



Sprenger Health Care Employee Newsletter February 2023

A newsletter for Sprenger Health Care Staff.

Sprenger 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 Valentine's Day

Happy Valentine's Day Sprenger Health Care family!

While there are several things we enjoy about caring for our residents and engaging with our community, the thing we love most is witnessing the hard work, dedication and commitment of our employees daily. Never forget that it is individuals like you who serve as the heartbeat of our organization.

Here's hoping that you have a happy, memorable and heartfelt Valentine's Day!



American Heart Month



February is American Heart Month!

Did you know that 1 in 2 adults have high blood pressure but only 1 in 4 have it under control?

When left uncontrolled, high blood pressure (or hypertension) can increase a person's risk for heart disease, stroke, heart failure, kidney disease, pregnancy complications, and cognitive decline.

Here are some heart-healthy tips you can follow to improve your cardiovascular health this month and every month:

1. **Know your health history.** Talk to your doctor about your family history and understand your risks.
2. **Maintain a healthy diet.** Stay away from too much salt, saturated fats and added sugars. Whenever possible, choose fruits, vegetables, lean meats and low-fat dairy options.
3. **Get active.** The Centers for Disease Control and Prevention (CDC) recommends getting at least 150 minutes of moderate-intensity aerobic activity every week, plus muscle-strengthening activities at least 2 days a week.
4. **Monitor your blood pressure at home.** Self-measured blood pressure monitors are easy and safe to use, and can help you better assess your blood pressure levels outside of a clinical setting.
5. **Take medications as directed.** Talk with your doctor or pharmacist about the medication(s) you are currently taking. Some medications and supplements have the ability to interact or reduce the effectiveness of other medications. It's important that you provide your physician with a complete list of current medications to ensure your dosage is safe and correct prevent/reduce your risks for complications.
6. **Quit smoking.** Smoking has been linked to hardened arteries which have the ability to increase blood pressure, putting yourself and others around you at risk for developing heart disease.

Department Head Spotlight



This month, Sprenger Health Care is shining a spotlight on an outstanding department head that is making a difference and touching the hearts of our clients and staff daily — **Anne Naumann!**

Anne is the Director of Sprenger Health Care Towne Center Commons Independent Living. In this role, she prides herself on making sure residents are comfortable, active and have access to all of the services, programs and amenities they need.

"Anne's dedication to her position at the Commons Independent Living is amazing," said Greg Ackerman, Sprenger Health Care Towne Center Administrator. "She considers herself a member of her community and treats tenants like family. She shares in their triumphs and tragedies and is the heartbeat of the complex."

In addition to Anne, the organization would also like to recognize Sprenger Health Care **Village of the Falls Dining Department** for continuously exceeding expectations when it comes to preparing delicious meals and ensuring proper nutrition for our residents.

Way to go Anne & Village of the Falls Dining Department!

February Sprenger STARS

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 STAR is **Megan Ellis!**

Honorable mentions include:

- Madison Garcia, Jason Morale, Sierra Clem, Kortnei Love, Mary Schever, Shannon Maus, Carolyn Biedenbach, Mindea Skinner and Dekota Truman.

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


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".

I wish to recognize the following employee for a STAR award:

Please Clearly Write Employee's Name Here

Please share your compliment with us:

Submitted by: _____
Date: _____

 SPRENGER

Visit 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.

