



CCRES CORNER

MAKING A DIFFERENCE EVERY DAY!

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CCRES Human Resources and Administrative Team

We are here for you!
Hours: Monday- Friday / 8am -4:30pm

Executive Director: Michael Kelly

Office Manager: Sharon King

Director of HR: Joe Vaillancourt

HR Manager: Keara Cosgrave

Director of Finance: Chrisi Lockwood

Accountant: Pattie Richards

Business Office Admin: Kara Davidson

Coordinator of Business Development: Jennifer Hernandez

Coordinator of Recruitment: Thuy Yancey

HR Recruiter: Mercy Alex

HR Recruiter: Kathy Benigni

HR Recruiter: Amanda Chappell

HR Recruiter: Missy Connor

HR Recruiter: Allison Kalemjian

HR Recruiter: Nick Loschiavo

HR Recruiter: Kristen Rosen

HR Recruiter: Kerri White

HR Admin: Lori Edwards

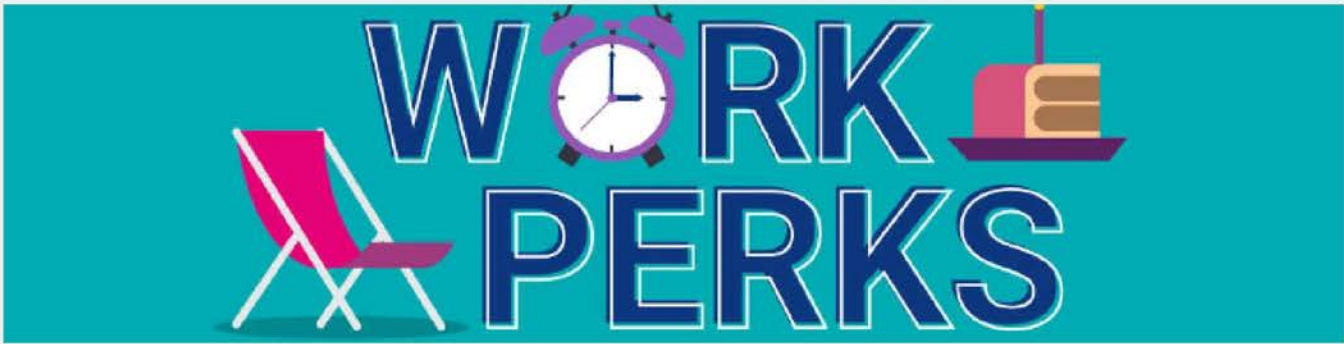
Hr Admin: Alyssa McKenzie

HR Admin: Taryn Sutch

HR Admin: Jean Talucci

Educational Consultant: Rick Dunlap





CCRES Milestone Recipients

5 years

Donna F.	Kaitlyn M.
Ashlee A.	Meghan G.
Nancy C.	Heather F.
Stacy H.	Ellen S.
Megan C.	Katherine B.

10 years

Jamie C.

15 years

Stephanie F.



CCRES Perks & Benefits

- Medical Benefits for employees working 30+ hours per week
- Collegiate partnerships
- Referral bonuses
- Payroll raffles
- 403b Retirement plan with 3% match
- FREE employee Assistance Program (EAP)
- \$500 bonus for W2 Employee 5 year Milestones

***Visit ccres.org for more details**

WORKIVERSARIES



10 YEARS!
Thuy Yancey,
Coordinator of
Recruitment

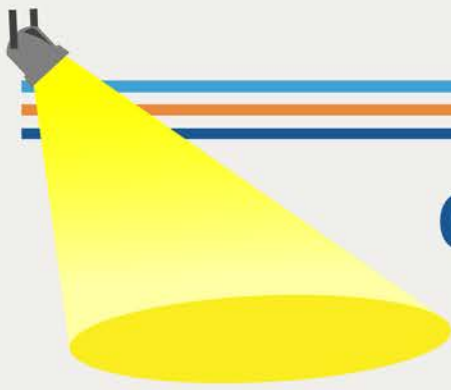


5 YEARS!
Allison
Kalemjian,
HR Recruiter



5 YEARS!
Kristin Rosen,
HR Recruiter





CCRES SPOTLIGHT

Pattie Richards New Accountant!

Good day! In January 2023, I joined the Business Office at CCRES as a part-time accountant. Besides the fact that I enjoy working with data, it has been an exceptional opportunity to be a part of the CCRES team. I look forward to learning more about CCRES, the services they provide, and the employees that provide them. Away from the office, you will find me either outdoors: working in the yard, exercising the dogs, or volunteering to help keep Chester County beautiful by collecting litter from our parks and roadways or indoors: preparing meals, practicing French and Korean, or spending time with family.



Nick Loschiavo New HR Recruiter!

Hello, I joined the CCRES team this past December right before the holidays. I am still in my training phase in my position and am learning every day. I am very grateful to be a part of the wonderful CCRES family and hope to make as much positive change as I can. In my free time I enjoy working out, watching movies and TV, writing, sports, and going to the beach. A fun fact about me is that I was briefly on Sportscenter for about 10 seconds when I was 8 years old. Here's hoping for the positive vibes to flow through CCRES in the new year!



