

# 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**

## CCRES Board of Directors

**Chairman:** Harry Jamison  
**Vice Chairman:** Leon Spencer  
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**HR Admin:** Alyssa McKenzie  
**HR Admin:** Taryn Sutch  
**HR Admin:** Jean Talucci

# CCRES MILESTONE RECIPIENTS

## 5-Year Award Recipients

Naomi B  
 Patrick C.  
 Nichole S-S.  
 Desiree R.  
 Connor T.  
 Deborah T.  
 Amber P.  
 Tylor W.



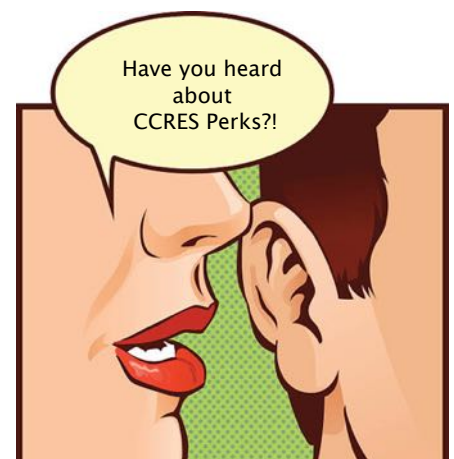
## 10-Year Award Recipients

Craig W.

# PASS ON OUR PERKS!

- ◆ Benefits for staff working 30+ paid hours per week! More information on our website!
- ◆ We have collegiate partnerships with St. Joseph's, Capella, and Eastern Universities! More info on our website, under Staff Resources.
- ◆ 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!

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

## Sharon K.

**THANK YOU FOR A WONDERFUL FIVE YEARS, SHARON! HAPPY ANNIVERSARY!**

My name is Sharon and I live in West Chester with my husband, Gary of 35 years. We have twin boys who will be 25 in August. Five years ago, I joined the CCRES team as Executive Assistant to the Executive Director and I have a dual role as Office Manager. I also serve as the CCRES Board Secretary. I wear many hats at CCRES and one of my favorite roles is Grants Coordinator. My job at CCRES is very fulfilling and rewarding because of the people we serve – I absolutely love “making a difference every day!”

I fill my free time by being creative and am always busy in my craft room making hand-made cards, scrapbooking, sewing, crocheting or using my Cricut. I’m a big Disney fan and Cinderella (Cindy) is my favorite! I also like to be outside gardening, biking, hiking, or walking with my Yorkshire Terrier, Nellie. I like to travel – the beach is my favorite spot. I also enjoy going to concerts to see my favorite artists and even sang on stage in Las Vegas with Barry Manilow!



## CCRES TEAM

The CCRES Crew had a wonderful time volunteering at Thorncroft Equestrian Center in Malvern! It was a beautiful day in May to get our hands dirty and help around the farm to help get them prepped for their Memorial Day weekend event.

We’re so lucky to partner with this incredible organization who provides therapeutic horseback riding to children and adults with mental, physical, and emotional needs. They offer an inclusive and welcoming place for people to come as they are and provides them a healing place to learn and grow. It’s a very special place.



## NEW CCRES WEBSITE!



CCRES has a new and improved website! We have updated our look and added lots of new information to help you learn more about CCRES and our mission, as well as links and information to assist you in your career with CCRES. Please visit the new site and contact us with any questions or comments. Thank you, as always, for all that you do– we respect, appreciate, and value each one of you!

**Check us out! [www.ccrs.org](http://www.ccrs.org)**



# COMMUNITY CCRES

CCRES had a busy spring volunteering and visiting grant recipients like the Fund for Women & Girls, Preston's March for Energy, Youth Mentoring Partnership, Valley Forge Education Services, and the Foundation for Boyertown Education!



# MENTAL HEALTH AWARENESS

## The Grieving Process

### The Five Stages of Grief

**Denial:** “This can’t be happening to me.”

**Anger:** “Why is this happening? Who is to blame?”

**Bargaining:** “Make this not happen, and in return I will \_\_\_\_.”

**Depression:** “I’m too sad to do anything.”

**Acceptance:** “I’m at peace with what happened.”



### Seeking Support for Grief & Loss

**Turn to friends & family:** Lean on the people who care about you. Draw friends and loved ones close, spend time together face to face, and accept the assistance that's offered. Tell them what you need – a shoulder to cry on, a listening ear, or just someone to hang out with. If you don't feel you have anyone you can regularly connect with in person, it's never too late to build new friendships.