Employee Birthdays

Rebecca Barlow	Silver Maple Recovery	02/01	Brandi Holbrook	Amherst Manor	02/09
Mackenzie Campanella	GV Manor	02/01	Lauren Bouman	Rose Lane	02/10
Carol Lopez	Port Royal	02/01	Katherine Collins	Anchor Lodge	02/10
Regina Polite	Port Royal	02/01	Melissa Jones	Heather Knoll	02/10
Megan Schneider	Amherst Manor	02/01	Tori Jones	Smithville Western	02/10
Chrystal Teter	Elms	02/01	Shanika Kelly	Wellspring Staffing	02/10
Barb Hanna	Amherst Manor	02/02	James Moon	GV Manor	02/10
Jami Kroh	Main Street	02/02	Mimi Moore	CMS	02/10
Nicole Lilley	Port Royal	02/02	John Vegh	Amherst Manor	02/10
Aida Vargas	Main Street	02/02	Jessica Galasso	Port Royal	02/11
Monika Vimpeny	Main Street	02/02	Erin Smith	Wellspring	02/11
Asia Alston	Main Street	02/03	Jaquita Walker	GV Manor	02/11
Nichole Jacobs	CMS	02/03	John Watford	GV Suites	02/11
Jacquelyn Sweiger	Smithville Western	02/03	Tammi Safranek	Amherst Manor	02/12
Mackenzie Kalb	Amherst Manor	02/04	Pamela Sanders	Amherst Manor	02/12
Cynthia Morosi	Amherst Manor	02/04	Angela Thacker	Wellspring Staffing	02/12
Jay Wyche	Bluffton	02/04	Julie Tyson	Heather Knoll	02/12
Meloney Crane	Heather Knoll	02/05	Danielle Blackshear	GV Manor	02/13
Doug Hutsenpiller	CMS	02/05	Florence Clark	Port Royal	02/13
Alyha Newman	Wellspring Staffing	02/05	Liana Reed	Village of the Falls	02/13
Jazmine Shelton	GV Manor	02/05	Autiana Washington	Main Street	02/13
Tyler Szlempa	Amherst Manor	02/05	Stephanie Crescenze	Rose Lane	02/14
Alyssa Tropkoff	Avenue Assisted Living	02/05	Angel Garcia	Main Street	02/14
Francine Williams	Avenue Assisted Living	02/05	Glenda Harrison	Autumn Aegis	02/14
Samantha Gatter	Main Street	02/06	Josephine Kamel	Bluffton	02/14
Brandon Malanowski	CMS	02/06	Desiree Noble	Wellspring Staffing	02/14
Kallel Murry	GV Manor	02/06	Jodi Phelan	CMS	02/14
Easter Starcher	Main Street	02/06	Kristin Welsh	Heather Knoll	02/14
Jasmine Bracy	Main Street	02/07	Crystal Keathley	Wellspring Staffing	02/15
Brandon Cross	Elms	02/07	Alonda King	Wellspring Staffing	02/15
Jason Jordan	Silver Maple Recovery	02/07	Lisa Lutro	Main Street	02/15
Alyssa Mitchell	Anchor Lodge	02/07	Lisa Palomo	Heather Knoll	02/15
Jackie Wolff	CMS	02/07	Kathleen Ullom	Rose Lane	02/15
Laurinda Dugan	Wayne Manor	02/08	Jake Withrow	Smithville Western	02/15
Selena Mccoy	Heather Knoll	02/08	Janet Bembry	Bluffton	02/16
Bethany Whitten	Rose Lane	02/08	Kadeisha Campbell	Rose Lane	02/16
Shelley Allman	Rose Lane	02/09	Marie Caro	Avenue Assisted Living	02/16
Lanita Brown	Wellspring Staffing	02/09	Nate Rex	Rose Lane	02/16

Lori Ungar	Main Street	02/16	Patricia Hill	Main Street	02/23
Taknesha Vaughn	Wellspring Staffing	02/16	James King	GV Villas	02/23
Jo Lyons	Amherst Manor	02/17	Victor Pena	GV Suites	02/23
Fahara Aiken	Bluffton	02/18	Jill Stevenson	WellSpring	02/23
Melissa Bicker	Elms	02/18	Cassandra Williams	Wellspring Staffing	02/23
Lindsay Kelley	Sprenger Hospice	02/18	Amanda Castillo	Wellspring Staffing	02/24
Jonathan Ketchens	Heather Knoll	02/18	Katie Kreps	Wellspring	02/24
Michael Sincore	Bluffton	02/18	Deja Lane	Main Street	02/24
Coralyn Toles	Rose Lane	02/18	Harper Flores	Smithville Western	02/25
Kassi Bradley	Bluffton	02/19	Karen Kaschner	Heather Knoll	02/25
Amy Christie	Wayne Manor	02/19	Kourtnei Love	Village of the Falls	02/25
Bradley Deangelis	Silver Maple Recovery	02/19	Jaida Martinez	Avenue Assisted Living	02/25
Sandra Battle	GV Manor	02/20	Meena Poe	Amherst Manor	02/25
Sean Burkes	Bounty	02/20	Hayden Skilton	GV Manor	02/25
Lisa Glick	Rose Lane	02/20	Catherine Torres	Anchor Lodge	02/25
Dana Hembree	Autumn Aegis	02/20	Brianna Feliciano	CMS	02/26
Ilyia Maldonado	Wellspring Staffing	02/20	Rebecca Gambow	Heather Knoll	02/26
Joseph Nickolich	GV Manor	02/20	Joelyn Grega	GV Manor	02/26
Deanna Parsch	Amherst Manor	02/20	Tranazia Little	Main Street	02/26
Emily Taylor	Rose Lane	02/20	Melissa Pisciotta	Wellspring	02/26
Monica Toy	Elms Assisted Living	02/20	Jacob Branovacki	Heather Knoll	02/27
Taherah Beaton	Bluffton	02/21	Daniel Sikon	GV Manor	02/27
Logan Ebner	Wellspring Staffing	02/21	Kyla Stanfield	Wellspring Staffing	02/27
Naomi Lewis	Port Royal	02/21	Michele Storsin	Rose Lane	02/27
Samone Portis	GV Villas	02/21	Robin Aldridge	Bluffton	02/28
Brittany Washington	Bluffton	02/21	Micayla Benyi	Autumn Aegis	02/28
Stacey Weidman	Smithville Western	02/21	Christine Huggins	Port Royal	02/28
Donald Day	Silver Maple Recovery	02/22	Umaraa Matweyou	Heather Knoll	02/28
Victoria Hunter	Wayne Manor	02/22	Dan McNutt	Heather Knoll	02/28
Bryan Kelleher	Main Street	02/22	Kasey Nichols	Rose Lane	02/28
Brian Kemp	Rose Lane	02/22	Lori Sender	Silver Maple Recovery	02/28
Missy Morehead	Heather Knoll	02/22	Kalandra Snow-Mcdowell	Rose Lane	02/28
Stellanie Butcher	GV Manor	02/23	Trevor Botkin	Smithville Western	02/29
Kristen Gollinger	CMS	02/23			

