

# CCRES CORNER

Educational & Behavioral Health Services

Making a difference – every day!

## CCRES Human Resources (HR) Administrative Team

We're here for you!

CCRES: 484.593.5040

Monday-Friday | 8:00am - 4:30pm

[hr@ccres.org](mailto:hr@ccres.org)

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**HR Admin:** Taryn Sutch  
**HR Admin:** Jean Talucci

# CCRES MILESTONE RECIPIENTS

## 5-Years of Service

Desiree Adore  
Veronica Co  
Sylvester Fomba  
Catherine Geiger  
Marianne Morehouse  
Julie Larcinese  
Monica Murray  
Amelia Piperis  
Lynn Schroeder  
Jamie Schwarmann

## 10-Years of Service

Sharon Dunn  
Kimberly Thomas

## 15-Years of Service

Annette Dastine  
Jean Talucci



# PASS ON OUR PERKS!

◆ Benefits for staff working 30+ paid hours per week! More information on our website!

◆ Are you committed to your fitness? CCRES staff receive a 10% - 15% discounted membership to the YMCA with no joining fee!

◆ We have collegiate partnerships with St. Joseph's, Capella, and Eastern Universities! More info on our website, under Staff Resources.

◆ \$500 bonus for W2 employees at 5-year milestones. Thank you for sticking with us!

◆ Payroll raffles! Every pay week, we raffle off FIVE (5) \$20 gift cards to thank you for all of your hard work!

◆ 403B Retirement Plan: It is never too late to start planning for your future! Let CCRES help! More info under Staff Resources on our site.

◆ Know someone that would be a great fit for CCRES? We have a referral bonus! Send us your PCA, TSS, DSP, or IA friends for a \$100 bonus! Send us your BC, MHS, or MT friends for a \$200 bonus! Keep an eye on your email for referral promos!

◆ Our FREE Employee Assistance Program (EAP) offers confidential advice, support, and practical solutions to real-life issues: [uprisehealth.com](http://uprisehealth.com)



# IN THE SPOTLIGHT!

## JEN HERNANDEZ

I am excited and thankful to begin my new position as Coordinator of Business Development with CCRES! My background is as a physical therapist, graduating from Arcadia University, and I enjoy working with individuals of all ages to assist them in achieving their full potential. I have spent the majority of my career working with children in the school systems, first as a clinician, and then in a variety of management roles within school based therapy services. I look forward to working with CCRES to continue improving the lives of children. I live nearby in Downingtown with my husband, Chet and 3 children Corey (22), Ronnie (19), Cami (15) and lots of pets including dogs, cats, a snake, a fish and a bird. I love spending time with my family and watching them pursue their passions which include art, business, musical theater, volleyball and axe throwing. Besides spending time with family and my furry friends, I also enjoy staying active by hiking, walking, kayaking, biking, yoga and generally trying new things. (I am trying crocheting now!) CCRES is a great fit for me due to their mission of "making a difference" and the wonderful team of people working together to do so!



## JEN PIZZO - 20 Year Milestone!



Jennifer is a BHT with CCRES. From an early age, she knew she wanted to work with children. Upon graduating from Alvernia University in 1993, she began teaching early intervention for the ARC of Chester County at First Step. She left teaching after the birth of her first child and was grateful to find a position at CCRES as a TSS that allowed her to continue to make a difference in the lives of children while offering the flexibility of being able to devote time and attention to her own family. Jennifer lives in Douglassville PA with her husband Damian, daughters Isabella and Mia, and dog Kona. She enjoys doing volunteer work for various groups in her community, exploring the outdoors, hiking, swimming, crafting, and spending time in Cape May, NJ with her family.

Thank you for 20 years of dedication, Jen! We respect, appreciate, and value you so much!