**Accept that many people feel awkward when trying to comfort someone who's grieving:** Grief can be a confusing or frightening emotion for many people, especially if they haven't experienced a similar loss themselves. They may feel unsure about how to comfort you and end up doing or saying the wrong things. Don't use that as an excuse to retreat into your shell and avoid social contact. If a friend or loved one reaches out, it's because they care.

**Join a support group:** Grief can feel very lonely, even when you have loved ones around. Sharing your sorrow with others who have experienced similar losses can help.

**Talk to a therapist or grief counselor:** If your grief feels like too much to bear, find a mental health professional with experience in grief counseling. An experienced therapist can help you work through intense emotions and overcome obstacles to your grieving.

### CCRES EAP Program

CCRES offers an Employee Assistance Program (EAP) through Uprise Health. This confidential EAP offers a broad array of services to help enhance the quality of life for you, your dependents, and all the members of your household. To access counseling and benefit information, use the following credentials:



**Call:** 1-800-395-1616  
**Website:** <https://members.uprisehealth.com/>  
**Access Code:** CCRES  
**Password:** CCRES





# KINDNESS WITH KALEMJIAN

## Acts of Kindness for Adults

- Plant a tree.
- Collect litter – be sure to wear gloves.
- Create thank you care packages for community helpers.
- Pay for ice cream for the family behind you.
- Call a relative you haven't spoken to lately.
- Introduce yourself to someone new.
- Offer to help an elderly neighbor with yard work.
- Donate clothes or books.
- Hang bird feeders. Try making your own!
- Take food to someone who is going through a hard time.
- Ask someone about their day.
- Give a compliment.
- Visit a nursing home.
- Donate to a charity.
- Smile!



## Acts of Kindness for Kids

- Hold the door for someone.
- Make someone else's bed.
- Help make dinner.
- Donate clothes, toys, or books.
- Clean your room
- Paint a rock with a kind message.
- Fill neighborhood sidewalks with encouraging chalk messages.
- Return someone's cart.
- Say thank you to someone that helps you.
- Call a relative you haven't spoken to lately.
- Introduce yourself to someone new.
- Clean up a mess that isn't yours.
- Send a video message to a friend.
- Give a compliment.
- Smile!

SUMMER

of

KINDNESS

# READING WITH ROSEN

**Are You Beach Ready?** Who doesn't love a good beach read? If your idea of fun in the sun includes a book or your e-reader, stock your tote with supplies that will keep you reading from low to high tide.

**Sunglasses** – Protect your eyes from strong summer rays and glare from your pages.

**Brimmed Hat** – Go for style and function, shading your face and your book.

**Beach Umbrella** – Reduce sun exposure to your skin and your e-reader!

**Beach Chair** – Consider your comfort and position preference. Loungers with a hole for your face allow you to tan your back without sacrificing any reading time.

**Beach Chair Caddy** – Store your reading material in arms reach but safe from sand and sea with a caddy that can attach to the arm of your beach chair for convenience and function.

**Waterproof Book Sleeve** – Many retailers and independent sellers offer covers to protect your e-reader or book from the beach elements!

**Waterproof Bookmarks** – Save your page with a bookmark that will stand up to wayward sand and salt water

**Page Holder** – Avoid losing your page from wind gusts with a page holder. There are many types on the market or you can save money and use simple binder clips or rubber bands to hold your place no matter how strong the summer breeze.



**Portable Charger** – Don't be caught with a dead battery to interrupt exciting plot points! If you prefer an e-reader, pack a compatible charger to keep the story going.

**Headphones** – If you prefer audiobooks or listening to music while you read, select headphones that are comfortable and suit your reading style. Headphones with a noise cancelling option that can be turned on and off allow you to enjoy the sounds of the surf, but also block out unwanted noise from other beachgoers when you want.



# TIPS WITH THUY

## BEACH SAFETY

1. LEARN TO SWIM
2. SWIM NEAR A LIFEGUARD
3. NEVER SWIM ALONE
4. DON'T FIGHT THE CURRENT
5. LIFE JACKET=BOATING SAFETY
6. DON'T DIVE INTO WATER HEADFIRST
7. DON'T FLOAT WHERE YOU CAN'T SWIM
8. UNDERSTAND BEACH WARNING FLAGS

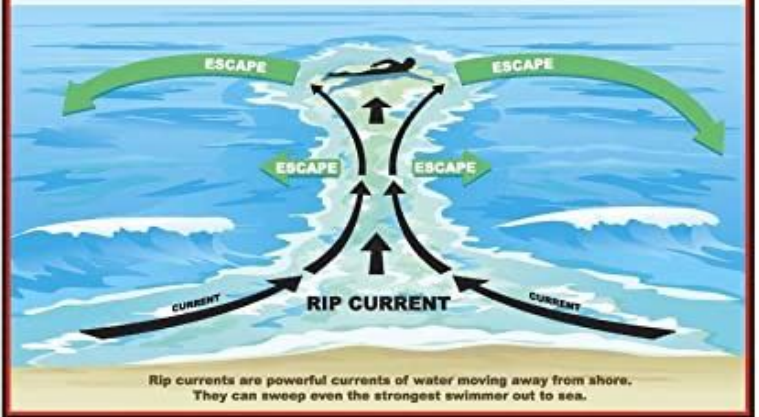
BINGHAM'S BEACH SAFETY HOUSE

PosterMyWall.com



## RIP CURRENTS

Break the Grip of the Rip!



