Pence of Mind Newsletter

APRIL 2025 - JUNE 2025

Overview

We did it! We're officially halfway through 2025!

April, May, and June have been fantastic months here at Peace of Mind. We've participated in a variety of activities, celebrated Mental Health Awareness Month, and marked significant anniversaries within our team.

In this issue, you will find details about anniversaries, our Team Members of the Month, and some self-care tips to enhance your mental health.

If you're interested in learning more about the activities held this quarter, please check out our activity newsletter.

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If you want to join our amazing team or are interested in getting services, please visit our website for more information at pomduluth.com



VOCATIONAL DYNAMIC DUOS



Brooklynn and Justin have been working together for some time now, and their teamwork continues to shine. Brooklynn provides consistency and structure, helping to ensure Justin can stay focused and complete his job duties successfully. Her calm and supportive presence creates an environment where Justin can thrive.

When asked about Brooklynn, Justin shared, "She helps me out. She's cool and fun to be around. She's just always laughing, ya know." Brooklynn had equally kind words to say, "He is so funny and brings a light-hearted spirit to the workplace."

Their strong working relationship is built on trust, support, and shared respect.

Together, they maintain a great balance, staying productive while also bringing positivity into the workplace. Brooklynn and Justin are a great example of how effective teamwork can make a real difference.



VOCATIONAL DYNAMIC DUOS



Mari and Dawn have been working together for nearly two years, and their bond continues to grow stronger with time. Their partnership is rooted in mutual respect, consistency, and care.

Dawn plays an important role in supporting Mari's success—helping her stay on track and encouraging her to be the best version of herself, both personally and professionally. Dawn shared, "I enjoy working with Mari. She brings a smile to my face every day I get to work with her." And Mari had this to say about Dawn: "She is funny, I like her personality, and she is very, very helpful."

Together, Mari and Dawn are the definition of a strong team—uplifting each other and creating a positive, productive work environment. Their connection is a true reminder of the impact a great support system can have in the workplace.



LEADERSHIP RECOGNITIONS

APRIL 2025

Abby has been recognized as the Leadership Team Member of the Month for her outstanding contributions since joining POM in February. She has embraced various challenges, excelled in updating training records, and successfully organized community and respite events. Abby's proactive coordination of meet-and-greet dates and outreach to colleges for employment opportunities has also been invaluable. Her unique insights and personal milestones enrich the team, and her impressive organizational skills are greatly appreciated. The team looks forward to her continued growth and is grateful for her enthusiasm and hard work. Thank you, Abby!

May 2025

Kristie has been recognized as
the Leadership Team Member
for May for her exceptional
contributions. She led the
implementation of a new system,
Pavillio, for community, respite,
and vocational teams, showing
her commitment through
meticulous data entry.
Additionally, her involvement in
group activities has significantly
increased participation among
vocational individuals, fostering
connection and enjoyment.
Great job, Kristie!

JUNE 2025

Ranee is being recognized by the Community, Respite, and Vocational Leadership Team for her outstanding dedication and professionalism. She consistently arrives early and leaves late, responds to calls at all hours, and handles challenges gracefully, maintaining a person-centered approach and excellent listening skills.

The team expresses pride and gratitude for her contributions.







Evan is nominated as Tear Member of the Month for his exceptional compassion and dedication in helping individuals discover and pursue their passions while supporting them in achieving their goals.

The Respite team has recognized Rachel J. as Team Member of the Month for her dedication and ability to balance school commitments with work responsibilities. Hardworking team member who successfully balances her school commitments with her work responsibilities.

Leah is honored as Employee of the Month for Vocational Services due to her exceptional commitment, positive attitude, reliability, and caring nature.



Respite Services has named Payton M. as
Team Member of the Month for their
outstanding contributions, particularly in the
overnight staff role. Payton has established
themselves as a dependable and valued team
member.

Annie has been selected as the Employee of the Month by the Vocational Team for her reliability, compassion, and positivity.



Ben is being honored as Employee of the Month due to his positive energy, great attitude, and compassionate nature towards those he works with.

Respite is recognizing Rana N. for her exceptional support of diverse individuals. She not only provides excellent care but also demonstrates a strong willingness to learn and face challenges.

Cindy B. is recognized for her outstanding work, particularly in challenging situations. She effectively connects with those she supports and truly enjoys her job.



