

# 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

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# CCRES MILESTONE RECIPIENTS

## 5-Year Award Recipients

Holly B. Sharon K.  
Emily C. Tiffani M.  
Jessica F. Janice O.  
Nisha G. Bonnie P.  
Veena G. Jasmine S.  
Brittany H. Terri S.



## 10-Year Award Recipients

Lori C.  
Caitlin H-G.  
Cynthia D.  
Laurie D.  
Rebecca G.  
Cynthia S.

## 15-Year Award Recipients

Corrine C.  
Michele G.  
Razinah P.

# 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 Collegiate Partnerships.
- ◆ \$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, BHT, DSP, or IA friends for a \$100 bonus! Send us your BSC, 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: [IBHSolutions.com](http://IBHSolutions.com)



# IN THE SPOTLIGHT!

## Veronica C.

Hello. I am Maria Veronica and I am a RBT at the Child and Career Development Center. It's been 5 years and 2 months since I joined CCRES. Some of my hobbies include photography, videography, and traveling. Through CCRES' flexibility, I've been able to travel to many countries, including the Dominican Republic, Cancun, Bali, Thailand, Vietnam, Cambodia, Singapore, Malaysia, and many visits to my country, the Philippines. I'm looking forward to visiting many more countries in the future. As luck would have it, I found a job that fits my lifestyle; and in truth, when I'm at work I don't feel like I'm working. As I've found my second home at CCDC, it feels like home to me now. A big thanks to the team at CCRES for getting me the home of my dreams.



## Ralesha E.

My name is Ralesha. I have been an employee with CCRES since September 2021. I am currently working as a PCA. I have served the community for 9 years as a CNA in an inpatient behavioral health setting. I enjoy working with adolescents and adults with behavioral health challenges, and offering individualized treatment to meet each client personally where they are at in their life. When I am not working, I enjoy shopping, cooking, and spending time with my son, family and friends. I love listening to music and watching tv. I am truly honored to be recognized!

## Keara C.

I have been a member of the CCRES administrative team since September of 2017, and I am so excited to have the opportunity to grow into the HR Manager position. I look forward to continuing to support our staff and clients in this new capacity!

In my free time, I enjoy spending time with my husband, Tyler, and our three crazy dogs: River, Aydin, and Kiwi. We spend a lot of time hiking, at the beach, and doing projects around our house. I enjoy reading and bad horror movies, and I am looking forward to a lot of outdoor concerts and beach time this summer!



# COMMUNITY CCRES

## Preston's Pantry

This March, CCRES was honored to present a check to Preston's Pantry in Boyertown!

Preston's Pantry is a Boyertown-based food pantry honoring Preston, an 8-year old Boyertown student who was known in his community for being selfless and charitable. Preston tragically lost his life in a flood in 2019, but his community keeps his memory alive by collecting and providing food to those in need around Boyertown, Hereford, District, Pike, Oley, and Amity. Preston was a little kid with a big heart who has made a big difference. Preston's Pantry serves about 100 households per month in the area.



On Thursday 3/10/22, BASD CCRES staff Krista G. and Jane D., CCRES HR Manager Keara Cosgrave, and HR Recruiter Missy Connor presented a check to Preston's Pantry. Preston's grandparents and cousins were also present to receive this sponsorship.

CCRES is incredibly thankful for the opportunity to give back to such an impactful organization. Thank you, Preston, for inspiring us all.

## Volunteers Needed!

CCRES is looking for volunteers to pre-record bedtime stories for students in our area! We are partnering with our grant recipients Arts for Holding Hands & Hearts to bring some literacy to children in our communities.

A sign up genius link is coming the end of this month!

CCRES is also looking for volunteers for an event hosted by grant recipient Valley Forge Education Services! Join us for the VFES Community Day on Saturday 4/30/22 from 11a - 3p.

Check your email for more info in the coming days! We hope to see you there!



# Kindness With Kalemjian

"Last December, before work, I stopped at a deli and ordered an everything bagel with cream cheese. It was toasty warm, and I couldn't wait to dig in. But as I left the store, I noticed an older indigent gentleman sitting at the bus stop. Knowing it would probably be his only warm meal of the day, I gave him the bagel. But all was not lost for me. Another customer from the deli offered me half of her bagel. I was so delighted because I realized that in one way or another, we are all looked after."

