

THERAPY ALLIANCE

Spring 2010

Message from the CEO

The Power of Thank You

From the time we are small children we are taught to say thank you. As adults, we expect it out of our own children and others. But saying thank you when someone does something for you or gives you something is not the only time thank you should be expressed. As silly as it sounds, we should start or end the day everyday, saying thank you for at least 5 things that you are thankful for.

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It may seem like a difficult task for some, especially people whose glass appears to be half empty all the time. It is a proven fact that if you give thanks every day, not only does your attitude change, but you are healthier. You can reduce stress quicker, you fight off disease easier and overall you just feel better on a daily basis. You just can't say out loud, thank you for my life. You need to put some effort into it. If you have ever listened to Oprah, she has been doing gratitude journals for years. (And look at the blessings that she had bestowed upon her!)

This process does require some effort. You first need to write it down. It could be on a napkin that you hang on to or a more formal way, a journal of some sort. Second, you need to include a) what you are thankful for b) why you are thankful for it and if you really want to grow from the experience c) say why it is important to you. You really need to take a few minutes and do this daily, minimum, every other day.

You will find that in time, you will verbally be expressing your thank you's throughout your day. Remember, a thank you moment does not need to be when someone does something for you. It may be the sunshine on your face, someone who was nice to you, the fact that your plane was late due to a storm that may have saved your life. The more you can find a thank you moment in what appears to be a hopeless situation, the better off you are.

If you verbalize your thankful moments, it not only starts to change the people around you, but it could start a positive experience for your family. It is a proven fact that when people practice thank you moments, wonderful things start to happen to them. This should not be your reason for having thank you moments, it's just a by product. You start to feel better, your attitude changes, and believe it or not, your mind stays more open to thoughts and ideas.

So I challenge you and your departments. Make a game out of it to start with. When you have had a tough day and you are sitting around putting in your charges and doing notes, go around the room and have each person say what they are thankful for that happened that day. If you do this on a regular basis, in the midst of stress, you will find yourself smiling more because you will be thinking, "can I find something to be thankful for in this situation?"

I know this works, I do it. Not as regularly as I should. I am fortunate enough to have shared an office with Robin for years. She makes me laugh, when I am so mad I can't see straight. I also work with 2 other amazing women, who in the midst of stress, let me vent, but get me laughing within minutes. I'm also thankful for my amazing Area Directors and Managers, and for all of you, who provide excellent care and kind hearts to all our patients. I say thank you for all of you who make me and this company successful. We make an amazing team!

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Who wants to be a Millionaire?

Start savings as early as possible! An investor, who started saving at age 40, would have to invest \$204 per week to have \$1,000,000 by the time they reach age 65, assuming a 9% annual rate of return. If that same investor had started saving at age 30, they would only need to save \$77.57 per week. If they had the foresight to start saving at age 20, they would only have to save \$30.75 per week. The earlier you start, the easier it is to grow your wealth over time. (There are no guarantees your investments will grow at a rate of 9%)

AND, keep in mind, with the employer contribution of \$.25 on the \$1.00 for the first 6% of pay contributed; Therapy Alliance is committed to your long term goals of having a comfortable retirement. Contact Madelyn Luttrell at (513) 777-6200 for additional information.

Do you have enough?

Do you ever want to know if you will have enough money to retire on? I found this fun little website where you can plug in all your information. It tells you whether you are saving enough and if not, how much more you will need. There are many such websites, but if you want....try this one.

<http://cgi.money.cnn.com/tools/retirementplanner/retirementplanner.jsp>

If you are not saving where you should be and don't think you can squeeze out any more extra money out of your check, try this website. It's Suze Orman calculator and if you are honest, she can tell you areas that you are spending more than the national average.

<http://www.oprah.com/money/Suze-Ormans-Monthly-Expense-Budget-Calculator>

The question becomes, do you control your money or does your money control you. It doesn't matter how much you make, you can still be in control of your finances.

Upcoming Events

Peanut Butter

Yes, this tasty food has reared its ugly head again. SLP is **NOT** to be involved in assessing whether a patient is safe for peanut butter or not. Carington policy needs to be consistent. We cannot deny someone peanut butter who can not get someone to supply it to them or feed them, if we allow someone else to have it if they do. Tom and the strategic staff will educate the facilities. If someone asks our staff to get involved in a peanut butter issue, please have them call me or Tom.

Charles de Gaulle

A man of character finds a special attractiveness in difficulty, since it is only by coming to grips with difficulty that he can realize his potentials.

CPI

May 6th – Wood’s Edge Pointe 9:00-6:00
 June 3rd - Vandalia 8:00-5:00
 July 1st – Wood’s Edge Pointe 8:00-5:00
 August 3rd – recert Kensington Place 8-12
 August 5th Kensington Place 8:00-5:00
 September 2nd Wood’s Edge Pointe 8:00-5:00

CEUs

On-line courses available @ www.OhioCEUs.com

May 22, 2010
 Dayton Dragons Summer Outing

OPEN POSITIONS

Facility	PT/OT /SLP	FT/PT/PRN
Greystone/Terrace View	OT	PT/FT (25 hrs)
Clermont/Batavia	SLP	Full Time
Kensington	PT/PTA	PRN Weekend
Vandalia	PT/PTA	PRN/Weekend
Vandalia	SLP	PT
East Galbraith	COTA	Full Time
East Galbraith	PT	Full Time
Hamilton (all 4 buildings)	PTA	Prn
Bryden Place	All Disciplines	PRN
Forest Hills	All Disciplines	PRN
Tuscany	All Disciplines	PRN
Heath & Arlington	COTA/OTR	PRN
Heath & Arlington	SLP	PRN
Heath & Arlington	PT	PRN

If you help recruit a full time (40 hours) Licensed therapist (LPT / OTR / SLP) – and they get hired, we will pay you \$1000. For part time that rate will be pro-rated. A full time PTA or COTA (40 hours) we will pay you \$700 – prorated for less. PRN staff \$100.

Birthdays - April - June

April

April Lemle 2nd
Josh Tennant 4th
Andrea Stine 8th
Amanda Begley 10th
Nancy Hake 12th
Teresa Sprayberry 13th
Melinda Nita 14th
Terrie Odom 14th
Lucy Serr 17th
Beth Back 17th
Maria Ingram 18th
Tracey Applebee 23rd
Sandi Mallory 24th
Bethany Grant 25th
Jennifer Bachelor 25th
Katrina Geis 26th
Brandy Bailey 27th
Tracy Miller 28th

May

Rita Hayek 1st
Gina Tofenetti-Guertin 3rd
Sara Buehler 6th
Deena Robinson 8th
DeAnn Kiefer 8th
Joe Spitzer 10th
Michelle Coleman 12th
Matt Kadle 12th
Mary Klei 13th

Sharron McCoy 19th
Traci Bollman 21st
Vander Fields 23rd
Greg Vandegrift 28th

June

Tiffany Walker 1st
Cindy Whisner 6th
Janet Windland 7th
Susan Jagoditz 9th
Heather Fenton Campbell 11th
Erica Timmons 12th
Katrina Pfander 14th
Amanda Adkins 17th
Ben Broyles 24th
Laura Colliflower 24th
Jill Auciello 29th

Did you know:

It takes 90 days for something to become a habit. It also takes 90 days to change a habit. Anything worth trying new is worth doing for 90 days to see if you can be successful. If you fail, learn from what you did wrong....and try it again.