ARMHS SERVICES



The A is fell mis proud to recognize Curtis as their Team Wentoer of the Mor th! Curtis is brand new to the team and has quickly proven his willingness to help and contribute. His dedication and eagerness to put his skills to use are inspiring. He's not only taking every opportunity to help out and put his skills to use, but he also went above and beyond for the ARMHS clients, demonstrating initiative by kindly subbing for a fellow practitioner for two weeks. His willingness to step in speaks volumes about his dedication and initiative, especially since he built trust with a client who doesn't trust easily. He made the client feel valued and respected, showcasing excellent client service skills and building trust. Amazing job, Curtis!

JUNE 2025

Cong a lations to lierra for being named Mental Health
Team venber of the Month! Tierra has a huge heart and a
great a coll of compassion for her clients, a ways striving to
help them succeed. She consistently goes above and
beyond for them and is always looking for new and
creative ways to support their progress. The k you, Tierra!

TANNIVERSAR, Y'S

William Florin 2 years in May

Gioura Lynn I year in June



Here are some self care tips

Eat healthy, regular meals and stay hydrated. A balanced diet and plenty of water can improve your energy and focus throughout the day. Pay attention to your intake of caffeine and alcohol and how they affect your mood and well-being—for some, decreasing caffeine and alcohol consumption can be helpful.

Get regular exercise. Just 30 minutes of walking every day can boost your mood and improve your health. Small amounts of exercise add up, so don't be discouraged if you can't do 30 minutes at one time.

Try a relaxing activity. Explore relaxation or wellness programs or apps, which may incorporate meditation, muscle relaxation, or breathing exercises. Schedule regular times for these and other healthy activities you enjoy, such as listening to music, reading, spending time in nature, and engaging in low-stress hobbies.

Stay connected.
Reach out to friends
or family members
who can provide
emotional support
and practical help.

Set goals and priorities. Decide what must get done now and what can wait. Learn to say "no" to new tasks if you start to feel like you're taking on too much. Try to appreciate what you have accomplished at the end of the day.

Practice gratitude.
Remind yourself daily of things you are grateful for. Be specific. Write them down or replay them in your mind.

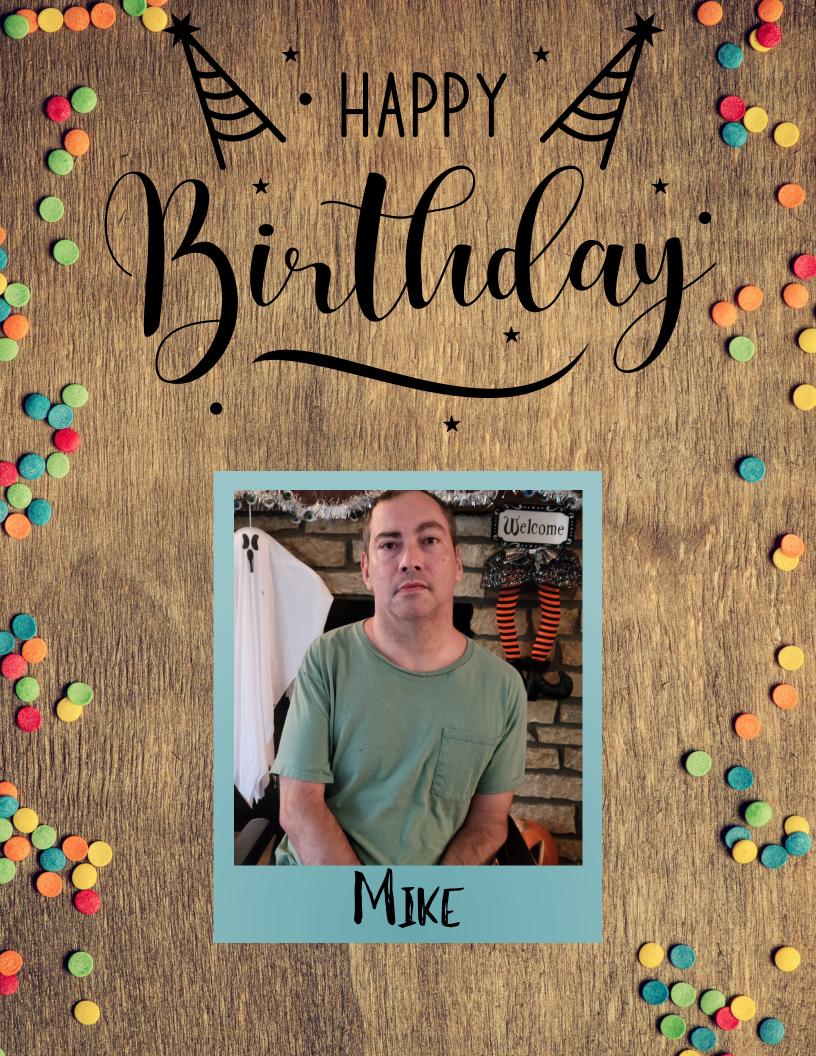
Make sleep a priority. Stick to a schedule, and make sure you're getting enough sleep.
Blue light from devices and screens can make it harder to fall asleep, so reduce blue light exposure from your phone or computer before bedtime.

