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Peace of Mind Newsletter

APRIL - JUNE 2024



Community

Services:

Payton A.
Kayla C.
Jayden C.
Elizabeth F.
Kaitlyn H.
Morgan J.
Maija K.
Kassia L.
Elizabeth M.
Jamie M.
Alexis P.
Boston S.
Jessica T.

Residential

Services:

Serenette B.
Sommer T.
Eden D.
Lee G.
Naida H.
Marissa K.
Isaac N.
Azalea P.
Quincy R.
Adam S.
Andrew S.
Olivia S.
Ca'Maya W.
Kimberly W.

Vocational

Services:

Sara B.
Brooklyn J.
Presley K.
LeDarian M.
Olivia O.

ARMHS Services:

Molly E.
Raven F.
Ashley J.
Wing L.
Gioura L.

Respite:

Annika G.

We gained some incredible new team members this quarter! Thanks to each of you for choosing to be a part of our Peace of Mind team! We look forward to working with you, getting to know you, and making a positive difference together!!



REFERRAL BONUS REMINDERS:

If you refer a team member you will *both* receive:

- ☐ \$100 at 90 days of their employment
- ☐ \$200 at 6 months of their employment
- ☐ \$500 at 1 year of their employment

MENTAL HEALTH AWARENESS MONTH

May is Mental Health Awareness Month. This

has always been an important initiative for Peace of Mind, not just in May, but throughout the year. May is Mental Health Awareness month and we had the wonderful opportunity to meet Brad Dearth and hear his story. Brad is an absolute inspiration to all of us. He shared with us, his life changing car crash and the subsequent brain trauma that followed. He shared how it effected his mental health throughout his life, and why it's so important to talk about. The more we talk about mental health, the more we can end the stigma.

If you want to hear more about his story and get the chance to meet him, he will be attending St. Louis Health & Human Service Conference on October 9-10th at the DECC. We thank Brad for sharing his incredible life story and for being an advocate for others who live with mental illness.

You can also visit Brad's Facebook page and YouTube to learn more about his story!



Amy, Linda, and Lori showing their support

"Be Seen in Green"! Throughout Mental Health Awareness Month, we encouraged everyone to wear green to show their support for mental health.



David, Brynn, and Eric wearing their green

MEET OUR ARMHS TEAM!



Ashley - Her dedication to detail and passion for being person centered is evident with anyone she works with. She is very personable and is great with flexibility which allows for changes within her day to day to best serve the team.

Jordan - His logistic point of view is a huge benefit to the team. He is seen as a practitioner that can be self reliant as well as someone to consult with for any issue. Jordan has shown time and time again that he wants our program to grow for the benefit of our practitioners and the populations we serve.

Kai - They are driven by being productive and self-sufficient. Kai demonstrates that they are able to handle any pressure that is thrown at them. If I had to call someone to find help on short notice, I know that Kai would be there to support our team.

Maia is a person who embodies patience and empathy. Her ability to be personable with her caseload has shown the power of being person-centered. She has demonstrated the power of being professional within the mental health services. Maia is an individual who any team member can rely on to listen to them and be a support within our team

Will has a great approach and passion to ARMHS. He is supportive, compassionate, and thoughtful. Will is the kind of co-worker you want to have and always willing to help practitioners and clients in any way he can. Will's dedication and motivation has created further opportunities for him as he is now Peace of Mind ARMHS Lead Practitioner. Will embodies Peace of Mind's values, we are fortunate to have him a part of our team!

Excited to announce newest ARMHS team members, Gio, Raven, and Spencer starting end of May-early June. Gio and Raven bring extraordinary community and human service expertise to the team. Spencer just moved to Duluth from Oregon but has a passion for helping others and fortunate that Spencer picked Peace of Mind to continue his journey making a difference.

NURSES WEEK 2024

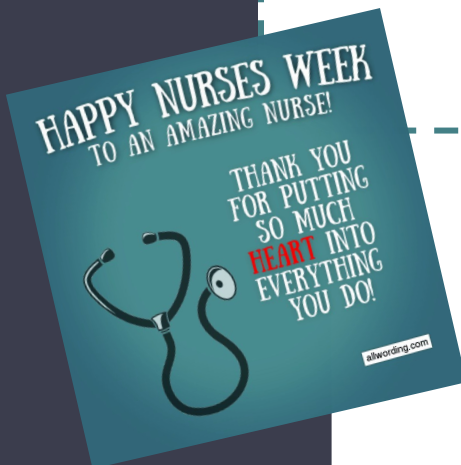


**Cristal S.,
Director of
Nursing**

Nurses Week was May 6-10!! We could not pass up the opportunity to recognize our Director of Nursing at Peace of Mind, Cristal! Cristal is a nurse who truly loves caring for and helping people. She is compassionate, patient, and knowledgeable.

