

THE NEURON FLASH

MAY 2017

INSIDE THIS ISSUE:

EMPLOYEE PROFILE	2
MEDITATION	2
STAFF APPRECIATION	2
STAFF RECOGNITION	3
IMPACT OF DEMENTIA	3
RECRUITING	4
INSERVICES AND EDUCATION	4

SPECIAL POINTS OF INTEREST:

- Staff Appreciation Week!
- Meet your ADON
- Emergency Prep.
- Plan for your Retirement Now!

YOUR BENEFITS

We all want to retire comfortably; the earlier you start saving the easier it is to reach your goal.

We offer you a 401K plan through Fidelity Investments. Everyone is eligible after completing 3 month of employment, regardless of how many hours you regularly work. The online sign-up process is very simple:

Go to www.netbenefits.com, click on "Register Now", enter the required information (Name, Date of Birth, Last 4 digits of your Social Security Number) .

The system will automatically find your information, then you set up your username and password and you are ready to participate. You can choose to contribute a percentage of your income or a set dollar amount from each paycheck as little as ten dollars per check.



After your account is set up, please set up your beneficiary information as soon as possible by clicking on "Profile" (located next to the search box), clicking on "Beneficiaries". You need to have your beneficiaries' dates of birth and addresses, social security number is helpful, but not required. If you are married, your spouse has to be your primary beneficiary, unless he/she signs the required waiver from Fidelity.

There are lots of tools on the website to help you reach your retirement goals. Please explore some of the educational information.

Even if you cannot contribute money to your 401K plan at this time ANNI may have already contributed funds on your behalf. Login now to decide how to invest your money.

If you have any questions or need help with the sign-up process, please see Rachel or Astrid in the Human Resources department.



EMPLOYEE PROFILE

Full name: **Toni Reed**

Zodiac Sign: *Taurus*

“Single and ready to mingle”

Pets: *1 Rat, that belongs to her daughter. However, she is allergic to rats.*

From: *Lived in Costa Mesa growing up, and had many jobs in the area.*

Time with ANNI & position: **3.5 Years**
Treatment Coordinator previously RN.

Responsibilities: *Contribute to Tx Team; Likes to be beneficial to the nursing staff by always helping with the Action Item List, and tasks that will lessen the work load of those around her. Eventually will be leading the orientations!*

Challenges: *Dealing with some of the more stubborn pts.*

Favorites: *The employees feel like family.*

Why NBH: *Toni absolutely loves old people*



TAKE CARE OF YOURSELF!



Five Minute Mini Meditation

Relax on the go with this quick and easy breathing exercise

1 Get Prepped

- Find a quiet spot where you won't be distracted
- Sit or lay down in a comfortable position
- Uncross your arms and legs
- Rest your hands on top of your legs or at your sides
- Close your eyes or focus on a single point in front of you
- Listen to your body inhale and exhale
- Break from thinking about sources of stress and focus on breathing alone

2 Count Your Breaths

Breathe in Breathe out 1st count

Breathe in Breathe out 2nd count

Breathe in Breathe out 3rd count

Continue until you complete 10 rounds of breathing in and out

If your mind wanders (and it will!) and you lose count, patiently start back at 1

www.GuardYourHealth.com

STAFF APPRECIATION

Once upon a time there was Nurses Week; there was Social Services month; there was Activity Professionals week; administrative assistants day; there were other celebrations, but they were not created equal. Then along came Rocky who said “We don’t need all of those celebrations; I appreciate all of my staff for everything they do!” and so STAFF APPRECIATION WEEK was born!

Every year we give employees a chance to nominate one another for going above and beyond their normal job to help a patient, a family, or another staff member. These nominations not only go in their personnel file, but are also converted into tickets for our grand prize drawing on the Friday of staff appreciation. Prizes such as TVs, computers, tablets, gift cards, and wireless speakers make up the loot! Don’t forget; not only the person being nominated gets more entries, the team member who took the time to nominate their teammate also gets extra entries.

Staff appreciation week consists of five fun filled days of treats and giveaways meant to show all of our staff that

they are appreciated and we would not be able to care for our patients without each and every one of you!

Keep up the good work!

NOMINATE STAFF NOW!

