

# Heroes of Jessup

'Recognizing those who care'

Your Monthly Employee Newsletter for Jessup Health & Rehab

## Hero of the Month



Rebecca Johnson

Congratulations to **Rebecca Johnson** for being selected as Jessup's HERO of the Month for February 2020. Rebecca exhibits all that we aspire to be here at Jessup. She is always well prepared, contributes ideas and insight to improve her contribution to the Business Office, and is consistently complimented by co-workers in other departments. Her can-do attitude and willingness to take on additional responsibilities, and a view it as a challenge, are an example to all. Congratulations **Rebecca** on being our Hero! Keep your calm demeanor and you will go far beyond your wildest dreams. Thanks for all your hard work and dedication to Jessup.



YOU ARE amazing

I HAVE A DREAM



I HAVE A DREAM

We owe the celebration of **Black History Month**, and more importantly, the study of black history, to Dr. Carter G Woodson. Born to parents who were former slaves, he spent his childhood working in the Kentucky coal mines and enrolled in high school at age twenty. He graduated within two years and later went on to earn a Ph.D. from Harvard. The scholar was disturbed to find in his studies that history books largely ignored the black American population-and when blacks did figure into the picture, it was generally in ways that reflected the inferior social position they were assigned at the time.

Woodson, always one to act on his ambitions, decided to take on the challenge of writing black Americans into the nation's history. He established the Association for the Study of Negro Life and History (now called the Association for the Study of Afro-American Life and History) in 1915, and a year later founded the widely respected Journal of Negro History. In 1926, he launched Negro History Week as an initiative to bring national attention to the contributions of black people throughout American history.

**Positive Vibe..**

LOVE THE PEOPLE GOD GAVE YOU  
BECAUSE HE WILL NEED THEM BACK  
ONE DAY.



### Calendar of Events February

Groundhog Day.....	2nd
National Wear Red Day.....	3rd
Superbowl.....	5th
Valentine's Day.....	14th
President's Day.....	17th
Congenital Heart Defect Day.....	14th
<b>Pride in Food Service Week.....</b>	<b>6th - 10th</b>



**Black History Month**  
**American Heart Month**  
**National Children's Dental Health Month**



*"The time is always right to do what is right."*

*Dr Martin Luther King, Jr.*

### Did You Know...President's Day

Originally falling on Washington's actual birth date each year, Presidents' Day was moved to the third Monday in February as a part of the 1971 Uniform Monday Holiday Act, which was established to create more three-day weekends for workers.





**New Faces 1/1 - 1/27**



**Susan Anderson**

Say hello to **Susan**. **Susan** joins our Jessup Health & Rehab Nursing Team as a LPN. She is married to Christopher Herbin and has one son. **Susan** was born in High Point, NC. In her spare time she enjoys spending time with her family.



**Rhonda Weber**

A warm welcome to **Rhonda** who joins our Jessup Health & Rehab Nursing Team as a CNA PRN. **Rhonda** is enthusiastic and engaging and we are glad to welcome her to Jessup Health &



**Jenica Johnson**

**Jenica** joins our Nursing Department as a CNA. She has 5 years of experience as a CNA. **Jenica** was born in Bariberg, Germany. She is married to David and will be celebrating her 1 year wedding anniversary on February 11th. **Jenica** has one boy and loves spending time with her son and husband.



**Sonia Elkins**

**Sonia** joins our Jessup Health & Rehab team as a CNA. She has been a CNA for 5 years during her healthcare career. **Sonia** was born in Colorado Springs, CO. She is married and has one daughter. In her spare time **Sonia** enjoys shopping, doing her makeup and making her daughter smile.



**Stephanie Gary**

A warm welcome to **Stephanie** who joins our Jessup Health and Rehab team as a LPN. **Stephanie** is currently working on her core requirements to go to school to become a registered nurse. Welcome to our team.



