

# THE SELFHELP BUZZ

## NEWS FOR THE STAFF

Editor: Efrat Dallal, Chief Marketing Officer  
Contributor: Sharon Mikell, Chief People Officer



**Meet the Employee Advisory Council!** A new group of staff formed in 2021 that represent different departments. Members serve on the Council for 1 year and help plan employee events and be a voice for Selfhelp staff. ....

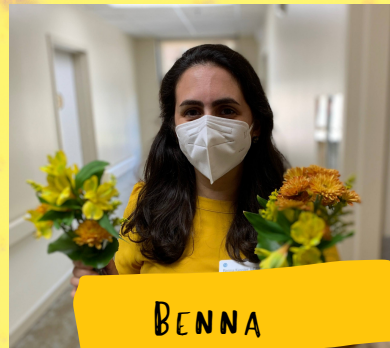
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"I" TIUNCA



TRISH



BENNA



ELIZABETH



SHARON



EFRAT



MANUEL



LINDA



CRYSTAL



MARY ROSE

# EMPLOYEE ADVISORY COUNCIL

continued...

## What is the Employee Advisory Council ?

The Council started in the fall of 2021 and is made up of volunteer staff members that represent different departments. Advisory members serve for 1 year.

## What is the purpose of the group?

The EAC act as the staff "voice" and help plan and volunteer during employee events, like the holiday party, Thanksgiving and Nursing Home Week. Members meet regularly and discuss new ideas to commend and recognize staff. For example, bringing back Kudos this summer, and this newsletter!

## How often do you meet?

The group meets at 1:00pm during the week, every other month depending on what we are planning. There is usually a lunch provided!

## How can I join?

The next open council session will be in October 2022, a notice to all staff will be sent out. Any full time staff in good standing is welcome to join. Let Sharon or Efrat know if you are interested in joining.



*Being part of the advisory council is fun, I like taking part in planning and participating in staff events.*

**Mary Rose, LPN**  
Advisory Council Member



## UPCOMING STAFF EVENTS:

**ADMINISTRATIVE  
PROFESSIONAL WEEK  
APRIL 24-30**

**NATIONAL NURSING HOME  
WEEK: MAY 9-13**

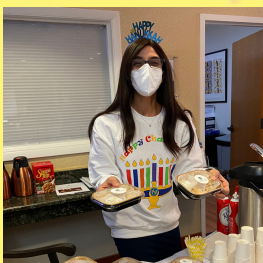
**MANIC MONDAY  
MAY 9, 2022  
EARLY MORNING BREAKFAST**



**TACO TUESDAY  
MAY 10, 12:30-2:30**



**WELLNESS WEDNESDAY  
MAY 11, 2022  
CHAIR MASSAGE**



# PASSPORT TO EXCELLENCE 2022 DEMENTIA TRAINING FOR STAFF



This year, starting in March 2022 through February 2023, Selfhelp will offer a "Passport to Excellence" Dementia training program. Complete 6 hours of passport training and your entered into a raffle to win an all inclusive cruise for 2! Staff who complete 12 sessions will be entered into the drawing 2x's! A total of 23 sessions will be offered.

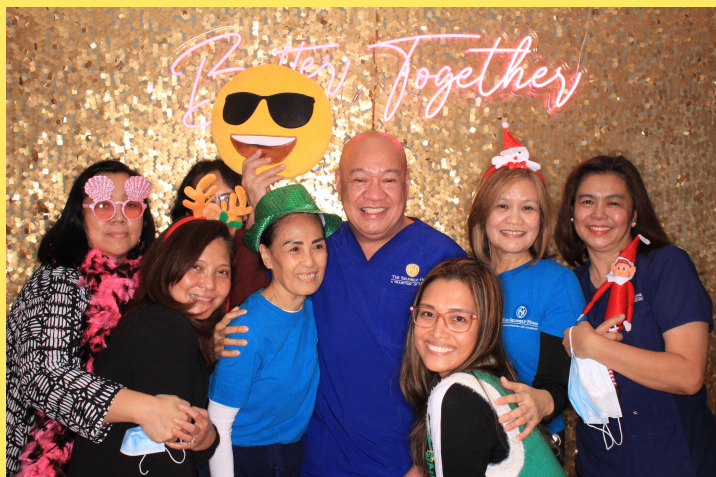
**Visit: [selfhelphome.org/passporttoexcellence](https://selfhelphome.org/passporttoexcellence)**

## #TEXT ME

If you don't receive text messages from Selfhlep, please be sure to sign up! Text messages are used for emergencies and to communicate important information to staff. Don't miss out!