### IF CAUGHT IN A RIP CURRENT

- ◆ Don't fight the current
- ◆ Swim out of the current, then to shore
- ◆ If you can't escape, float or tread water
- ◆ If you need help, call or wave for assistance

### SAFETY






- ◆ Know how to swim
- ◆ Never swim alone
- ◆ If in doubt, don't go out

More information about rip currents can be found at the following web sites:

[www.ripcurrents.noaa.gov](http://www.ripcurrents.noaa.gov)  
[www.usla.org](http://www.usla.org)



## BEACH FLAG WARNING SYSTEM

	<b>Double Red</b> Water Closed to Public Use		<b>Red</b> High Hazard (rough conditions, such as strong surf and or currents)
	<b>Yellow</b> Medium Hazard (light surf and or currents)		<b>Green</b> Low Hazard (calm conditions)
			<b>Purple</b> Marine Pest (jellyfish, stingrays & dangerous fish)

## AT THE BEACH

-  Wear sunglasses with total UV protection
-  Wear wide-brimmed hats, long sleeved shirts and pants
-  Avoid direct exposure as much as possible during peak UV radiation hours
-  Apply sunscreen frequently





# KERR'S KITCHEN

## Heirloom Tomato, Peach, & Burrata Summer Plate

### Ingredients:

- 2 large heirloom tomatoes, cut into wedges (about 8 pieces each)
- 1 ripe peach, pitted & wedged
- 1 large ball burrata
- 3 oz thinly sliced prosciutto
- Fresh oregano & basil leaves
- Extra virgin olive oil
- Sea salt flakes
- Fresh cracked black pepper



### Instructions:

1. Spread tomato & peach wedges onto a large platter.
2. Break burrata ball up into heaping spoonfuls and dot around wedges.
3. Tear prosciutto into smaller strips and nestle between other ingredients.
4. Top platter with fresh oregano and basil leaves.
5. Finish with a drizzle of oil, sprinkle of sea salt flakes, and cracked black pepper.
6. Serve and enjoy!

# KRACKIN' P WITH KATHY



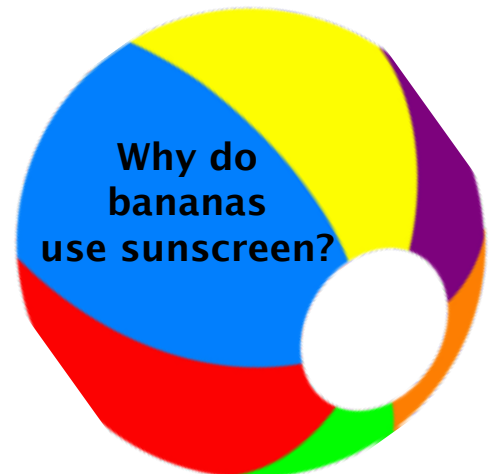
What grocery shopping is like when the kids are on summer break.



to the Baa-hamasi



Sunglasses



Because they peel!



# ACT VITIES WITH AMANDA

WHAT'S HAPPENING IN YOUR NEIGHBORHOOD?

## CHESTER COUNTY

### Goshen Country Fair

Games of chance, amusement rides, and delicious food! Enter the Agriculture & Family Living Contests, visit the dairy cows, sheep, goat, rabbit, and poultry exhibits.

**When:** August 1st - August 6th

**Where:** 1320 Park Ave, #6251 | West Chester, PA



## LANCASTER COUNTY

### Cherry Crest Adventure Farm: Sweet Corn Festival



Enjoy live music, local wine, and craft beers! There will be a sweet corn eating contest and you can choose from many sweet corn menu items and corn crafts!

**When:** Saturday, July 16th, 2022

**Where:** 150 Cherry Hill | Ronks, PA 17572

## BERKS COUNTY

### Kutztown Folk Festival

Visit this nine-day festival that offers activities and entertainment for kids and adults! The oldest folklife festival in American, you will gain insight into the traditions of the PA Dutch!