She is great at problem solving, collaborating, and communicating when there are changes or updates to someone's health. She is skilled in explaining things in a way everyone understands. She has been an invaluable trainer, demonstrating and explaining cares, medications and treatments while ensuring everyone is comfortable, confident, and competent.

Cristal has a huge heart and treats people with dignity, which makes her amazing at what she does. We are grateful for the care she has provided to many people in residential services and to now have her knowledge and expertise within our community, vocational and respite teams! Happy Nurses Week, Cristal and Thank You!



Liv, Community Services Director



We have so many team members who not only have a passion for helping others at Peace of Mind, but also contribute to the community in other ways. Liv is one of our Community Services Coordinator's but also volunteers as a DJ. Liv shared, "I am a volunteer DJ for The

North 103.3 during the "Women's Music Program" where we celebrate women's music and voices. I first got involved with the station when I interned there during college as a Journalism major, I helped find stories and interviews for the morning show. Once I graduated, I quickly realized the only branch of journalism I was really interested in pursuing was radio. I am an absolute music fiend, and love sharing what I am listening to or introducing new artists/sounds to our community. When I'm on air, I always introduce myself as, "DJ Liv, your she/they DJ" to represent not only my queer identity but to ensure that listeners know our station is a safe space where queer music and voices are valued. If you ever want to tune in, "The Women's Music Program" is on every Sunday from 1:00-5:00 pm, you may not always here me on the air but you'll always catch some good tunes!"

*Volunteers do
not necessarily
have the time;
they just have
the heart.
-Elizabeth
Andrew*

Website Announcement!

Have you seen our new website?! It is amazing! Thanks to Rachel, our Director of Marketing. We would love to have you check it out if you haven't already! www.pomduluth.com

LeDarian, Vocational Team Member & Harbor Monster!!

LeDarian is one of our Vocational Team Members. When I found out he was also a Duluth Munster I wanted to know more. LeDarian took the time to put together some of his story that we are excited to share with all of you!

“Football has always been my passion. Since the age of 4, I been in love with the game of football , it has taken me places I never imagined I would go . My end goal is to be playing on Sundays in the NFL , for the Tampa Bay Buccaneers.

I was born n in Lakeland ,Florida, I graduated high school in 2016 and left for collage right after. I played junior collage basketball and football in Minnesota at Ridgewater College and Fond Du Lac Tribal and Community College . Then I transferred to Kentucky State University, a division 2 institution, where I completed my Bachelors Degree while being a three sport athlete (football, basketball and track).

My first year of being a professional athlete I played in Gillett , Wyoming for the Gillete Mustangs Indoor Professional Team. I received the opportunity to play in Iowa for my second season of professional indoor football but was released after training camp . I was looking for a home for football once again and contacted Coach Tony with the Duluth Monsters. I was blessed to be chosen to come up and join this great and talented team .

On the journey to conquer my childhood dream I found myself developing a new interest, helping others . Assisting people whole require a more delicate approach. not only had it made me a better person by helping me appreciate the small things but it gave me a better view of life . Everyone has their struggles, but all anyone wants is to have the same opportunity as the next person , regardless of their disability. Working for an organization like Peace of Mind has been a joy. I enjoy connecting with unique individuals whose personalities makes my day .

I started out working with individuals with disabilities and special needs my freshman year as a caregiver . I grew up around a grandmother who would help any one who would walk in her front door and a father who coached kids and made a bigger impact in their lives than their own biological father. I guess having a up close point of view of how one genuine helping hand can make a world of a difference to someone rubbed off on me. Before Peace of Mind, I have worked with the elderly with care giving , I have worked in a juvenile reformat center and even a boarding school for students who have mental disabilities .

Football is my life but being able to help Others and be an impact in someone’s else’s journey on this floating rock is almost as joyful as scoring a touchdown.”

See Page 7 for pictures.

