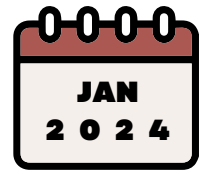


Gather & Harvest



THE MONTHLY NEWSLETTER FOR
HARVEST HOME ASSISTED LIVING



- 01 **Devotion**
- 02 **Upcoming Events**
- 03 **Staff Shoutouts**
- 06 **Employees of the Month**
- 07 **Celebrations**
- 08 **Personal Growth**
- 09 **Photo Gallery**

More than a New Year

Found on wels.net/dev-daily

Don't you know that all of us who were baptized into Christ Jesus were baptized into his death? We were therefore buried with him through baptism into death in order that, just as Christ was raised from the dead through the glory of the Father, we too may live a new life.

Romans 6:3,4

How was your New Year's celebration? Did you spend time with friends and family? Did you stay up until midnight? Did you sleep in on New Year's Day?

Here's another question: How has your New Year's celebration impacted your life in the new year? I imagine not much. It may have been fun, but now you're back to life as usual. In today's Bible reading, the apostle Paul tells us about an event that is more than a one-day celebration, an event that changes the rest of a person's life. The event is a person's baptism.

Christian baptism, you see, is not simply a ceremony. Paul tells us that when a person is baptized, they are spiritually covered in all the benefits of Jesus' death on the cross. Their sins are forgiven. And because their sins are forgiven, they can look forward to an eternal life in heaven one day.

But there's more. The apostle tells us that baptism also empowers a person to live a new kind of life, a life that no longer wants to do its own thing but rather wants to do God's thing.

That's much more exciting than any New Year's resolution. It is God's promise to empower those who have been baptized to live a new, God-pleasing life. How could those who have received such a gift have anything but a happy new year?

Prayer:

Thank you, Lord, for reminding me today of the remarkable blessings of baptism.
Amen.

Thank You!

GRAFTON

- Staff for picking up shifts! You all are so helpful with covering open shifts.*
- Thank you to all for noticing soiled things, pre treating and letting maintenance know about it!*
- Staff for getting those activities done! If you do not keep the residents busy they will keep you busy.*
- Shane for taking a resident to their appointment on a day he requested off. -Tiffany*
- Grace: always keeping a positive attitude. -Jay*
- Sara for her two roles with HH. -Jay*
- Dan for always addressing issues immediately. -Jay*
- Stephanie for the entertainers. Residents loved them! Thank you for putting thought into the activities.*
- Michelle M for fixing the fridge in the kitchen :)*
- Melissa Choby for being outstanding and so willing!-Tiffany & Rachael*
- Melissa on 3rd is so great to work with and so good at what she does!-Deb B*
- Rachael for going out of her way to pick me up when my vehicle was being fixed! It meant a lot to me and I am very grateful for you!-Tiffany*
- To all staff for being so great for my mom, she has never been cared for so well as she is now with HH taking over. Carol's son Jay*
- all caregivers for helping with food when needed and fitting everything else in- VERY grateful for your help!!!!- Rachael and Tiff*
- Stephany, thank you for helping Tiffany with other tasks than your own. Rachael*
- Shane, HUGE thanks for helping as a caregiver outside of your hours. Rachael*
- Stef - You have lead some wonderful activites! You are such a great blessing!*

HOWARDS GROVE

Renee S and her husband for getting people in the storm

Jennifer - for doing a double, all of the caregivers that had to deal with the electricity flickering on and off and just everyone this last weekend for just getting through it with a great attitude.

Jean - Thanks for always making such great cookies for the residents...and admin team :)

Jenny for helping out with extra hours

Dawn attentive and caring for the residents.

Amelia - for bring in more amazing fodgets

Braeburn staff for doing an awesome job in general per Elfis family

Renee M for coming into work on Saturday 1/13 at 0330 am to help out until Tammy came in.

Virginia for working 12 hrs so Jean in Bancroft could have off

Cortland - good job welcoming in Arlene and helping her get settled in so well!

Debbie V - Thank you for being so diligent with the activities.

Emilia for working 12 hrs so Jean in Bancroft could have off

Danielle - for being so kind and considerate to residents and their families.

Dawn - Thank you for being so caring and looking out for the best for the residents.

Renee M. - Thank you for being so great - in every way possible!

MOUNT PLEASANT

-Hector and Eric did an amazing job stepping in to lead men's Club at the last minute

- Lisa C. did a great job engaging a Ferguson resident in activities

- Omari and Lauren are so patient helping me with my many tech-related issues! - Angel

-Case House caregivers for getting cares accomplished with a difficult resident

- Jennifer did a great job managing Ferguson alone when we were short staffed

- Cassie pays close attention to the needs of the residents and takes the time to meet those needs with kindness

- Emilee did a great job managing Case house cares and breakfast alone when we were short staffed. She also was very engaging and patient in leading Will bowling on a day that she was the med passer as well.

-The admin team for always stepping in to help wherever there is a need

-Dani, Dee, Stevie, Omari, Shawn for taking the lead with decorating Holland House Christmas trees and getting the residents involved. To caregivers in each house who worked hard to undecorate, even taking down trees!