Employee Anniversaries

Cindy Hutchison	02/28/1991	Anchor Lodge	Lois Brake	02/01/2017	Rose Lane
Christine Dieter	02/28/1994	Heather Knoll	Denise Kerby	02/13/2017	Fast Response
Carrie Hensley	02/02/2004	Amherst Manor	Lorrie Christian	02/14/2017	Avenue AL
Doug Hutsenpiller	02/01/2006	CMS	Melissa Bicker	02/21/2017	Elms
Victor Pena	02/01/2006	GV Suites	Pam Fahler	02/23/2017	Elms
Nicole Yuse	02/01/2006	GV Villas	Katherine Ambers	02/13/2018	Main Street
Kathryn Burfield	02/10/2006	Smithville Western	Deija Hardnett	02/20/2018	Smithville Western
Raymond Barry	02/27/2006	GV Manor	Toniqua Gantt	02/14/2019	Port Royal
Joyce Paulin	02/01/2007	Rose Lane	Jonah Parsons	02/17/2019	Autumn Aegis
Easter Starcher	02/07/2007	Main Street	Antonio Serrano	02/20/2019	Autumn Aegis
Jordan Slenn	02/27/2008	GV Manor	Mary Welky	02/20/2019	Village of the Falls
Lori Ungar	02/02/2009	Main Street	Brianna Johnson	02/26/2019	Avenue AL
Kimberly Abate	02/22/2010	GV Suites	Lanita Brown	02/11/2020	Wellspring Staffing
Frances Cortez	02/28/2011	Autumn Aegis	Bryanna Bracy	02/18/2020	Main Street
Megan Schneider	02/14/2014	Amherst Manor	Rick Didomenico	02/18/2020	Rose Lane
Jennie Csonka	02/13/2015	Heather Knoll	Joshua Ball	02/25/2020	Rose Lane
Anne Naumann	02/25/2015	Main Street	Donna Wilson	02/02/2021	Port Royal
Austin Bentley	02/02/2016	Rose Lane	Destiny Wright	02/02/2021	Bluffton
Elizabeth Matlock	02/02/2016	Smithville Western	Brianna Guzik	02/04/2021	GV Villas
Michael Bellino	02/03/2016	Bluffton	Alliene Campanaro	02/08/2021	Bluffton
Dorothy Marks	02/09/2016	Smithville Western	Matthew Raines	02/08/2021	Silver Maple Recovery
Heather Miller	02/16/2016	Rose Lane	Amy Henthorn	02/11/2021	Smithville Western
Genevieve McNutt	02/24/2016	Heather Knoll	Brianna Johnson	02/16/2021	Main Street

Stacey Trottier	02/18/2021	1907 Central School	Janetta Watford	02/14/2022	GV Manor
Brittany Flickinger	02/22/2021	Smithville Western	Michelle Genovese	02/15/2022	GV Manor
Samantha Nagel	02/22/2021	Elms	Christopher Reffitt	02/17/2022	Amherst Manor
Anita Ambers	02/23/2021	Avenue AL	Kimberly Wright	02/19/2022	Wellspring Staffing
Amber Ivan	02/01/2022	Anchor Lodge	Joelyn Grega	02/21/2022	GV Manor
Emily Shoureas	02/01/2022	Anchor Lodge	Lillian Houston	02/21/2022	Wellspring Staffing
Jessica Anderson	02/03/2022	Wellspring Staffing	Tina Bechdel	02/22/2022	Port Royal
Tanya Folan	02/03/2022	GV Manor	Mariah Jones	02/22/2022	Amherst Manor
David Spraberry	02/03/2022	Bluffton	Jesse Kemp	02/22/2022	Rose Lane
Samantha Ortiz	02/07/2022	Anchor Lodge	Gloria Pinckney	02/22/2022	Bluffton
Walter Hart Jr.	02/08/2022	Heather Knoll	Arion Brent	02/24/2022	Amherst Manor
David Mazey	02/08/2022	GV Manor	Martina Dopirak	02/24/2022	GV Villas
Madison Rivera	02/08/2022	Amherst Manor	Tim Petty	02/24/2022	Heather Knoll
Karrie Shimer	02/08/2022	1907 Central School	Amanda Ropas	02/24/2022	Wellspring Staffing
April Worcester	02/08/2022	Avenue AL	Amanda Thompson	02/24/2022	Elms
Macie Campbell	02/10/2022	CMS	Sean Burkes	02/28/2022	Bounty
Matthew Hawkins	02/14/2022	Silver Maple Recovery	Candis Moran	02/28/2022	Village of the Falls

Open Positions



Looking to advance your career? Visit www.sprengerhealthcare.com/careers to view and search for all open positions at Sprenger Health Care!

Connect with Sprenger on Social Media!



Follow us on **Facebook** and **Instagram** today to stay up-to-date on the latest news from Sprenger Health Care!