



# Springer Health Care Employee Newsletter January 2022

A newsletter for Springer Health Care Staff.

## Springer Health Care Systems Mission, Vision & Values

### **Mission**

Empower people to anticipate and exceed customer expectations.

### **Vision**

A legacy built through premier services for our  
customers and communities.

### **Core Values**

Innovate, Compassion, Creativity, Integrity and Collaboration.

## Happy New Year!



2022 is here and with the new year brings new opportunities for us to grow, learn and improve both personally and as an organization.

As we greet this new chapter, we move forward understanding that each year, hour, minute and second of the year is outlined by the individual choices we make for our residents, families, communities and selves each day. Though the last couple years have been challenging for all, we hope that you make it your resolution to ring in 2022 by choosing positivity, spreading kindness and putting forth even greater determination to succeed and impact the lives of others.

We thank you for all your hard work in 2021 and look forward to seeing all that we can accomplish together in 2022!

## Healthy Weight Week

January 16th-22nd is Healthy Weight Week!

Healthy Weight Week is celebrated annually during the third week of January to reinforce healthy eating habits as a way of life for individuals rather than dieting.

Sprenger Health Care encourages you to find fun, diet-free ways that you and your families can keep your weight in check and maintain a healthy lifestyle.

Some good ways to ward off the unwanted pounds include:

- Selecting healthier menu options when dining out or cooking at home.
- Watching your portion sizes.
- Taking an exercise class with a family member or friend.
- Cutting back on the amount of sugar you consume each day.
- Eating your meals without electronic distractions (television, phones, etc.).

The changes don't have to be big. Small, simple adjustments to your lifestyle can reap significant benefits on your mind, body and health whether it be increasing your water intake, taking daily walks or getting one or two extra hours of sleep at night.

Good health starts with the conscious decision to make healthy choices. Choose well.

## National Activities Professionals Week




January 24th-30th is National Activities Professionals Week - a time to thank and show our appreciation to our dedicated Activities professionals who help brighten the days of our residents and staff with their organization, enthusiasm and creativity.

Our Activities team members coordinate and oversee all of the wonderful recreational events and programs at our facilities that help our residents get active, be social and have a great time. This is a large undertaking that is just as demanding as it is enjoyable. For the time, effort and heart they put into their work, we at Sprenger Health Care say thank you. The valuable service you provide is witnessed daily through the smiling faces of our residents and their loved ones.

**THANK YOU!**

## January Sprenger STARS

Have you seen a STAR?	
<p>In an effort to recognize our employees for an outstanding performance, we encourage residents, families, and friends to share their experience with us. If you witness staff members providing quality care beyond their usual duties, we would like to hear from you through our "Sprenger STARS" program.</p> <p>STARS are SPRENGER Employees who are committed to the betterment of their community through illustrating <b>TEAMWORK</b>, creating <b>AWARENESS</b>, sharing <b>RESPONSIBILITY</b> and providing exceptional <b>SERVICE</b>.</p> <p>To recognize an employee, please complete the questionnaire on the back of this card and submit it to our Administrator or Receptionist. You may also submit nominations online by visiting <a href="http://www.SprengerHealthCare.com/Employee-Resources">www.SprengerHealthCare.com/Employee-Resources</a>. Employees will receive special acknowledgement and be announced as a Sprenger STAR in the monthly newsletter.</p>	<p>Please complete this form in its entirety; including your name, the date, the staff member's name and a brief description of what they did to deserve recognition as a "Sprenger STAR".</p> <p>I wish to recognize the following employee for a STAR award:</p> <p>_____ <small>Please Clearly Write Employee's Name Here</small></p> <p>Please share your compliment with us:</p> <p>_____ _____ _____ _____ _____ _____ _____ _____ _____ _____</p> <p>Submitted by: _____ Date: _____</p> <p> <b>SPRENGER</b></p>

Do you know a Sprenger employee who goes above and beyond for our residents and peers?

Nominate them for the Sprenger STARS program, a special employee program recognizing the outstanding efforts of staff members who are committed to the betterment of their community by displaying **TEAMWORK**, creating **AWARENESS**, sharing **RESPONSIBILITY** and providing exceptional **SERVICE**.

This month's STARS are:

- **Erica Lane**, Scheduler at Heather Knoll Nursing & Rehabilitation
- **Catherine Nagel**, Nurse Aide at Elms Retirement Village

- **Rita Long**, STNA at Rose Lane Nursing & Rehabilitation

Honorable STAR mentions include:

- Michael Spataro, Matt Day, Sarah Collett, Ashley Smith, Sam Nagel, Bethany Whitten and Cassandra Crilow

Congratulations to this month's STARS and nominees! Thanks for shining bright!

