

CEO Corner

What's happening at Carespring?

By Chris Chirumbolo



Greetings Heroes!!

Hope each of you are enjoying your summers. Please have fun, relax and be safe!!

Here's a highlight of some important things going on in our company!

Boonespring is coming!!! We have the concrete foundation and stair towers in place for the facility. We are expecting the newest facility to the Carespring family open in Fall of 2018. **What does this potentially mean for you?** We are looking for more leaders and team members to help up open and grow this facility. This is what we mean that Carespring is "More than a Job, it is a Career." Come take the next step with us!!

As you might have seen, Carespring and its facilities are a **TOP WORKPLACE** in the region for 2017. This honor was selected because of **YOUR** input on over 1000 completed team member surveys. This is an honor. You earned it; Cherish it!!

The Carespring Scholarship Hero Fund is distributing scholarships to 1 Carespring team member and 1 Carespring team member's child. Commitment to learning is important. Helping people reach their educational and career goals is a priority.

Lastly, as we continue to push to our Vision by being the best providers in our region, I wanted to reinforce the 5 parts of our Vision:

1. **Clinical Excellence:** We will deliver outstanding clinical care in a consistent, coordinated way—always improving through evidence-based practice.
2. **Resident Engagement:** We will provide a compassionate healing experience, fully involving patients in clinical and financial decisions about their healthcare and encouraging them to take responsibility in their life choices.
3. **Team Member Engagement:** We will be the employer of choice in the communities we serve. We will take care of the team members who take care of our residents by creating a workplace that is built on our values, attracts and rewards caring and talented individuals, and engages us to live lives that are connected, balanced, secure, and healthy.
4. **Innovation and Operational Effectiveness:** We will use innovation and technology to best utilize our resources and to maintain the financial stability necessary to meet our high standards and to do it an affordable fashion.
5. **Provider of Choice:** We will be the provider of choice by meeting the diverse healthcare needs for our community partners.

These are the pillars to our success. As we continue to all work **together** as a team and a family, the sky is truly the limit.

I appreciate you and what each of you offer to the family!!

Thank you again for making a Carespring facility your home.

Sincerely,
Chris

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Teladoc/CADR+

By: Barb McFarland



If you are on our medical insurance and haven't used this yet, you need to! Teladoc is a 24 hour a day, 7 day a week access to a certified US Physician in your area! And guess what, it's free to you and your household if you are on our medical plan. Ever had a sinus infection, UTI, rash, etc. and knew all you needed was a prescription called in? Teladoc can do that for you...fast!

1. Just call the number on the Teladoc app on your Smartphone or login online to request a physician to call you. Average call back time is about 8 minutes.
2. Tell the doctor your symptoms, upload pictures if needed, or even video chat with them and if they feel they can diagnose you from that info, they will call you in a prescription to your local Kroger pharmacy.

Benefits of Teladoc:

- You won't have to miss work or hours out of your day going to the doctor.
- You won't have to pay your physician office visit co-pay.
- Your entire household (up to 6 people) can be enrolled at no charge, regardless of whether or not they are on your Carespring Medical Plan.
- You even have coverage while on vacation (in the Continental US)

I highly recommend you register before you need it. You will need to create a username/password and fill out your medical history for each person you want on the plan. Get this taken care of before you are sick, as it isn't the most fun thing to do when you're not feeling well. To Register go to www.teladoc.com or call 1.800.TELADOC



Gratitude: The Best Medicine

By: Dr. Art Gendelman



Winter has subsided if we ever had one. It's the time of year to think about spring, new growth, and re evaluate what is really important to our own health.

Did you know that there is actually a science of gratitude? Reports have found that practicing gratefulness leads to greater physical and emotional well-being. A 2003 study revealed that those who kept gratitude journals on a weekly basis exercised more regularly, reported fewer physical symptoms and felt better about their lives as a whole, compared to those who only recorded hassles or neutral life events. Talk about a powerful emotion.

So what are you grateful for? Consider writing down five things you are thankful for each week and see how your outlook and well-being shift.

To help you get started, here are five things I am grateful for about Carespring:

1. Wonderful employees, volunteers and Administrators and DONs who help to make residents' lives better, either directly or indirectly.
2. Nurses, Doctors and other Practitioners who deliver excellent care with superior outcomes.
3. Residents who inspire Carespring to be the best we can be.
4. The community, which supports and assists Carespring as a Best in class health care provider.
5. Carespring Health Care Management, has raised thousands of dollars to support critical patient programs and services to serve our local community.

"Thanks: How the Science of Gratitude Can Make You Happier," Robert Emmons



Good Financial Habits

By David Eppers

"Winning is not a sometime thing; it's an all the time thing. You don't win once in a while; you don't do things right once in a while; you do them right all the time. Winning is a habit."

Vince Lombardi

The great Vince Lombardi used statements like the one above to inspire and motivate athletes in the bone crushing game of football. His goal was to develop the mind of his players; to focus the thoughts, then the behaviors, and finally the actions of each individual to achieve greatness. The genius was his focus on the HABITS of his players.