Kindness  
STARTS WITH ONE...

compliment smile favor HUG  
thank you donation walk card  
gift flower tip surprise cookie  
piece of trash BOOK ride quote STORY  
listening ear PICTURE person

"As I walked through the parking lot, all I could think about was the dire diagnosis I had handed my patient Jimmy: pancreatic cancer. Just then, I noticed an elderly gentleman handing tools to someone working under his stalled car. 'Jimmy, what are you doing,' I yelled out. Jimmy dusted off his pants. 'My cancer didn't tell me not to help others, Doc,' he said, before waving at the old man to start the car. The engine roared to life. The old man thanked Jimmy and drove off. Then Jimmy got into his car and took off as well. Take-home message: Kindness has no limits and no restrictions."

KINDNESS

*Kindness is a passport*

THAT OPENS DOORS  
AND FASHIONS  
FRIENDS. IT SOFTENS  
HEARTS AND MOLDS  
RELATIONSHIPS THAT  
CAN LAST LIFETIMES.

JOSEPH B. WIRTHLIN

*Kindness is catching*



# READING WITH ROSEN

## Spring Cleaning

The arrival of warmer weather and blossoming flowers often heralds an urge to purge our homes of unused items. Books are no exception! To make room for new titles on your bookshelf, donate your well-loved books. I hope you find joy in knowing that someone else will receive the same excitement and inspiration from a story or gain new knowledge from a non-fiction volume that you've recycled within your community. When adding to your own library, look to used bookstores and organizations that receive donated books for discounted titles. While everyone enjoys something shiny and new, you may find that the more worn the pages of a used book, the better the story! Who doesn't have a well-used copy of a book that they have read over and over? There are many book donation sites throughout the areas CCRES serves. Here are a few!

In Montgomery County, **Friends of the Upper Perkiomen Valley Library** is hosting a used book sale. Donations can be made at the library located at 350 Main Street, Red Hill PA 18076

**APRIL 22nd-30th, 2022**

Monday through Thursday 9 am - 7 pm  
 Friday 10 am - 5 pm  
 Saturday 10 am - 2 pm  
 \*PRICE LIST\*

**Friends Only Preview Night**  
 Thursday, April 21st, 2022  
 5 - 7 pm

Bag Sale  
 Friday, April 29th from 10 am - 5 pm and Saturday, April 30th from 10 am - 2 pm

Book Donations:  
 Please call the library to check if we are taking donations before you bring any in. We appreciate your support!  
 Please no encyclopedias, text books, condensed books, magazines, or books without covers.

In Lancaster County, **Lancaster County Public Library's Book ReSort** accepts donations and offers used books for sale. Proceeds are used to close the gap in public funding to the library, so the community can continue to benefit from all the library has to offer. Donated items must be bagged or boxed and brought to the ReSort's back door located off of Fulton Street.

### Book ReSort

225 N. Marshall Street in Lancaster City  
 Donations: Mondays & Wednesdays  
 10:00-12:00  
 Book Sales: Monday – Saturday 10:00-2:00



In Delaware County, **The Friends of Landsdowne Public Library** accepts donations and runs a used book sale year-round right in the library in the Bany Room. Proceeds go to early literacy computer stations, the children's summer reading program, teen gaming at the library, and facility improvements. Call 610-623-0239 to make arrangements for donations.



In Southern Chester County, the **Avon Grove Lions Club** runs a Book Barn that not only accepts donations and sells used books at discount prices, but also donates the proceeds to those in need!

**Avon Grove Lions Club Book Barn**  
**Opening April 1st!**

**BOOK SALE!**

Over 70'000 used titles available for sale.  
 Paperbacks 75¢, Hardbacks \$1.50, Children's books 25¢

**Hours (Friday 4-7, Saturday 9-12, Sunday 11-2) (April-October)**

Location at the Mother Earth Mushroom Farm  
 600 N. Baker Station Rd. West Grove, Pa. 19390

All funds raised are donated to local, state, district, national and International nonprofit agencies, and programs that help people in need.