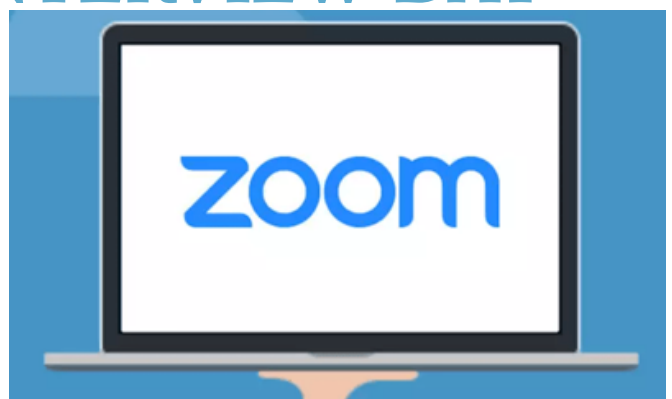
## VIRTUAL OPEN INTERVIEW DAY

**We're Hiring!**  
**Tell your friends to join us!**

**Tuesday January 25th, 2022**  
**9:00am - 4:00pm**

**Link:** <https://us02web.zoom.us/j/85393980721>

**Zoom ID:** 853 9398 0721





**Give children a safe space to share their feelings:** Engaging children in creative activities, like playing and drawing, can help them express any difficult feelings in a low-key, supportive environment.

**Listen more, talk less:** Let your child lead the conversation. Think W.A.I.T. Why am I talking? before you speak. Remain calm, listen to your child's concerns, speak kindly, & reassure them.

**Recognize anxiety is completely normal:** Anxiety is invisible; worry is a syndrome. Learning to tolerate uncertainty is a developmental skill. Remind your kids you are there to help them.

**Don't hide your stress:** Model healthy stress management whenever possible. Children take their emotional cues from the adults in their lives, so it's important to be cautious of how you react to stress.

**Give your children time to adjust:** Work with your child's teachers to build new routines that help children make strong connections and successfully transition from home to school. Be patient.

**Encourage children to pace themselves:** Students eager to be back in the classroom & see their friends may find their new in-person routine exhausting. Help them build in study breaks and downtime.

**Address Covid-19 fears:** Many kids are bound to have questions and concerns about going to school during the pandemic. Determine fears & give direct, age-appropriate answers to questions.



# COMMUNITY CCRES!

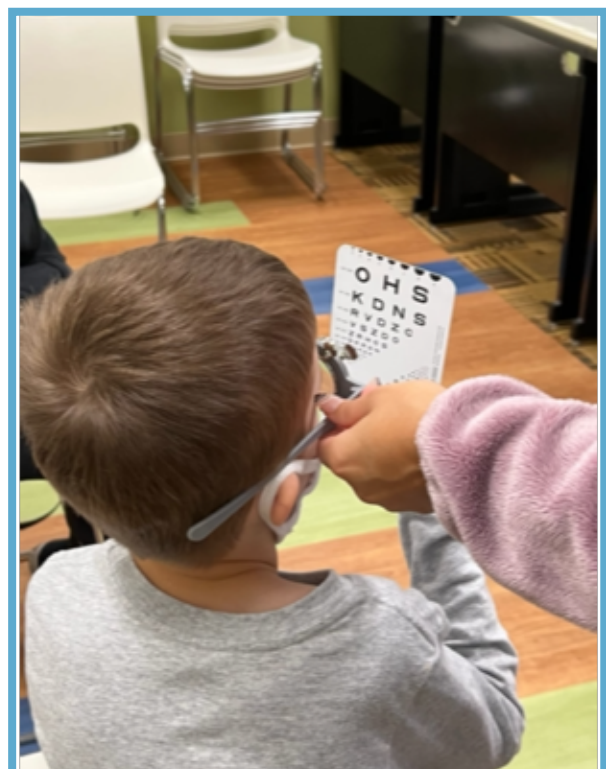
## DCIU Low Vision Clinic Grant

CCRES is always thrilled to be a sponsor for many amazing programs in our local communities! Check out more about the Delaware County Intermediate Unit (DCIU) for their Low Vision Clinic CCRES helps support with a grant.

DCIU partners with Salus University to provide low vision examinations to children in the Delaware County area. DCIU set aside 8 full days from October 2021 through May 2022 to provide 32 examinations. Families are able to speak with a low vision optometrist and receive referrals to developmental optometrists, ophthalmologists/retinal specialists, neurologists, and mental health providers. The children who receive exams have ocular workups and refractions to ensure they receive the best possible eyeglass prescription.