Visit <https://www.sprengerhealthcare.com/employee-resources/sprenger-stars/> to nominate a Sprenger STAR online or complete a Sprenger Stars Nomination Card located at the front desk!

STAR submissions are reviewed and voted upon by a special committee monthly. Nominees must have good attendance and a clean employment record to be eligible for selection.

## **Congrats to this year's Holiday STARS!**

**Stars Don't Shine Any Brighter Than You!**



Please join the organization as it gives a resounding applause to this year's Sprenger Holiday STAR Jody Watkins!

Holiday STARS are recognized for spreading goodwill throughout the community during the holiday season. Jody was selected as this year's winner after she and her family purchased gifts, raised money, supplied all the fixings for a Christmas dinner and organized a home visit from Santa & Mrs. Claus to make the holidays brighter for her husband's friend (and his loved ones) who are currently living with the aftermath of being diagnosed with Stage 4 Colon Cancer.

At the facility-level, Sprenger Amherst Manor and Village of the Falls have also been selected as Holiday STARS for collecting and donating non-perishable food, clothing, supplies, gift cards and more to benefit military families and local seniors receiving assistance from the United Services Organization, Amherst Office on Aging and Olmsted Community Center.

**Congratulations to this year's Holiday STARS!**

You are a perfect example of what this season is all about!

## Happy Retirement Mel!



Please join Sprenger Health Care as it honors and celebrates Mel Tobias, Corporate Director of Facilities Operations and Maintenance, for 22 dedicated years of service to the company!

We wish you the best as you move on to this next chapter and thank you for all the hard work and smiles you've given over the years.

You will be missed!

**HAPPY RETIREMENT!!!**

## Employee Anniversary Gift Program

To acknowledge and celebrate our staff for their years of service to the organization, Sprenger Health Care is rolling out a new Employee Anniversary Gift Program!

Employees that have been with the company for one year will receive an anniversary t-shirt as our thank you. Team members that have been with Sprenger for two, five and ten years will get their choice of anniversary gift (gift options to be delivered via Paycom). It's just our way of saying thanks for all your hard work!

Long-term staff that have been with the company for 15+ years will be rewarded as follows:

- **15 Years** - 2 PTO Days
- **20 Years** - 4 PTO Days
- **25 Years** - 6 PTO Days
- **30 Years** - 8 PTO Days
- **35 Years** - 10 PTO Days

Sprenger employees that have reached the PTO anniversary gift level include: Brenda Cannon, Maria Gonzalez; Cindy Hutchison, Marla Nussbaum; Candy Lee Indre, Kimberly Brown; Latoya Campbell, Susan Hall; Kathryn Burfield, Lettie Taylor; Stacy Marie West, Dorelle Gholson; Stephanie Brushaber, Carmen Ortiz; Drew Kinkaid; Kimberly Belding, Tomekea Weatherington; Doug Hutsenpiller, Victor Pena; Terri Vanniel, Nicole Yuse; Vivian Gonzalez, Raymond Barry; Phillip Fulks, and Joseph Martin.

For questions or more information about our Employee Anniversary Gift Program, contact Tomekea Weatherington at [tweatherington@sprengerhealthcare.com](mailto:tweatherington@sprengerhealthcare.com).



## Upcoming Events

December 2021							February 2022						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
5	6	7	8	9	10	11	6	7	8	9	10	11	12
12	13	14	15	16	17	18	13	14	15	16	17	18	19
19	20	21	22	23	24	25	20	21	22	23	24	25	26
26	27	28	29	30	31		27	28					

# JANUARY 2022

Glaucoma awareness month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1 New Year's Day
2	3	4	5	6	7	8
9	10	11	12 National Pharmacist Day	13	14 Dress down- wear green for glaucoma awareness month	15
16	17 M L King Day	18	19	20	21	22
23 Activity Professionals week	24	25	26	27	28 Dress down- Marvel vs DC comic books	29
30	31	1	2	3	4	5

## Open Positions



Looking to advance your career? Visit [www.sprengerhealthcare.com/careers](http://www.sprengerhealthcare.com/careers) to view and search for all open positions at Sprenger Health Care Systems!

## Connect with Sprenger on Social Media!

Follow us on [Facebook](https://www.facebook.com/SprengerHealthCare) today to stay up-to-date on the latest news from Sprenger Health Care!