



## Your weekly news & updates

Thank you for being a part of this amazing team!

Your bi-weekly check-in form is here. The link found in older emails has been disabled, so please use this new link to fill in your required check-in.

[Two-week Check In](#)

### Core Values

#### Heart:

The power of showing up.

I love the honesty of children, most of the time. Once, when my elder daughter was 6, I was talking to her about something and I noticed that she went glassy-eyed and distant. I asked her what she was doing; she told me "sometimes when you are talking and it's boring, I go somewhere else in my head". Nice...

We live in a fast-paced world and we REALLY don't like to be bored. But it is most always true that connecting with people takes patience and that is why HEART is core to connection. An open heart to others makes connection possible because we are willing to listen even when it's not exciting to us, because it's important to them. one more way to show heart to those we serve!



### Our Fingerprints

Have you been checking and documenting steadiness of your clients when you see them? Lets recap:

1. Safety sweep at every change of shift
2. Stability check every morning

#### so on we go to #3 **Settle Uncertainty:**

This one moves from physical safety to emotional wellness.

When we talk about settling uncertainty, it means being able to answer any questions that can put one's mind at ease. This has much to do with daily schedule, upcoming appointments, who is staffing, meals to eat, shopping trips planned, etc. Not knowing things that will impact your life causes emotional discomfort and can be as bad as physical pain.

Remember sitting outside the principals office? Maybe that was something that I did more than you, but trust me it stinks. Give people clarity about what is happening and they will be more at ease.



### Meaningful Activities

Peach Tree Retirement Center is hosting an Easter Event for all ages. Egg coloring, card making, etc.

**March 29**  
6:30-8:00pm

Peach Tree  
2800 W Viola Ave.  
509-248-1766



## Upcoming Events

Thank you to those that could attend our monthly Team Member Luncheon yesterday!! Couldn't make it? Don't worry, our next lunch is scheduled for **April 12!**



Mark your calendars: **Wednesday, April 4** for an amazing opportunity to further your education and learn from an expert on dementia, right here in Yakima. Teepa Snow, a nationally-recognized occupational therapist and expert on dementia, is sharing her knowledge in a free, all-day seminar. And HopeBridge is co-sponsoring the event! We will have a booth at the event, a table at the seminar, and will be providing lunch for any team member wishing to attend. Space will be limited, so if you are interested in attending, please let us know by emailing [stephaniek@focusednursing.com](mailto:stephaniek@focusednursing.com). Because it is an all-day event and we have many clients to serve during the day, if you are only able to attend half the day, we would still love to have to join us. The morning session runs from 8:30 to 11:45, and the afternoon session runs from 12:45 to about 4:30. Please make schedule arrangements with management ahead of time if you want to attend.

Details:

**A Day with Teepa Snow**  
**April 4, 2018 from 8:30-4:30**  
**Yakima Convention Center**  
**10 N 8th St, Yakima**



### Team Update



### Kudos to You

Lisette is reliable, personable and caring  
Always willing to go the extra mile. Wish we could clone her!!

Stacey always shows up ready for updates & listens & shows genuine concern.

To the team: your compassion and sincerity is inspiring and aspiring!

Hunter and Victoria have picked up extra hours with no hesitation. They are wonderful caregivers and I love them.



### From the Marketing Dept.

Please participate in our "**Caregiving Tips from the Pros**" article. Be entered into a drawing for a gift card just by sharing a tip or trick that helps you as a caregiver! Only two weeks left to participate!

[Tips from the Pros](#)

## Handy Links

[HB Care Team](#)

While links for most everything you need are available on our Care Team website, here is a handy link to get you started:

[Time Off Requests](#)

Your time-off request form has been modified, and a confirmation will be sent with date requested.