Children are provided with bifocals to reduce the size, or need, for large print materials. Children are also tested for the need for braille and/or long canes to enhance safe, efficient, and independent travel. Various types of magnification tests, such as near, intermediate, and distance tasks are also performed based on goals determined during the evaluations.

DCIU will be continuing their partnership with Salus to provide these beneficial low vision clinics in the future. These crucial exams are not often offered by typical family eye care providers due to lack of the specialized training and equipment necessary, but the need for them is increasing. These evaluations can provide children with greater visual access to the world-at-large, leading to increased participation in school, independence, and higher overall self-esteem. CCRES is proud to support such an important and crucial program!



# KINDNESS WITH KALEMJIAN

## My Granddaughter's Dress

I saw a dress in a consignment shop that I knew my granddaughter would love. Money was tight so I asked the store owner if she could hold it for me. "May I buy the dress for you?" asked another customer. "Thank you, but I can't accept such a gracious gift," I said. Then she told me why it was so important for her to help me. She'd been homeless for three years, she said, and had it not been for the kindness of strangers, she would not have been able to survive. "I'm no longer homeless, and my situation has improved," she said. "I promised myself that I would repay the kindness so many had shown me." She paid for the dress, and the only payment she would accept in return was a heartfelt hug.  
–Stacy Lee



## Jim & The Job

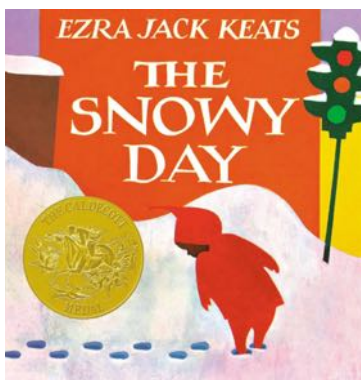
My neighbor, Jim, had trouble deciding if he wanted to retire from the construction field, until he ran into a younger man he'd work with previously. The young man had a wife and three children and was finding it difficult to make ends meet, since he hadn't worked in some time. The next morning, Jim went to the union office and submitted his retirement paperwork. As for his replacement, he gave them the name of the young man. That was six years ago, and that young husband and father has been employed ever since.  
– Miranda Maclean



# READING WITH ROSEN

## COZY UP WITH A BOOK THIS WINTER

Winter weather - love it or hate it? Some anticipate the magic of a snowfall, rushing outdoors to build a snowman or to go sledding. Others spend the winter dreaming of warmer weather. Whatever your feelings about chilly temperatures and winter precipitation, I think most can agree that curling up with a blanket and a good book is a wonderful way to pass the time on a cold day or evening. Below are some selections for both winter lovers and summer dreams!

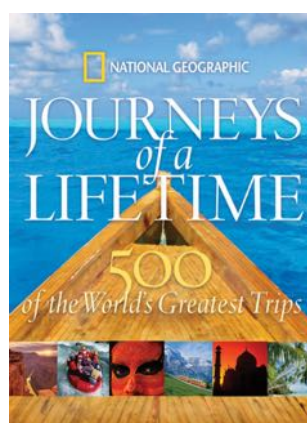
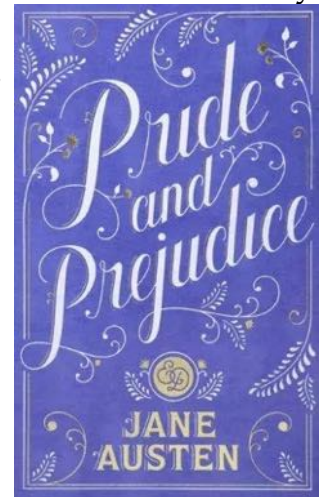


**For Children:** Why not turn to the timeless story *The Snowy Day* by Ezra Jack Keats? This picture book tells the tale of a

snow day through the eyes of a young boy. All these years later, it still captures the magic of a winter wonderland. *Publisher's Weekly* had this to say about this sweet story: "Ezra Jack Keats' classic *The Snowy Day*, winner of the 1963 Caldecott Medal, pays homage to the wonder and pure pleasure a child experiences when the world is blanketed in snow."

