R U E Y L
Y T E F A S R L B E S O E C T E
C G P E T S I O F E P L N M R S
F O O D Y M J R T S S E M E E S
M S I L A T I P A C M O M D B R
F W E F O E I E L E O S O I I E
P A E N N N C R C I U D D C L T
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N O C O P R I A F T M S F A E I
T S G U H N S H E A L T H O C M
S D I K E F I R E M E N T A R Y
    
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AIR	FRIENDS	MEDICINE	SCIENCE
CAPITALISM	FUEL	MINISTERS	SECURITY
COUNTRY	GRASS	MOUNTAINS	SENSES
DOCTORS	HEALTH	MUSIC	SLEEP
FAITH	HOME	NURSES	SMILES
FAMILY	HUGS	PARENTS	SOLDIERS
FARMERS	JOB	PETS	SPOUSE
FIRE	KIDS	POLICEMEN	SUNSHINE
FIREMEN	LIBERTY	RAIN	TECHNOLOGY
FOOD	LIGHT	SAFETY	TREES
FREEDOM	LITERACY	SANITY	WATER

Personnel Policy of the Month

3375

Employee Grievance
Procedure

Please review with staff.