Examine your financial habits. What do you do as a matter of routine? Are your "all the time things" when it comes to money making your financial position stronger? (Are they making your bank account grow?) If they are, keep doing them. If they are not, consider "habits" you would like to have. Make a change.

5 Examples of good financial habits:

- 1) Save some amount from each paycheck. (401-k plan or piggy bank)
- 2) Routinely analyze where you spend your money (start a budget).
- 3) Evaluate your purchases and make certain you get what you pay for.
- 4) Don't buy on impulse.
- 5) Ask questions about your bills before you pay.

Just in case you found obstacles in your way on each good financial habit, I'll leave you with one more Vince Lombardi quote.

"Obstacles are what you see when you take your eyes off the goal."

Keyboard Shortcuts

By Bill Noffsinger

Copy only the active window to clipboard

Normally, the Print Screen key copies the entire display (or multiple displays if you have them). ALT + Print Screen only copies the currently active window to the clipboard. Whether taking a screenshot to diagnose a problem, or just because you want to show something to a friend, this will come in handy.

Fix those little mistakes

Did you know you can undo almost any action? CTRL + Z is the ultimate hot key for un-doing an action; however, note that undo doesn't just apply to typing. If you accidentally delete or move a file, you can hit CTRL + Z to bring it right back to where it was.

Cycle through open windows

Pressing ALT+TAB repeatedly allows you to cycle through all currently open windows. This makes switching back and forth between running processes quick and painless. Windows+TAB will also work in the same manner.

Close the current program

Tapping ALT + F4 will close the program that is running. This is useful as it saves you time from 'mousing' over the 'X' and clicking. People will often use this as a joke, telling you to press ALT + F4 to fix a problem. Don't fall for it unless you want to close what you are doing.

Minimize all windows

Sometimes you have several things open and you want it all to go away so you can get to the desktop to see your icons. Simply pressing Windows + D will minimize everything you have open...which will save you time compared to pressing the minimize button for each window.



Congratulating our 30 Year Team Members

Carespring is so proud to announce 4 amazing team members who are celebrating 30 years of service to our patients and facilities. We are so grateful for their commitment to this industry and Carespring. What an amazing example!

We wanted to learn a bit more about these amazing gals! Read on to learn more about these Carespring Heroes!

Q: What is your favorite thing about working for Carespring?

A: The people, from staff members to the Resident's and their families

Q: What roles have you held in the organization?

A: I started in Dietary, Laundry, Central, Bookkeeping, Receptionist, Administrative Assistant, Laundry/ Housekeeping/Central Supervisor, Purchasing Director

Q: What is your favorite memory about working for Carespring?

A: There are so many found memories that I have over the years at Carespring not one that I can really say is my favorite because each memory was with different member even at a different building; from starting up a new facility, late nights getting the building ready, or just cutting the daily grind with practical jokes on each other to get a laugh. Then there are the Barry memories and those are the ones you cherish and we cannot always repeat word for word.

Q: What is a surprising fact that people you work with may not know about you?

A: I believe that anyone I work closely with pretty much know everything there is to know about me; I am Very much family oriented and family is very important to me which makes Carespring a perfect fit for me, I guess the only thing that some people might not know about me is that my husband and I have been on two Mission trips to Kenya, other than that not much surprising about me.

-Juli Gambrel-



*Juli Gambrel
Corporate Purchasing,
Corporate Office*



*Ruth Locke
STNA, Indianspring of Oakley*

Q: What is your favorite thing about working for Carespring?

A: The patients and co-workers

Q: What roles have you held in the organization?

A: Staffing, medical records, receptionist, STNA

Q: What is your favorite memory about working for Carespring?

A: Working on rehab, with the patients and getting them ready to go back home. When Eastgate branched out and opened other buildings, when Eastgate turned into Carespring.

Q: What is a surprising fact that people you work with may not know about you?

A: How long I've worked for Carespring

-Ruth Locke-

Congratulating our 30 Year Team Members



Janet Garcia
LPN, Indianspring of Oakley

Q: What is your favorite thing about working for Carespring?
A: Working for Carespring, I love the loyalty of the company.

Q: What roles have you held in the organization?
A: ADON, Unit Manager, Night Shift Supervisor, Charge Nurse.

Q: What is your favorite memory about working for Carespring?
A: When Barry called me to the office and asked me what I thought about him buying another facility. Looking back it fills me with pride of what himself and this company has done for the community, employees, and residents.

Q: What is a surprising fact that people you work with may not know about you?
A: How many years I have worked with Carespring.

-Janet Garcia-

Q: What is your favorite thing about working for Carespring?
A: Extended family, not only residents but staff as well.

Q: What roles have you held in the organization?
A: Charge Nurse, Supervisor, MDS Nurse, Receptionist, dietary, housekeeping.

Q: What is your favorite memory about working for Carespring?
A: Listening to Barry tell everyone how I dropped him when he fainted in my arms.

Q: What is a surprising fact that people you work with may not know about you?
A: Recently became a grandma of a beautiful baby girl; Brooklyn Michele



Pam Greenert
Activity Assistant, STNA
Barrington of Ft. Thomas

-Pam Greenert-