**For Adults:** With most people spending more time than usual

indoors in the winter, it's a great opportunity to explore a new book. But if you're like me, it's also the perfect time to re-read one of your favorites! You may discover new details you missed or bring a new perspective and understanding to something you've read before. My favorite book is *Pride and Prejudice* by Jane Austen and I find that by reading it once every 5 years or so, I relate differently and have a new appreciation for certain characters.

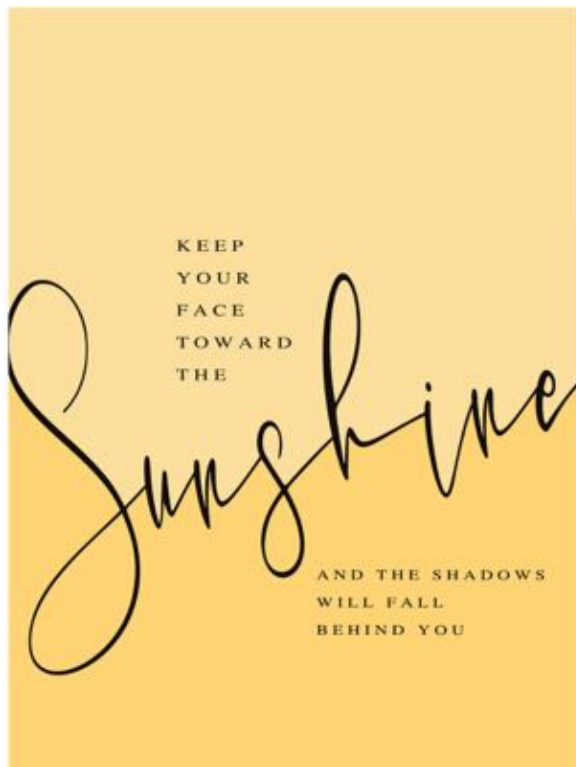


**For Summer Dreamers:** Whether your idea of a dream vacation involves world travel, a road trip, or a theme park, there's a book for you! Now is a great

time to plan a future trip or get lost fantasizing about a bucket list journey. National Geographic offers a variety of travel guides for the US and abroad with gorgeous photographs that ALMOST make you feel like you are at a far-off destination.

# TIPS WITH THUY

2021 has been quite the year. We could all use a little motivation to get back to normal and stay on track with our goals. Here are some motivational quotes to kick off inspiration in 2022!



DON'T LET FEAR GET YOU DOWN!



LET DETERMINATION FUEL YOU!



KEEP GOING! DON'T GIVE UP!



FOCUS ON WHAT YOU CAN CONTROL!



# KERR'S KITCHEN

## Life-Changing Chicken Salad Bites

### Ingredients:

- 1 long english cucumber, cut into thick slices
- 2 cups cooked chicken breast, diced
- 1/3 cup diced celery
- 4 tbsp cream cheese, softened
- 2 tbsp sour cream
- 4 tbsp Frank's red hot sauce
- 3 tbsp blue cheese, crumbled
- 2 green onions, sliced
- Salt & black pepper, to taste

Total Time: 10 minutes

Servings: 6

Serving: 1 cucumber slice

Calories: 91



### Instructions:

1. Place the cream cheese, sour cream, and Frank's hot sauce in a bowl. Stir to combine.
2. Add the chicken, celery, crumbled blue cheese, green onions salt, and black pepper. Toss to combine.
3. Place one tablespoon of chicken salad on each of the cucumber slices.
4. Serve.

# KRACKIN' P WITH KATHY



Why was the computer cold?

What do snowmen eat for breakfast?

What does a snowman take when he's sick?



1. It left a window open!
2. Frosted flakes or ice krispies!
3. A chill pill!



## Love Is In The Air!



# ACTIVITIES WITH AMANDA

WHAT'S HAPPENING IN YOUR NEIGHBORHOOD?

## CHESTER COUNTY

### Donut & Wine Pairing

Come try 4 different donuts paired with their award winning wine on a Sunday afternoon! Great idea for brunch. You can book for group sizes up to 50!