**Text "SHHTEAM"**

**to 24251  
to join !**



**FOR MORE FUN FOLLOW SELFHELP :**



# CONGRATULATIONS TO THE STAFF REACHING MILESTONES JANUARY-MARCH 2022

## 30+Years

Claudette Blaise, AKA "Ms.Blaise" CNA 37 Years  
Maria Tapia C. Dietary Aide 31 Years

## 20+Years

Sharon Mikell, Chief People Officer 29 Years  
Tsering Wangmo, Assisted Living 27 Years

## 15+ Years

Nina Le, CNA 18 Years  
Aneth Lunemo, CNA 18 Years  
Mary Rose Feria, LPN 17 Years  
Keetlaine Voltaire, CNA 15 Years

## 10+ Years

Adalia Yulo CNA 13 Years  
Patricia Quiroz, Dietary Aide 11 Years  
Jinky Segovia, CNA 11 Years

## 5+ Years

Beauty Echendu, Personal Aide 9 Years  
Angelica Cruz, Housekeeper 9 Years  
Jonrey Vincente, CNA 8 Years  
Ma Teresa Esparza Cervantes, Personal Aide 8 Years  
Alicia Hernandez, Dietary Aide 8 Years  
Jesus Flores, Dietary Aide 8 Years  
Manuel Sanchez, Maintenance 7 Years  
Kritsana Kerdsomboone, Personal Aide 6 Years  
Mary Nolan, Personal Aide 5 Years  
Meaza Abera, Personal Aide 5 Years



**Fern Shaffer**  
Retired this year  
after 30 years at Selfhelp

Thank  
you!



**Ms. Blaise!**  
**37 Years!**  
CNA



**Maria Tapia!**  
**31 Years!**  
Dietary Aide



**Tsering Wangmo!**  
**27 years!**  
Assisted Living

OMG



**Angelica Cruz!**  
9 Years  
Housekeeping



**Jinky Segovia!**  
11 Years  
CNA



**Jonrey Vincente!**  
8 Years  
CNA



**Jesus Flores!**  
8 Years  
Dietary Department

## BENEFITS CORNER

### Health Insurance:

Eligible after 60 days of employment.  
Open enrollment period is from June 6th to June 27th, 2022

### Dental Insurance:

Eligible after 60 days of employment.  
Open enrollment period is from June 6th to June 27th, 2022

### Vision Insurance:

Eligible after 30 days of employment. Open enrollment period is from June 6th to June 27th, 2022

### Life Insurance:

Free after 60 days of employment for staff that work 30 hours or more a week.

### Selfhelp also offers the following:

*Accident insurance, critical illness insurance, disability insurance & additional Life Insurance at employees expense.*

**For more information about employee benefits see Sharon Mikell, Chief People Officer, 2nd floor business office.**

## GETTING HELP WHEN YOU NEED IT

**Selfhelp offers up to 5 free sessions:**

- Mental health counseling
- life coaching
- personal assistant
- enhanced work life web tools
- financial & legal resource and referral assistance
- medical advocacy

**The Selfhelp EAP Program**

**[www.mylifeexpert.com](http://www.mylifeexpert.com)**

**1-800-292-2780**

**Company Code: argyle01**

## CONGRATS TO THE ASSISTED LIVING TEAM!



Did you know The Selfhelp Home is the 1st community in the nation to receive Joint Commission Certification in Assisted Living? Congrats to the entire team and Ivory Rodriguez, RN for providing the best care to our residents. **Not only does this team always look amazing in their uniforms they are truly #1 in what they do nationwide!**