ACTIVITIES WITH AMANDA



LANCASTER COUNTY

Fulton Theater - The Wiz

Where: 12 N Prince St. Lancaster, PA

When: March 2nd-26th

What: The Wiz infuses L. Frank Baum's The Wonderful Wizard of Oz with a mix of rock, gospel, and soul music. This timeless tale of Dorothy's adventures through the Land of Oz is a fun, family-friendly, modern musical.

Up Next : **Who's Afraid of Virginia Woolf -**
March 23 - April 16

PHILADELPHIA COUNTY

Franklin Institute - Philadelphia, PA

222 N 20th St. Philadelphia, PA

February 18th - (no end date)

Disney 100 The Exhibition -

The Walt Disney Archives is opening its vault of treasures, showcasing more than 250 of its rarely seen original artworks and artifacts, costumes and props. Also, ten magnificent and imaginatively themed galleries celebrating everything from Snow White to Strange World, as well as the latest members of the Disney family—Pixar, Star Wars, Marvel, and National Geographic.



CHESTER COUNTY

The 17th Annual West Chester Film Festival

Friday, April 28 - Sunday, April 30.
Uptown Knauer Performing Arts Center

Our festival presents short films that are 30 minutes or less from around the world. During the weekend we will show over 60 films at our West Chester Film Festival, Family Film Festival, and Young Filmmaker Film Festival.



READING WITH ROSEN



BOOK CLUBS!

Book clubs can be a fun way to catch up with friends, connect with new people, and discuss a story that you may have been unlikely to read otherwise. The selections can expand your horizons by genre and topic and meetings encourage discussion that brings new perspectives to light. Book clubs can simply be a group of friends who organize themselves, an official club set up through an organization or library, or even an online group with members from different areas of the country or world!

To locate a book club that fits your interests, location, and preferences, check with your local library, community centers, independent bookstores, search online or even better, start your own with family and friends! Below are some exciting options.



BOOK CLUB IN A BAG!

*Henrietta Hankin
Branch-Chester
County Library
<https://chescolibraries.org/books-movies-music/book-club-bag>*

10 copies of the same title plus one large print copy and a discussion guide. The bags can be checked out for 6 weeks and can be reserved months in advance!

*Delaware County
libraries
<https://www.delcolibraries.org/book-club-bag>*

Montgomery County, a monthly Zoom book club is available to the public. For information on reading selections and sign up, visit <http://mnl.mclinc.org/?s=book+club>

Lancaster County: Noveltea Book Club which meets the third Thursday of every month at the Mountville branch of the Lancaster Public Library and on Zoom. For more info: <https://lancasterpubliclibrary.org/event/noveltea-book-club/?sd=1674086400>



KRACKIN' UP WITH KATHY



Q: What is a flower's favorite type of pickle?

A: A Daffo-dill

Q: Why are frogs so happy?

A: They eat whatever bugs them.

Q: How do you know why bees are happy?

A: They hum when they work.

Q: What did the dirt say to the rain?

A: If you keep this up, my name will be mud!



KERRI'S KITCHEN

Ingredients:

- 7.5 ounces marshmallow fluff
- 8 ounces Cool Whip *thawed*
- 1/3 cup hot chocolate mix 3.85-ounce packets
- To serve: Animal crackers or graham crackers
- For garnish: mini marshmallows

Instructions:

- Using a hand mixer in a large bowl, blend together the marshmallow fluff, cool whip, and hot chocolate dip until creamy.
- Serve with animal or graham crackers!



YUMMY!!!

KINDNESS WITH KALEMJIAN

*A kind word is
like a spring day*
-Russian Proverb



5 Ways to Be Kind to Yourself

1. Make A Different Kind of New Year's Resolution-- Make a positive start to the year and build in a few healthier choices while allowing yourself some grace.

2. Get Some Gentle Exercise and Take Your Vitamins-- If you need a starting point, start by trying to reach a certain number of steps each day, and gradually increase the number each week. Get up from your desk every 30 minutes. Anything to up your movement and lower your sitting time. Stretch. Breathe deeply. Taking some appropriate supplements every day is such an easy, achievable way to boost your health and immunity.

3. Plan a Trip or Project- I think we all need to remind ourselves that brighter days are coming. Actively making lists of things you're looking forward to, or researching a trip or project for later in the year, can be a real mood-boosting activity.

4. Allow Yourself to Hibernate- It's ok to channel your inner bear at this time of year. Work and family commitments aside, don't feel guilty about pulling up the drawbridge, bingeing on books or boxsets, and not emerging until Spring.

5. Get As Much Daylight As You Can- Try to get outside whenever you get the chance. Getting a decent amount of daylight will boost your mental health and help you sleep, so even if you just take a short daily walk, it will always be worth it.

COLLEGIATE PARTNERSHIPS

CCRES is committed to you and your professional development.