**Tracy Smith**

Have you met **Tracy Smith**? **Tracy** joins our Jessup Health & Rehab Nursing Team as a CNA PRN. A warm welcome to **Tracy** for joining our team here at Jessup Health & Rehab. We are glad you are a part of our family.

**Celebrating February Birthdays**

Mark Watkins .....	3rd
Debbie Smith .....	8th
Bobbie Jackson.....	12th
Susie Band.....	17th
Keith Wells.....	19th
Courtney Chapin.....	20th
Becky Vector.....	22nd
Trevor Smith.....	23rd
Adam Lewis.....	25th

**February Employment Anniversaries**

Michael Patrick.....	8 years
Becky Weatherspoon.....	8 years
Demetrice Newton.....	7 years
Beth Gardner.....	7 years
Gabby Watkins.....	5 years
Tracy Goldberg.....	5 years
Michael Patrick.....	4 years
Becky Weatherspoon.....	4 years
Demetrice Newton.....	3 years
Beth Gardner.....	2 years
Gabby Watkins.....	2 years



## A MESSAGE FROM YOUR ADMINISTRATOR....

**Fred Youngman...**

Welcome to the first edition of the new Jessup Health & Rehab Employee Newsletter. This is such a great way to celebrate each other's success and special events in not only our work life, but our personal lives as well! Please make sure to use the kiosk on unit 1 to enter "Shout Outs" to co-workers who have done a great job or done something small that meant a lot. Be sure to tell us about births, weddings and other special events in your life that we can all celebrate with you.

Mission Health offers 9 paid Holidays per year. That's right, the 7 regular Holidays plus the 2 Floating Holidays you can use anytime with 2 weeks notice! Full time employees get 8 hours of Holiday pay whether they work the Holiday or not. Part-time employees get time and a half for the hours they actually work on the Holiday. But that's not all.

New hires get to work with YOU!! That's the best part because money isn't everything.

This last point is the most important part because YOU have the ability to help train a new hire to be somebody you want to work with or YOU can run them off by having a negative attitude. Please remember that if we fill our open positions with good, dependable, hard-working staff, YOUR workload will get easier and we can stop begging you to stay over, come in early or give up your days off. Wouldn't that be nice?

Please practice Mission's Core Values EVERYDAY: Character, Attitude, Respect, Excellence, Service. If you will live by these values, you will help create an environment where people want to work and ultimately, the residents will receive better care.

Will you help me make Jessup Health & Rehab THE Place to work in 2017?

Thank you so much for all that you do to make sure our residents get the care and love they need.

Fred

**LET'S RIDE LIKE THE WIND INTO 2020**



### Touchdown GUACAMOLE



Not every food for your football fanatics have to be unhealthy. This guacamole dip uses the freshest ingredients which gives this dip an incredible taste. One bite of this guacamole and you're sure to score a touchdown.

Ingredients:

- 3 ripe Avocados, peeled and pitted
- 1/2 clove garlic= 1/2 tsp. minced garlic
- 1/8 cup fresh cilantro
- 1/4 cup finely chopped onion
- 1/2 tsp. salt
- 1 lime
- 1 jalapeno pepper, seeded
- 1 Roma tomato, seeded and diced

In a blender or food processor, combine all ingredients and mix until all vegetables are chopped and you have a smooth consistency. Chill in refrigerator 2 hours. Serve with tortilla chips.

**Avocado is a good source of potassium, a mineral that helps regulate blood pressure.** Adequate intake of potassium can help guard against circulatory diseases, like high blood pressure, heart disease, or stroke.



Aside from being the most-watched U.S. television broadcast of the year, the Super Bowl is the second-largest U.S. Food Consumption Day after the Thanksgiving Day.

Here are some Super Bowl food facts.

The average Guacamole that is consumed on that day is 8 million pounds, 14,500 tons of chips and 4,000 tons of popcorn. Ten million man-hours is spent on Super Bowl food preparation. On Monday, the day after the Super Bowl, antacid sales increase to 20 percent and 6% of all working Americans will call in sick the day after the game.