**When:** Sunday January 23rd | 1pm - 3pm

**Where:** Harvest Ridge Winery

1140 Newark Road | Toughkenamon, PA 19374

**More Info:** [harvestridgewinery.com](http://harvestridgewinery.com)



## LANCASTER COUNTY

### Tiny Town



A new indoor play place for children! Tiny Town is full of opportunities for kids to role play and practice cooperation, sharing, fine motor skills, imagination, and so much more. Tiny Town also caters to parents offering a coffee bar, snacks, contained baby play area, cafe seating, and free wifi. Moms and Dads can relax all while their children play within sight!

**When:** 9a - 4p, every day but Sunday

**Where:** 533 Janet Avenue | Lancaster, PA

**More Info:** <https://tinytownpa.com/>

## DELAWARE/MONTGOMERY COUNTIES

### Expedition Escape Room

Five themed escape room scenarios to choose from! Each room has been carefully designed to challenge even the most seasoned team of escape room artists.

**When:** See the website for weekend hours

**Where:** 601 S. Henderson Road | King of Prussia, PA

**More info:** <https://expeditionescape.com/>



# LIFEHACKS WITH LAUREN

## Staying Safe & Sane: Covid Edition



Do you miss working out in a group? Try online workout classes or workout virtually with a friend on Zoom/Skype!

Stay educated on Covid-19, but reduce the amount of time you watch or read the news to only once a day!



Keep a daily journal to express your thoughts, feelings, and goals.



Socialize with a group of friends or family while playing fun games that you can download on zoom, like video call charades, UNO, scattergories, and JackBox



Utilize your company's Employee Assistance Program (EAP) if you need someone to speak to about an array of subjects, including finances, childcare, and mental health counseling.



### EAP Info

Website: [Uprisehealth.com/members](https://www.uprisehealth.com/members)  
Phone number: 1(800) 395-1616  
Access Code: CCRES  
Password: CCRES

# KEARA'S KRAFT K<sup>SNOW</sup>RNER

## White Twig Wreath

### Supplies:

- Twigs (bonus - getting outside!)
- Hot glue
- Flat circle wreath form
- Pine cones (from your yard or craft store)
- Ribbon
- White spray paint

### Instructions:

1. Paint wreath form white and let dry.
2. Cut or break twigs into 8" - 10" long pieces. Lay the first layer of twigs on wreath form and then hot glue them down.
3. Add another layer of twigs, hot gluing as you go. Continue until the wreath is the shape you want.
4. Add the pine cones sparingly around the wreath. Hot glue them down.
5. Spray paint the entire wreath white.
6. Tie a ribbon around the top of the wreath to hang from your door!



## Doily Snowman



### Supplies:

- Doilies (various sizes work best)
- Buttons for decoration
- Sheet of blue paper
- Colored paper for decorations
- Scissors
- Glue
- Markers

### Instructions:

1. Glue two doilies, smaller on top, onto the blue paper.
2. Glue on buttons - or draw them on! Or use pom poms!
3. Draw an orange carrot nose. Or cut a triangle from orange construction paper and glue it on. Draw a mouth and add eyes.
4. Cut a scarf from construction paper and glue it down. Hang it on the fridge!

DEAR COLLEAGUES:

WINTER WEATHER IS UPON US ALL AND WE WOULD LIKE TO EXTEND OUR WARMEST THANK YOU FOR ALL THAT YOU DO TO SUPPORT OUR CLIENTS, EACH AND EVERY DAY. YOU INSPIRE, TEACH, AND BRING HOPE TO CHILDREN AND THEIR FAMILIES. YOU MAKE A DIFFERENCE -- EVERY DAY-- AND WE COULD NOT DO THIS WITHOUT YOU! KEEP UP THE GREAT WORK AND KEEP CHANGING LIVES. HAVE A SAFE, WARM, AND WONDERFUL WINTER SEASON!



FROM ALL OF US

THANK YOU

Mark King    Chrisi Lockwood    Kara Davidson  
 Joe Vaillancourt    Kately Bonigni    Allison Kalemjian  
 Jennifer Wong    Alyssa McHarris    Jean M. Talucci  
 Lauren Saroka    Thuy Yancey    Keara Cosgrove  
 Jarlyn Sutch    Kurri White    Amanda Chappel  
 Lori Livatzenanti    Missy Connor  
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