# TIPS WITH THUY

## 10 BENEFITS OF GRATITUDE

Increase your happiness



1 REDUCES DEPRESSION



2 STRENGTHENS RESILIENCY



3 LESS CHRONIC PAIN



4 INCREASES SELF-ESTEEM



5 MORE LIKELY TO HELP OTHERS



6 IMPROVES SLEEP



7 RETAIN MORE POSITIVE EXPERIENCES



8 INCREASES ENERGY LEVELS



9 REDUCES FEELINGS OF JEALOUSY



10 IMPROVES PHYSICAL HEALTH

*Be You. Do You.  
For You.*

11

## DAILY GRATITUDE AFFIRMATIONS

- 1 I WON'T TAKE ALL THE GOOD IN MY LIFE FOR GRANTED -- OR LET IT GO TO WASTE.
- 2 I AM BLESSED TO HAVE BEAUTIFUL PEOPLE IN MY FAMILY AND AMONG MY FRIENDS.
- 3 I FIND GRATITUDE, JOY, AND PEACE IN EVERY DAY.
- 4 I'M GRATEFUL TO HAVE A MEANS OF EARNING MONEY TO PAY THE BILLS AND BUY FOOD AND GAS.
- 5 WITH GRATITUDE FOR MY HEALTH AND ENERGY, I'M ACCOMPLISHING MY GOALS FOR TODAY.
- 6 THE FOOD I EAT TODAY WILL HELP ME GROW STRONGER AND BE AS ENERGETIC AS I NEED TO BE.
- 7 I CAN'T WAIT TO GET STARTED ON THIS DAY AND TO TACKLE MY FIRST GOAL.
- 8 I CHOOSE TO FOCUS ON THE GOOD THINGS IN MY LIFE AND IN THIS DAY.
- 9 I START EVERY MORNING WITH GRATITUDE AND ALL THE ENERGY I NEED.
- 10 I AM AWARE OF MY GIFTS AND READY TO PUT THEM TO GOOD USE TODAY.
- 11 I'M GRATEFUL FOR EVERY SYNCHRONICITY AND SIGN THAT MY LIFE HAS MEANING BEYOND WHAT I CAN SEE.

THE MORE YOU ARE IN A STATE OF GRATITUDE, THE MORE YOU WILL ATTRACT THINGS TO BE GRATEFUL FOR.

# KERR'S KITCHEN

## Muffin Tin Egg Bites

**Yield:** Serves 4

### Ingredients:

- 2 c. broccoli, chopped
- 1/4 c. onion, diced
- 1/4 c. red bell pepper, diced
- 2 tbsp avocado oil
- 3/4 c. pepper jack cheese, shredded
- 8 large eggs
- 1/2 c. cottage cheese
- 3 slices turkey bacon, chopped
- Pinch salt
- 1/4 tsp pepper
- Cooking spray

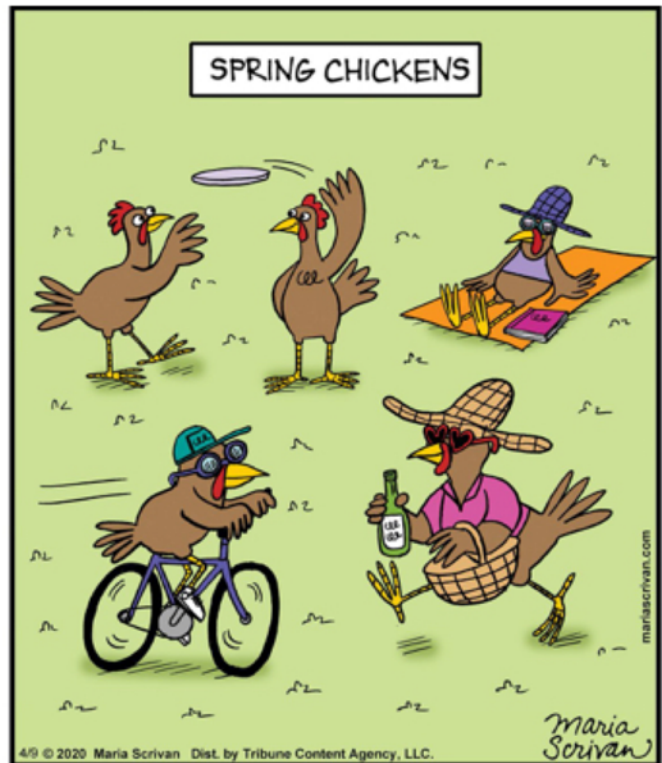


### Instructions:

1. Preheat oven to 350°.
2. In the meantime, heat the avocado oil in a medium pan. Cook broccoli, onion, bell pepper, & turkey bacon until veggies are slightly soft and aromatic. (~5 minutes). Set aside.
3. In a blender, add the eggs, cottage cheese, salt, and pepper. Blend until smooth.
4. Coat 12 standard muffin cups with cooking spray. Divide the broccoli and bacon mixture evenly. Do not press down.
5. Divide the egg mixture into the 12 cups over the broccoli and bacon mixture.
6. Sprinkle the cheese mixture even over each cup.
7. Cook 20 – 25 minutes until eggs are set.
8. Cool for 2–3 minutes. To release, run a knife along the edges.



# KRACKIN' 😊 P WITH KATHY



What do you call a rabbit with fleas?

Bugs Bunny



Name a bow that can't be tied?

A Rainbow



Why is grass so dangerous?