**Support the Go RED Campaign!!!**

**Friday February 7th**

**Wear RED**



# Employee Shoutouts



- ★ To **Physical Therapy** from Tash Hayes - Thanks for helping out when we need you the most.
- ★ To **Webster Lewis** from Tamika Cutter - You can always be a shine in somebody's eyes.
- ★ To **Lori Webb** from Kimberly Roberts - Lori that's what's up keep up the good work helping on the forgotten 3-11 shift they know u really like being there, thanks.
- ★ To **Tammy Hayes** from Danielle Forbes - Congratulations on becoming an LPN!!!
- ★ To **Laura Huffy** from Danielle Forbes - Thank you for always going above and beyond! You are truly appreciated!
- ★ To **Lori Webster** from Tashma Hayes - Thanks Lori for always being willing to be a helping hand.
- ★ To **Monica McKenzie** from 3-11 CNA staff - Thank you for picking up shifts and working as a CNA multiple times.
- ★ From **Patti** - Congratulations to Crystal who is going to be a Granny!
- ★ From **Patti** - Congratulations to Val who is going to be a Granny in July!!!
- ★ To **Jamie** from Patti - Thank you for helping get Residents to Psych Clinch, which flowed like a breeze.
- ★ To **Nursing Staff** from Social Services - Thank you all SO much for helping us have a smooth and fast psych clinic today, Jan 12.
- ★ To **Jamie** from Stephanie - Thank you for helping grab those few extra residents so quickly for the clinic today, Jan 12.
- ★ To **Wanda Lewis** from Mary Beaurd - Awesome employee always with a great attitude!
- ★ To **Richard Boykins** from Tamika Cunning - You are a great team player.
- ★ To **Tamika Cutter** from Richard Boyd - You are a very hard worker and a great team player.
- ★ To **Richard** from Mary & Autumn - You're awesome!
- ★ To **ALL STAFF** from Fred Youngman - Thanks to all of you who have given up time off to help take care of our residents. I truly appreciate your dedication!
- ★ To **Helen Hall/Tatiana Beaver** from Valeria - Great Job in the kitchen today girls!!!
- ★ To **Susan** from Stephanie - Thank you for helping grab those few extra residents so quickly for the clinic today, Jan 12.
- ★ To **Wade Johnson** from Mary Boyd - Awesome employee always with a great attitude!
- ★ To **Richard Gibbons** from Tammy Sawyers - You are a great team player.
- ★ To **Tammy Cutter** from Richard Baker - You are a very hard worker and a great team player.
- ★ To **Joseph** from Mary & Autumn - You're awesome!
- ★ To **ALL STAFF** from Fred Youngman - Thanks to all of you who have given up time off to help take care of our residents. I truly appreciate your dedication!
- ★ To **Beverly** from Valeria - Great Job in the kitchen today girls!!!
- ★ To **Betty** from Richard Baker - You are a very hard worker and a great team player.
- ★ To **Joseph** from Mary & Autumn - You're awesome!
- ★ To **ALL STAFF** from Fred Youngman - Thanks to all of you who have given up time off to help take care of our residents. I truly appreciate your dedication!

## Supervisor Shoutouts



**Patti Walker**

**Patti Walker** - Great job on the cleanup on unit 1. It looks great!!! ~ Valerie



**Peter Rankin**

**Peter Rankin** - Thanks for all your help during the snow storm. ~ Valerie

## Pride in Food Service Week Feb 10th - 14th

We only have the best here at Jessup Health & Rehab. I huge 'Thank You' and special Shout Out to our food service team members. Enjoy your week and as always only our best for all you do for us everyday.

Celebrate this week with them by letting them know how much we appreciate their hard work and dedication in preparing our food and taking such good



**Say You'll Be My Valentine.....**

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