- **Shave ice!**
- **Gift card raffle**
- **Big Screen TV**
- **Free Lunch!**
- **Goodies!**

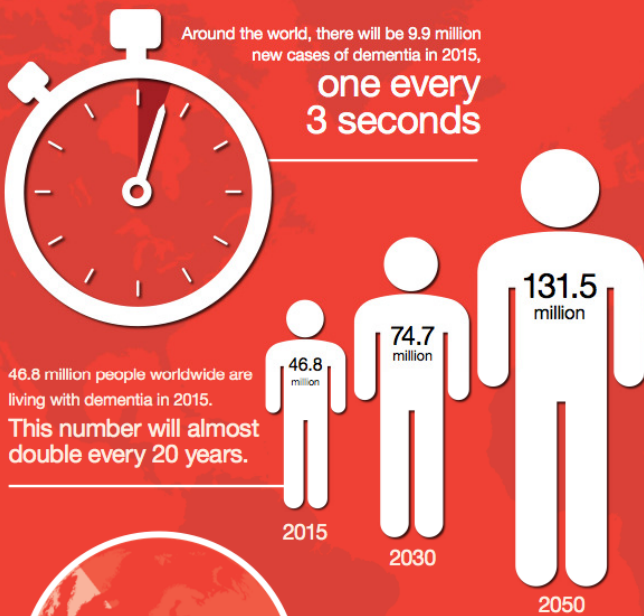
TEN PLUS YEARS OF SERVICE!

ANNI employees have been serving patients at Newport Bay Hospital for 20 years now. In those 20 years we have seen many great employees come and go. And a few extra special ones that have stayed with us for the long haul. We'd like to take a moment to give thanks and recognize those people who have spent ten or more years with ANNI and have made Newport Bay Hospital the great facility it is today. THANK YOU!

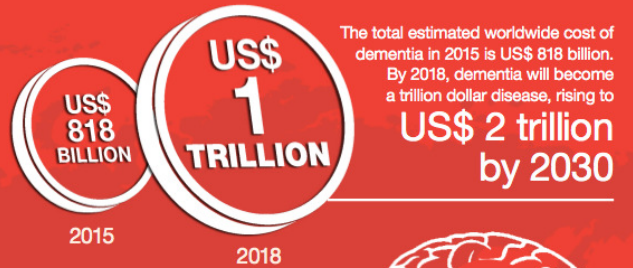
Irma Rodriguez 20 years	Sally Morris 15 years	Nancy Ovando 12 years
Astrid Klein 17 years	Mike Miranda 14 years	Kaj Mutrais 12 years
Jennifer Lam 17 years	Sharon Hulse 14 years	Misha Anderson 12 years
Micki Johnson 17 years	Ubaldo Garcia 13 years	Amy Leber 11 years
Adolfo Diaz 15 years	Tobi Garcilazo 13 years	Alfred Gutierrez 10 years

INFOGRAPHIC

The global impact of dementia



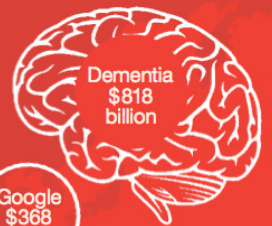
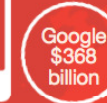
Much of the increase will take place in low and middle income countries (LMICs): in 2015, 58% of all people with dementia live in LMICs, rising to 63% in 2030 and 68% in 2050.



If global dementia care were a country, it would be the

18th largest economy

in the world exceeding the market values of companies such as Apple and Google



(source: Forbes 2015 ranking).



We must now involve more countries and regions in the global action on dementia.

We're on the web!
Americanneuro.com



AMERICAN NEURO-PSYCHIATRIC NETWORK, INC.

2999 Westminster Ave Suite 210

Seal Beach, CA 90740

Phone: 562-493-9389

Fax: 562-594-4419

E-mail: becky@americanneuro.com

STRIVING FOR THE BEST IN PATIENT CARE.

UPCOMING EVENTS

Staff Appreciation Week

June 19th to 23rd

Games, Food, and prizes!

Don't forget to nominate your outstanding teammates!

Open Classroom:

Emergency Preparedness

June 13th & 14th

All staff will be required to attend our bi-annual open classroom on Emergency Preparedness. It will include a quick refresher of what you learned in the last Open Classroom as well as new and helpful information.

WE'RE ON FACEBOOK! VISIT US AT

[FB.ME/AMERICANNEURO](https://www.facebook.com/americanneuro)

Recruitment Bonuses!!

Do you work with someone somewhere else who is really great? Someone who just got their license or certificate?

Someone looking for a dynamic position treating the aging adult population?

Refer them to work for ANNI at Newport Bay Hospital and you could be getting a big bonus!

If we hire your recommendation, you get the following bonus:

RN -\$5000 | LVN—\$3500 | CNA—\$2000

Unit Clerk—\$2000 | Social Worker—\$4000

Bonus is divided into three payments; 20% on hire, 30% after 90 days of employment and 50% on their one year work anniversary!

Bonus is now awarded for new hired employees working less than full time hours. Will be prorated based on percentage of full time hours.

- Hospital wide– 5/10/2017 and 6/7/2017
- CPI Re-Certification Classes: May 18th & June 27th
- LPS Designation Inservice- 05/23/2017

Feeling out of touch with In-service dates? You can access the monthly offerings anywhere with internet access.

Check out:

www.americanneuro.com/calendar.htm