It's full of blades

# ACTIVITIES WITH AMANDA

WHAT'S HAPPENING IN YOUR NEIGHBORHOOD?

## CHESTER COUNTY

### Easter Egg Scavenger Hunt

Come enjoy brunch/lunch at a local restaurant and participate in the Town Center easter egg hunt! Look out for hidden Easter eggs at participating Town Center businesses. Each egg contains a number & phrase corresponding to an exclusive prize.

**Where:** Eagleview Town Center  
565 Wellington Sq. | Exton, PA 19341

**When:** Saturday, April 16th | 12p - 2p



## MONTGOMERY COUNTY



### Haverford Spring Fest

Welcome spring with live music, food, vendors, a beer garden, a kid's fun zone, and more!

**Where:**  
Outdoor Stage - 50 E. Eagle Road | Havertown, PA 19083  
Indoor Stage - 4 E. Eagle Road | Havertown, PA 19083

**When:** Sunday May 14th, 2022 | 11am - 7pm

## BERKS COUNTY

### Wind Wonders! Kite Workshop

Free event for families to attend! There will be a kite building station, a kite flying 'runway', storytime activities, and a scavenger hunt!

**Where:** Heritage Center  
1102 Red Bridge Road | Reading, PA 19605  
**When:** Saturday April 30th, 2022 | 10am - 1pm



# LIFEHACKS WITH LAUREN

## SPRING CLEANING EDITION

Wait for an overcast day clean your windows and start on the shady side of the house (direct sun can lead to streaking). "Raise blinds or shades and **wash windows with glass cleaner and a microfiber cloth**," says Forte. "Then lower the blinds and vinyl shades and dust with a duster and finish by vacuuming the fabric shades and drapes."



Clean up those pesky tomato stains once and for all. To clean a microwave, fill a **large microwave-safe bowl with 1 cup of water and a chopped-up lemon, lime, or orange or several tablespoons of vinegar** and stick it inside. Turn the appliance on high for or until the solution boils and the window is steamy, then let it cool for five minutes before opening the door. Remove and wipe the inside and outside with a sponge.

Cleaning your oven is an essential part of spring cleaning. Use your appliance's self-cleaning function to remove stubborn, baked-on grime. If your oven doesn't have one, **place a hot, wet cloth on top of burned spots to help soften the gunk**. Then scrub with a sprinkle of baking powder and a heavy duty pad. Rinse and wipe dry.



In addition to wiping down your fridge's interior shelving on a regular basis, **give the removable bins and shelves a deep clean every now and again**. Pop out the door shelves and bins, and wash in warm, soapy water to get rid of food bacteria and spillage.

Reusable grocery bags cut down on wasteful plastic, but they can get grimy with time. Look at the care label on your reusable bags to determine the best way to clean them. If they're not machine-wash safe, **clean them thoroughly with a sponge or cloth dipped in sudsy water**. Rinse with a clean cloth and let air dry.



# CONNOR'S CRAFT CORNER

## Jellybean Tree

### Supplies:

- Vase
- Branches (from your yard or craft store!)
- Jellybeans
- Hot glue gun

This would make a great Easter decoration or table centerpiece! You can use branches from your yard or purchased at any craft store. Both kids and adults can have fun with this project!

### Instructions:

1. Stabilize your branches by placing them in a vase. Feel free to use foam at the bottom of the vase to stick your branches in for extra stability. You can even add some grass at the top to make it look like the tree is growing out of the ground!
2. Once branches are stabilized, begin gluing jellybeans on the branches. with the hot glue gun Try not to eat too many as you go!
3. Personalize your tree by adding a ribbon around your vase or hanging small egg ornaments.
4. Show off your creation!



Hack: If you end up with a ton of glue strings, use a hair dryer to melt them into oblivion!

Dear Staff,

As the spring sun finally starts to shine, we want to thank you for all of the shining you do, no matter the season. You inspire, teach, and bring hope to children and their families.

Thank you for the difference you make - every day. We could not do this without you! Keep up the great work and keep changing lives. Enjoy the warmer weather!



From All of Us

The CCRES Administrative Team,

*Mark King*   *Chris Lockwood*   *Kara Danielson*  
*De Vaillancourt*   *Kathy Benigni*   *Allison Kalemjian*  
*Jeff Wang*   *Alyssa McKinnis*   *Jean M. Talucci*  
*Aureen Saroka*   *Thuy Yancey*   *Keara Cosgrove*  
*Jarvis Sutch*   *Kurri White*   *Amanda Chappel*  
*Lori Libratsenali*   *Missy Connor*  
*Heather*