We currently partner with six institutions to provide discounted tuition for individuals interested in advancing their career or just learning more (and some family discounts as well). Check out the details on the website for the institutions below. If you have questions please reach out to us!



CAPELLA UNIVERSITY



*Florida Institute
of Technology*



Elizabethtown College



CONNOR'S CRAFT CORNER



Frosted Mason Jars Luminaries

These look great on a table or mantel and would also make a great hostess gift!

Clean the glass with mild soap and warm water, or alcohol and a cotton ball, and let dry.

Put the Epsom salt out on a plate on your work surface.

Paint a medium layer of Mod Podge on the jar in consistent, quick strokes. You want to work quickly because Mod Podge starts to dry quickly, and you don't want to have to do a bunch of layering of the salt. It will get clumpy on your luminaries.

Roll the jar in the Epsom salt, all the way around pushing down slightly. Use a spoon to pour salt over areas of the jar that may not have gotten salt.

You can also use a small paintbrush to add to blank areas and then sprinkle a little salt on it. Just be careful not to add too much Mod Podge. Clumping salt doesn't look great, especially with votives. Keep in mind that if you miss a few areas, it will be hardly noticeable! Let dry for several hours.

Adding Embellishments:

Cut a length of twine that is long enough to wrap around the jar mouth around 6 - 7 times. Use a hot glue gun to attach the branches to the front of your luminaries. Then place the small wood pieces on the front.

Place the LED tea lights into your new mason jar luminaries for a warm glow!

SUPPLIES:

Clean Mason Jars

Mod Podge Satin,
Gloss or Matte

Epsom salt

Fir branches

Small wood slices

Twine

Scissors

Hot glue gun & glue
sticks

Flameless candles

Paintbrushes

Spoon





CCRES CARES FOR THE COMMUNITY



Recently CCRES funded the acquisition of two transport vans for the Achieve program operated through the Chester County Intermediate Unit. Reliable and comfortable transportation is essential to the program to facilitate the community participation in activities which comprises 25% of the program location requirement. Activities are based upon the unique interests of the consumers and may include outings to the library, local businesses and restaurants, parks, and gyms. CCRES also supplies the Direct Support Professionals (DSP), who assist the consumers in the program and drive the vans to the off-site locations. DSPs typically work with clients in small groups along with therapists and other CCIU staff, creating engaging, enriching, and beneficial experiences to help the consumers grow and learn.



Achieve is located at Mill Town Square Shopping Center, 150 E. Pennsylvania Ave., Suite 430, Downingtown, PA 19335. It is a program for adults with disabilities, ages 21 and older, who wish to develop a wide range of life skills while engaging and participating in their community. Achieve uses a person-centered approach to develop learning opportunities based on the unique skills and interests of the individual.



THUY'S TIPS

HEALTHY SWAPS

For the New Year!

BY ALEXIS KORNLUM - LEXISCLEANKITCHEN.COM

Food

Pasta **Spaghetti Squash, Spiralized Zucchini**
Skip the heavy high carb meal and sub in spaghetti squash or zucchini linguine for a guilt free pasta dish!

Mayo **Avocado**
Sub out mayo for avocado in chicken salads and egg salads to add some healthy fats into your diet!

French Fries **Baked Sweet Potato Fries**
Sweet Potatoes are a great and healthy option for a side dish.

Mashed Potatoes **Cauliflower Mash**
Ditch the heavy cream and potatoes, and sub it for a cauliflower mash! You won't miss those potatoes. Make it creamy with almond milk, grass-fed butter, and season it with Himalayan sea salt!

Cow's Milk **Almond Milk**
Dairy is often a trigger for an upset stomach. Sub your cow's milk for a nut milk like almond milk or coconut milk.

Cocoa Powder **Cacao Powder**
Cocoa powder is processed, stripped of nutrients, and contains low levels of cacao. Cacao is high in antioxidants, promotes healthy skin and a healthy heart.

Fruit Juice **Coconut Water**
Many fruit juices have electrolytes, but they are also packed with sugar. Try a natural coconut water loaded with potassium and electrolytes!

Canola/Vegetable Oil **Avocado oil, coconut oil, extra-virgin olive oil, ghee, grass-fed butter**
It's no secret that we should stay away from vegetable oils. Avocado, coconut, and olive oil are great oil swaps- ghee (clarified butter), and grass-fed butter are also great alternatives!

White Sugar **Raw honey, pure maple syrup, coconut sugar**
Stay away from refined white sugar! Go for a natural sweetener.

Table Salt **Himalayan Sea Salt**
Table salt is depleted of its natural minerals. Himalayan sea salt contains over 80 essential minerals needed for our body, and is a good source of magnesium!

Ice Cream **Banana Ice Cream**
Ditch the sugar packed ice cream for a frozen banana ice cream alternative. Simply blend a frozen banana in your high-speed blender until it reaches the texture of ice cream.

White Rice **Cauliflower Rice**
For a lighter meal, sub out white rice for cauliflower rice! Process cauliflower in your food processor until it becomes rice texture.

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