Focus on positivity.
Identify and
challenge your
negative and
unhelpful thoughts.

Self-care looks different for everyone, and it is important to find what you need and enjoy. It may take trial and error to discover what works best for you.

MERRICA BRIEN





HAPPY

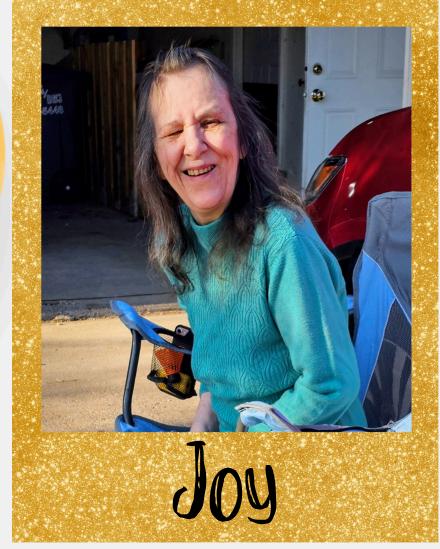
BIRTHDAY















April 2025

BROOK IS BEING RECOGNIZED AS SUPERIOR STREET'S TEAM MEMBER OF THE MONTH FOR APRIL! SHE HAS SUCH A KIND DEMEANOR THAT SHE MAKES HER FELLOW TEAM MEMBERS FEEL SUPPORTED. SHE IS GREAT AT EXPLAINING THINGS, SHE GIVES CLEAR DIRECTIONS, AND IS INFORMATIVE ABOUT ACTIVITIES, APPOINTMENTS, AND WHY AND WHEN THEY ARE HAPPENING. SHE IS GREAT AT KEEPING EVERYONE INCLUDED AND SUPPORTED IN DAILY ACTIVITIES, AND SHE ENSURES ALL WORK IS COMPLETED AND TAKES ON EXTRA TASKS. WE ALSO WANT TO CONGRATULATE HER ON OBTAINING HER CNA CERTIFICATION!! SHE BALANCED TAKING THIS COURSE WITH WORK AND THEN TOOK AND PASSED HER FINAL AT THE FND OF APRIL!

WAY TO EDUCATE YOURSELF AND GO ABOVE AND BEYOND, BROOK!!



Anniversary's

ISAAC N. - 1 YEAR IN MAY

DYLAN P. - 4 YEARS IN JUNE





REDBUD HOUSE





Tara M. - 1 Year in April

Jordan W. - 7 years in April



Kelsey has been recognized as Team Member of the Month for her creativity and proactive approach. She finds engaging activities, like a fish-themed coloring project when fishing plans were canceled, demonstrating her adaptability. Kelsey is thorough in her personal care assistance, ensuring individuals are comfortable and engaged. Her reliability in getting individuals to activities highlights her commitment to their well-being. Thank you, Kelsey!

JUNE 2025

Redbud recognizes Jordan for his excellent communication skills and thorough passdown documentation. He proactively covered open overnight shifts, demonstrating dedication to the team. Jordan skillfully guided a fellow team member during a stressful ER situation while managing extra documentation and care independently. His ability to positively redirect challenging behaviors highlights his patience and effective communication. Overall, he is a valuable asset to the team, and we are grateful for his contributions.

Glenwood House

May 2025

Alec is recognized by the Glenwood Team for his outstanding teamwork and exceptional problem-solving skills. He actively engages with team members and residents, ensuring their happiness through cooking, conversations, and games. Alec is attentive, honest, and thorough in his work, asking questions when needed and providing respectful feedback. He has exceeded expectations and is celebrated as Team Member of the Month for being a positive team player and supporting others.

June 2025

Bobbi showcases excellent teamwork and initiative, highlighted by her strong communication skills. She took the extra step to train a team member returning from leave, coming in early to ensure they were updated on the new medication administration process. Her proactive attitude and willingness to help others make her a valuable asset to the team.



Marble House

APRIL 2025

The Marble Team has named Dawn as their Team Member of the Month for her exceptional teamwork and support.

During Easter weekend, she stepped up during call-ins, stayed late, ensured all tasks were completed, and contributed to a fun, enjoyable holiday for everyone.

