

THE SELFHELP BUZZ

News for the staff



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SELFHELP RESIDENT SPONSORS RENOVATION OF THE WOMEN'S LOCKER ROOM



Selfhelp Resident, Phyllis Toback wanted to give something special to the staff who she feels are a wonderful group of hardworking people (and she's right!). Phyllis also wanted to honor former staff member Fern Shaffer who recently retired after a 30 year career at Selfhelp. After seeing the women's locker room, she noticed it was in dire need of a makeover. Thanks to her generosity, we were able to renovate the women's locker room now called ***"The Toback-Shaffer Women's Lounge"***

We are so grateful to Phyllis for her support for our wonderful staff! Phyllis joins the hundreds of other individuals and organizations whose donations help us refresh and update our Home away from home. Next up is our roof top renovation project, which kicks off in September and should be finished in time for us to enjoy the roof next Summer. Thank you to Phyllis and to all of our generous partners for their love and care for Selfhelp!

Kudos to the Maintenance crew (David, Carlos, Manny and Andres) for renovating the bathroom and locker room. So,...What's in store? New flooring, lighting, lockers, and a new bathroom!



SAM WANGMO RECEIVES THE 2022 LEADING AGE HEARTS AND HANDS AWARD



Congrats to Samten "Sam" Wangmo who was recently awarded by Leading Age Illinois with the 2022 Hearts and Hands Award!

Sam has been a CNA Supervisor at Selfhelp for 14 years. She has a genuine smile that can light up a room! Sam has some special qualities that make her a valuable staff member and the recipient of the 2022 Leading Age Annual Hearts and Hands Award this year!

Sam was born in India and speaks three different languages-English, Hindi, and Tibetan. Back home, she worked in an elderly place, and that's where she found her passion for caring for seniors.

Sam embraces person-centered care through the efforts that go beyond those normally considered within her job description. Her interactions with the residents come from a place of true compassion and care. She focuses on our residents' emotional needs and care preferences that are consistent with their lifestyle.

Rather than assisting our residents with task-centered approaches, she emphasizes on the rapport that she has established with them. For example, a resident was anxious on her first day of moving into our Assisted Living community. The resident kept calling for a staff member to come to her apartment because she was having a difficult time adjusting. Sam used her break time to spend quality time getting to know the resident, comforting her, and keeping her company. She continued to check on her during her shift until the resident was in bed sleeping. The following day, Sam asked how the resident was even though it was her day off.

Sam's positive energy brings joy and smiles to our residents. She doesn't view her workplace as an employment, but rather a second home. Sam's charisma engages our residents as well as promotes great quality of life.



Samten "Sam" Wangmo receives the 2022 "Hearts and Hands" award at the Leading Age Conference in April 2022.

THE STAFF COLORING WALL

**Need a break that is calming?
Come to the 7th or 8th floor
(and soon the 6th floor) for a
coloring break!**

All staff are welcome!

Kudos to Carmen Boss and her team
for putting this together.



ARE YOU GETTING STAFF TEXT MESSAGES?

TEXT MESSAGES ARE USED FOR
EMERGENCIES AND TO
COMMUNICATE IMPORTANT INFORMATION
TO STAFF.
DON'T MISS OUT!

Send a Text
"SHTEAM"
to 24251 TO
JOIN!



UPCOMING DEMENTIA TRAINING DATES:

(ALL TRAINING ARE HELD IN PERSON AT SELFHELP)

TUESDAY, AUGUST 23, 2022, 1-3PM (BEING RESCHEDULED)

Identifying and Managing Pain: Creating Comfort, What Do I Say? Communication Strategies for Non-Clinicians*

WEDNESDAY, SEPTEMBER 14, 2022, 2-4PM

Overcoming Challenges with Bathing/Showering, Dementia Sensitive Language*

WEDNESDAY, OCTOBER 26, 2022, 10AM-12PM

Wandering, Hoarding Reconsidered, How to Assess and Document Neurocognitive Decline

TUESDAY, NOVEMBER 22, 2022, 1-3PM

Dementia Basics*, Effective Communication*

WEDNESDAY, DECEMBER 7, 2022, 2-4PM

Antipsychotic drug Reduction and Non-Drug Strategies, Strengthening Pain Management Skills for Care Providers