**When:** July 2 - July 10, 9am - 6pm daily

**Where:** 450 Wentz Street | Kutztown, PA



# LIFEHACKS WITH LAUREN

## Summer Edition

### Energy saving and cost-effective cooler

Fill a Styrofoam cooler with ice, then mount two dryer vents and a fan in slots cut into the top. Hot air pulled into the cooler will emerge from the vents cool, crisp, and ultra-comfortable.



### Festive Home-Made Drink Dispenser

This homemade drink dispenser packs a one-two punch of fun and function in an unlikely vessel: a watermelon. Hollow out a watermelon, slice off the top, and pierce the side with a spigot.

### Beach side Carry All

A shampoo or lotion bottle is the perfect disguise for a beachside carryall. Grab an empty bottle and some scissors, cut a hole at the top of the bottle wide enough for your valuables to fit through, fill it with your personal items.



### Bug Bite Relief

Itching to spend the summer outside? Many mosquito encounters later, you might wish you'd stayed indoors—unless you've soothed your scratching with this remedy for bug bites. Dab a dot of toothpaste onto a bug bite to reduce the itchiness and swelling, and get back to the great outdoors!



# CONNOR'S CRAFT CORNER

## THE KINDNESS Rocks PROJECT

### What are kindness rocks?

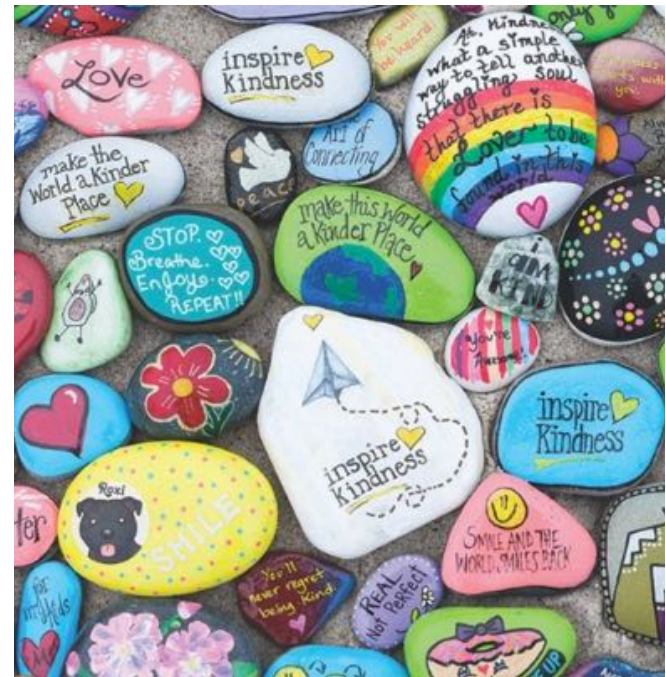
Kindness rocks are a viral rock project trend where people paint rocks with inspirational messages or sayings. By leaving these painted rocks in public places for people to find, you can brighten a stranger's day with a random act of kindness. Read more: <https://www.thekindnessrocksproject.com>

### Supplies

- Rocks
- Pens & Markers for painting
- Acrylic paints
- Brushes & painting supplies
- Sealer

### Instructions

1. Find the perfect rock – you want a smooth rock. Think about how much space you need for your design.
2. Prep the rock & remove any debris.
3. Give your rock a base coat of paint.
4. Add an inspirational message.
5. Seal your rocks.
6. Hide or give away your kindness rock.



## Kindness Rock Tips

- Make sure to seal your rocks well. You want them to hold up against the elements until they're found.
- Never glue embellishments to rocks you plan on hiding. While beautiful, these additions are terrible for the environment. No matter how strong you think that glue is, a squirrel is going to be able to pick it off. Stick to paint on any rock you're hiding.
- Be kind. These rocks are meant to make people happy, so their phrases should always be positive. Stay clear of negative thoughts, bad language, or anything inappropriate.
- Place your rocks in open spaces, not in places that will disturb nature or ruin a lawnmower.

Dear Staff,

As summer heats up, we want to take this time to thank you for everything you do to make the school year so successful. 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. Have a safe and relaxing summer!

From All of Us



The CCRES Administrative Team,

Marn King

Chrisi Lockwood

Kara Davidson

Joe Vailloncourt

Kathy Benigni

Allison Kalemjian

Jeff Wang

Alyssa McMurie

Jean M. Talucci

Kristen M. Ryan

Thuy Yancey

Keara Cosgrove

Aamen Saroka

Kurri White

Amanda Chappel

Jarvis Sutch

Keyes

Lori Libatsonali

Missy Connor

