

Imagine that you are being paid below-minimum wage to carry a 40 pound sack of sand for 5 miles. It's hot, it's no fun, the sack is heavy and you don't see the point. How's your energy level feeling? Pretty stinky, right?

New scenario: instead of a dumb job with a sack of sand, imagine that you have been in a car accident and you are unhurt but your 40 pound daughter is hurt and the nearest help is 5 miles away. Now, check your personal gas tank; Weird, now you have energy, where did that come from?

Having a heart for your work creates energy seemingly out of thin air. It makes you better at what you do. Having heart gives you what you need to care for those you are here to serve.

# **Our Fingerprints**

- 1. Safety sweep at every change of shift
- 2. Stability check every morning
- 3. Settle Uncertainty
- 4. Always address the client first
- 5. No smart phones at meals
- 6. Never argue with a client & when in doubt apologize

#### #7 Appreciate the power of "Yes" and say "no" as little as possible

Take a minute and say NO five times to yourself: NO, no, Noooooo! No? No. How does that feel? Are you feeling more energized and open? When someone asks you for something what will be your likely answer? How does NO feel?

Now try this: YES, Yes? Yes. Yesssss! How does that feel? It's hard not to smile! "Yes" just feels better, and it gets better outcomes.

When your client wants to do something that is not a great idea, don't say NO, say YES to something better, "What I think you would really enjoy is to do this" I would LOVE to go to the Harman Center, how about it?

Use YES as much as possible. (BTW this works with everybody, they don't even need to have dementia)



### **Meaningful Activities**

Its Springtime in the Valley! Plan a visit to check out the warehouse and bake shop at:

Johnson's Orchards open Thursday, Friday, and Saturday from 9-4 4906 Summitview Ave



## **Upcoming Events**

April 12, 12:00-1:00 Team Lunch Abby's Pizza

May 12, tbd HopeBridge Birthday Party!! This will be a family event. More information to come!!





Team Update

Keep on being wonderful!!



Kudos to You

Mandy has done above and beyond, always extremely kind and on top of things! Love her attitude.

Thank you to Lisette, Lori, Sherri and Victoria for valuing your professional development by attending the dementia seminar! We appreciate you and your dedication!!

#### From the Marketing Dept.

If you are a Facebook user, you may know that they have changed their algorithm and often our followers will not see our posts unless there is interaction on a post. The more interactive the post is, the more people will see it in their feed. Please help us grow our business, find new staff and increase our brand awareness in the community by doing these three things:

 If you haven't become "friends" with HopeBridge, please do that!
 Mark HopeBridge as a page you would like SEE FIRST. Click on the "Following" tab and choose the See First option.
 When you see a post from our page, please: comment or share! Liking the post is great but

we need interaction. Post a hashtag, tag a friend who might like the post, share it to your page, or simply say something about the post.

 Handy Links & Important Numbers

 You can request time off here: Time Off Requests

 Admin Message Line (aka TSheet Correction Line): (630) 474-4383 (call or text)

 Office Hours Nursing (aka Tracy): (509) 969-2673

 Office Hours Management (aka Jonathan): (509) 901-6903

 After-Hours Nursing (aka Emergency): (509) 730-5683

Bridging the Gaps in Care