**ATTEND 6 CLASSES AND
YOU'RE ENTERED TO WIN
A VACATION !**



Visit: selfhelphome.org/passporttoexcellence

LETS GET SOCIAL



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@theselfhelphome



FREE Mental Health Counseling Sessions:

Visit
www.mylifeexpert.com

Call:
1-800-292-2780

Company Code:
argyle01

SOFIA METOVIC RECEIVES THE MENTOR OF THE YEAR AWARD, AJAS CONFERENCE 2022

This past Spring, Sofia (Sofie) Motovic, Selfhelp's Dining Director received the 2022 Mentor of the Year award at the 2022 Annual AJAS Conference.

(Association for Jewish Aging Services)

Sofie was nominated for her commitment to being a mentor and helping those who have faced discrimination and exile from their countries such as the Congo and most recently Afghanistan. Sofia has been key in hiring many staff members in the dining department over the years that have come to us through refugee employment agencies such as Refugee One.

Sofie continues to embody the mission of the home to be a safe place for those who have lost everything. Selfhelp was founded over 70 years ago and began as a safe haven for aging Holocaust survivors. While the number of survivors has dwindled, the core commitment to helping others continues. Sofie welcomes everyone into our home embodying both Jewish and Selfhelp values. She has been instrumental in continuing to work towards our original mission to restore dignity and helping others in need.

FUN FACT: Sofie is celebrating 33 years of employment at Selfhelp this year.



Sofia Metovic,
Director of Dietary
Services 2022



Sofia Metovic,
33 years ago

Happy Anniversary

To the staff reaching milestones April -July 2022

35 Years +

Flowers, Voncile 35 years

30 Years +

Martha Ruilova 32 years

Sofia Metovic 33 years

Florida Dela Torre 33 years

25 Years +

Carmelita Gan 26 years

Graciela Sanchez 28 years

20 Years +

Romero, Marielena 20 years

Maria Ocampo 24 years

Carlos Rojas 22 years

15 Years+

Bravo, Irene 15 years

Adjei, Rose M 15 years

10 years +

Lhamo, Kelsang 10 years

Ali, Shehzadi 10 years

Pastrana, Mercedes 10 years

Suzana Pali 11 years

Isabel Ruilova 12 years

Alice Calica 13 years

Symone Mikell 13 years

Jaime Barber 14 years

Samten Wangmo 14 years

5 years +

Tom Samolinski 7 years

Magdalena Perez 8 years

Angelica Moreno-Vergara 8 years

Oluwafunke Kafisanwo 9 years

Just Making 5 years !

Steinfeld, Liza
Vazquez, Lizbeth
Moore, LaDwyana B
Tekeleabi, Mulu G
Zellhofer, Laura



Voncile Flowers, CNA

35



Martha Ruilova, Dietary

32



Graciela Sanchez,
Dietary

28



Carmelita Gan,
Healthcare Admin

26



Carlos Joan Rojas,
Maintenance

22



Marielena Romero,
Housekeeping

20



Irene Bravo,
Dietary

15



Jaime Barber,
CNA

14



Kelsang Lhamo,
Assisted Living

10



Shehzadi Ali,
Activities

10



Mercedes Pastrana,
CNA

10



Maggie Perez,
Housekeeping

8



Mulu Tekeleabi
5 Years
Dietary



Dwyana Moore
5 Years
Concierge



Liza Steinfeld
5 Years
Administrator



Laura Zellhofer
5 Years
Retirement Counselor

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 employee's expense.

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

DID YOU KNOW?

Team member Steve Levy, our CFO is a 2x marathon runner? In August Steve ran the 10K in the "Dim Sum & Then Some" race. Way to go Steve!



DID YOU KNOW?

Team member Jessica Katz recently joined our team as the Resident Services and Community Outreach Manager. She also has a not for profit organization that rescues birds and does bird adoptions. See her on Facebook at @CLEARescue



**Do you have something you want to share in the newsletter?
send an email to Efrat: edallal@selfhelphome.org**

NOW HIRING

Do you have a friend in need of work? Selfhelp is hiring! A current list of open positions is on our website. Stay tuned for a new referral program this fall!



NURSING HOME WEEK 2022

SKILLS DAY

TALENT SHOW