Great job, Dawn!

ANNIVERSARY'S

Quincey R. - 1 year in June

MAY 2025

Ella has been recognized as the Team Member of the Month for her outstanding contributions to the Marble team. She consistently volunteers for shifts, helps keep the house organized, and readily supports her colleagues. Despite a recent change to the schedule, Ella quickly adapted, ensuring her team was well-supported. Additionally, she maximizes her downtime by engaging in activities with others. Great job, Ella!

JUNE 2025

Marble is excited to recognize Nevaeh for her compassion, generosity, and willingness to help others. She consistently demonstrates flexibility and dedication by stepping in wherever needed, even outside her assigned role. Her supportive attitude and selflessness make her an invaluable team member. Thank you, Nevaeh!

Pike Lakes House

APRIL 2025

Dawson has been named Pike Lake's Team Member of the Month for his positivity and outstanding support to his colleagues. He goes above and beyond by preparing meals at night, which allows his teammates more time for activities and personal interaction. His excellent communication skills and performance during overnight shifts further contribute to his recognition. Great job, Dawson!

ANNIVERSARY'S

CYNTHIA V.
2 YEARS IN APRIL
ANDREW S.
1 YEAR IN MAY

MAY 2025

The Pike Lake Team acknowledges Katie for her exceptional dedication and ability to exceed expectations consistently. Her effective management of grocery shopping and budgeting has greatly benefited the team. Katie's flexibility and commitment to helping in the Community and Woodland reflect her strong work ethic. Her positive attitude enhances the workplace, and the team appreciates her hard work and dedication.

JUNE 2025

Charity deserves the Team Member of the Month recognition for her exceptional dedication and support for the team. She consistently takes on important behind-the-scenes tasks to ensure projects run smoothly and offers assistance even outside of work hours. Her commitment and positive attitude exemplify a strong team player spirit, and her contributions are highly valued and appreciated by the entire team.

WOODLAND HOUSE

April 2025

Cindy has been recognized as Woodland's Team Member of the Month for April due to her exceptional teamwork, leadership, and mentorship. She consistently maintains a positive attitude, offers support, and exceeds expectations. She actively helps team members with shift coverage, communicates positively, and is welcoming to new hires, providing clear direction and encouraging communication. Many colleagues have praised her training abilities. Cindy is person-centered, engaging with individuals and valuing their input while ensuring they receive her full attention. Her dedication and proactive approach make her a remarkable role model for the team. Outstanding job, Cindy!

May 2025

Eden has been recognized as the Woodland team's Team Member of the Month for June due to her exceptional collaboration, support for colleagues, and consistently positive presence. She proactively arrives early for pass-downs, ensuring smooth transitions, and demonstrates creativity and innovation in problem-solving. Her contributions, especially during the mental health team training, highlight her expertise and positive approach. Great job, Eden!

Anniversary's

EDEN D. - 1 YEAR IN APRIL CINDY B. - 12 YEARS IN JUNE

Lendership Team

APRIL 2025

Heather has been recognized as the CRS Leadership of the Month for her outstanding contributions as the Team Manager at Pike Lake. She excels in areas like task management and scheduling, supporting other teams and ensuring effective communication. Her efforts in organizing Peace of Mind weekly events have made a significant impact, providing enjoyable experiences for everyone involved. Heather is also committed to creating a welcoming environment and planning engaging activities for the individuals we support. Congratulations to Heather for her dedication and positive influence on the team!

May 2025

Aricin has excelled in his leadership role at Glenwood, providing strong support during challenging times, especially for the ladies in the home. He is responsive, readily steps in during shifts, and actively engages the ladies in activities they enjoy. His communication with support teams has improved, and he has embraced additional responsibilities with a proactive attitude. Aricin has been instrumental during events, offering help and creating a welcoming atmosphere. His growth, initiative, and dedication to his team and the individuals have been commendable and appreciated.

ANNIVERSARY'S

Trena Ackerman- 7 years in April Austin Metcalf - 4 years in April Geoff Wallin - 5 years in April

Matt Haney- 19 years in June Noelle Sarvella- 18 years in June Cristal Shabaiash- 8 years in June



The Residential and Family Services Leadership Team recognizes Gary, the Marlbe Team Manager, for his outstanding leadership. He fosters a collaborative and positive atmosphere and recently excelled in his first Mental Health Team meeting by highlighting team members' strengths. Gary emphasizes the importance of celebrating successes while maintaining professional standards, showing compassion and support for both his team and the individuals they serve. He is dedicated to providing person-centered leadership. Great job, Gary!