-Kent for getting up all the Christmas trees in record time and taking down/ loading them for storage in terrible weather.

-The Ferguson caregivers do a great job quelling resident behaviors

-Grace does a great job planning fun community events

-Chalmers caregivers always have fun activities for their residents to participate in

-Cindy for handling hard conversations with compassion this past month with families and residents

**Congratulations,
Dan!**

Caregiver | Grafton



Thank you, Dan, for all that you do at Harvest Home!

**Congratulations,
Jamie!**

Caregiver | Howards Grove



Thank you, Jamie, for all that you do at Harvest Home!

Happy Birthday!



BIRTHDAYS

Happy birthday from all of us at Harvest Home!

JAN 15

Doris H

Mount Pleasant

JAN 16

Miranda

Mount Pleasant

JAN 17

Grace S

Alayla C

Grafton/Howards Grove/MP Mount Pleasant

JAN 18

Melissa Schlesner

Grafton

JAN 24

JeQuaria

Mount Pleasant

JAN 26

Mike R

Howards Grove

JAN 28

Keonna

Mount Pleasant

JAN 30

Alisa

Mount Pleasant

Happy Anniversary!



WORK ANNIVERSARIES

Thank you for being part of the Harvest Home team!

JAN 1

Wendi
13 years (All Campuses)

JAN 3

Danielle
2 Years • Howards Grove

JAN 8

Neveah
1 year Mount Pleasant

JAN 11

Jamie S.
2 Years • Howards Grove

JAN 12

Grace R.
1 year Grafton

JAN 13

Eden
2 Years • Howards Grove

JAN 14

Grace S.
2 years • (All Campuses)

Building Self-esteem

At Harvest Home, we want to help you be the best you can be. Check out the tips below to help your own personal growth.

1. Use positive affirmations correctly

Positive affirmations such as “I am going to be a great success!” are extremely popular, but they have one critical problem — they tend to make people with low self-worth feel worse about themselves. Why? Because when our self-esteem is low, such declarations are simply too contrary to our existing beliefs. Ironically, positive affirmations do work for one subset of people — those whose self-esteem is already high. For affirmations to work when your self-esteem is lagging, tweak them to make them more believable. For example, change “I’m going to be a great success!” to “I’m going to persevere until I succeed!”

2. Identify your competencies and develop them

Self-esteem is built by demonstrating real ability and achievement in areas of our lives that matter to us. If you pride yourself on being a good cook, throw more dinner parties. If you’re a good runner, sign up for races and train for them. In short, figure out your core competencies and find opportunities and careers that accentuate them.

3. Learn to accept compliments

One of the trickiest aspects of improving self-esteem is that when we feel bad about ourselves we tend to be more resistant to compliments — even though that is when we most need them. So, set yourself the goal to tolerate compliments when you receive them, even if they make you uncomfortable (and they will). The best way to avoid the reflexive reactions of batting away compliments is to prepare simple set responses and train yourself to use them automatically whenever you get good feedback (e.g., “Thank you” or “How kind of you to say”). In time, the impulse to deny or rebuff compliments will fade — which will also be a nice indication your self-esteem is getting stronger.

4. Eliminate self-criticism and introduce self-compassion

Unfortunately, when our self-esteem is low, we are likely to damage it even further by being self-critical. Since our goal is to enhance our self-esteem, we need to substitute self-criticism (which is almost always entirely useless, even if it feels compelling) with self-compassion. Specifically, whenever your self-critical inner monologue kicks in, ask yourself what you would say to a dear friend if they were in your situation (we tend to be much more compassionate to friends than we are to ourselves) and direct those comments to yourself. Doing so will avoid damaging your self-esteem further with critical thoughts, and help build it up instead.

5. Affirm your real worth

The following exercise has been demonstrated to help revive your self-esteem after it sustained a blow: Make a list of qualities you have that are meaningful in the specific context. For example, if you got rejected by your date, list qualities that make you a good relationship prospect (for example, being loyal or emotionally available); if you failed to get a work promotion, list qualities that make you a valuable employee (you have a strong work ethic or are responsible). Then choose one of the items on your list and write a brief essay (one to two paragraphs) about why the quality is valuable and likely to be appreciated by other people in the future. Do the exercise every day for a week or whenever you need a self-esteem boost.

The bottom line is improving self-esteem requires a bit of work, as it involves developing and maintaining healthier emotional habits but doing so, and especially doing so correctly, will provide a great emotional and psychological return on your investment.

www.ideas.ted.com/5-ways-to-build-lasting-self-esteem/

Happy Memories Made

Here's a few memories that were made this past month –





Thank you for your support in
Harvest Home Assisted Living
and helping us serve our
residents, staff, and families!



HarvestHomeWI.com

Howards Grove Campus
2003 Apple Tree Rd
Howards Grove, WI 53083,

Grafton Campus
1706 Washington Street,
Grafton, WI 53024

Mount Pleasant Campus
3820 South Old Green Bay
Rd, Mt Pleasant, WI 53406