LeDarian, Vocational Team Member & Harbor Monster!!



| DULUTH HARBOR MONSTERS 2024 SCHEDULE | | | |
|---|---------|---------------------|---|
|  | JUNE 1 | @ KANSAS CITY GOATS |  |
| | JUNE 8 | BYE | |
| | JUNE 15 | @ OZARKS LUNKERS | |
| | JUNE 23 | KANSAS CITY GOATS | |
| | JUNE 29 | WATERLOO WOO | |
| | JULY 6 | @ OZARKS LUNKERS | |
| | JULY 13 | WATERLOO WOO | |
| | JULY 20 | OZARKS LUNKERS | |
| | JULY 27 | @ WATERLOO WOO | |
| | | ■ = HOME GAME | |



Celebrated Team Member Anniversaries

DanTerra R. (ILS) 1 year April 3

Trena A. (HCBS) 6 years April 6

Jordan W. (HCBS) 6 years April 9

Cynthia V. (HCBS) 1 year April 12

Brooke N. (ILS) 1 year April 24

Austin M. (SS) 3 years April 26

Amanda D. (HCBS) 15 years April 28

Geoff W. (Exec) 4 years April 30

Julia K. (Pike) 2 years May 12

Harmony T. (ILS) 1 year May 15

Will F. (ARMHS) 1 year May 15

Bobbi R. (Glenwood) 2 years May 23

LileeAna O. (ILS/Voc) 1 year May 31

Dylan P. (SS) 3 years June 4

Matt H. (Exec) 18 years June 10

Cristal S. (Nursing) 7 years June 12

Dane O. (ILS) 1 year June 13

Toni B. (Glenwood) 1 year June 15

Noelle S. (Exec) 16 years June 16

Nancy J. (ILS) 1 year June 28





Team Member Recognitions April-June

Glenwood: Laura, Sommer, Bobbi

Superior St: Evan, Aricin, Mya

Marble: Dee, Katie, Brittany

Woodland: Justin, Ca'Maya, Hanna

Pike Lake: Brynn, Allen, Julia

Redbud: Jordan, Jessica

Community: Jack H., Dawn, Stephen, Jolene, Stuart, Katherine, Jayden, Harleigh, Abby

Vocational: Brennen, Markie, Leah

Respite: Kaitlyn

Leadership: Harmony, Holly

There were so many team members that went above and beyond this quarter. It is sometimes hard to narrow it down because there is so much "good" happening every day. This month these team members showed positive teamwork, took initiative to get individual's out to experience new interests or activities, and inspired others to do better. What great examples each of these team members are, not just for those at Peace of Mind, but anyone in the community we live. We are so grateful and appreciative for their commitment to encouraging and supporting those who need it. Amazing job to each and everyone of you! If you don't know, we celebrate these recognitions on our Facebook Page, it is always an exciting and uplifting part of our months when we get to share their teamwork and accomplishments. Please continue to like, love, or comment on our Facebook Page, the positive reflections and validation is appreciated!!

“

THE THREE MOST IMPORTANT
WAYS TO LEAD PEOPLE ARE:...

BY EXAMPLE...

BY EXAMPLE...

BY EXAMPLE.

- Albert Schweitzer

@therandomvibes

We did some potting and art projects at Marble! So fun to get your hands dirty, share some laughs, and tap into your creative side! Thank you Marble for hosting!



LET'S CREATE!!



PLANTING TIME!!





Happy Birthday's!!

April 12: Joy

April 15: Sharon

April 22: Hope

May 11: Joe

May 27: David

June 6: Sedric





Fun And Games



Game Days at Woodland and Redbud!! Great times with friends!!





The weather turned out perfect for our Pontoon Adventure this year! What a great way to get everyone together, be out on the water and enjoy nature and fresh air. Thank you to those who coordinated to make this happen!



Grandma's Marathon! It was raining records! And with +17,500 finishers!! We had a great time cheering on the runners, serving up our pickle juice, and can't wait for next year!



CANVAS PAINTING: What a great turn-out at our London Road Office to get creative, spend some time together and the sunshine! Thank you, Austin for getting this organized and changing up the venue!



“The truth is that teamwork is at the heart of great achievement.”

- John C. Maxwell



TEAMWORK: ANNIE AND HEATH (VOCATIONAL SPOTLIGHT)

This quarter we felt the need to showcase the wonderful work relationship between Annie and Heath. They have been working together for around two and a half years. Annie supports Heath at his job with the YMCA, as a Youth Specialist. Annie commented on Heath's work ethic, "It is wonderful how Heath takes pride in his role. He has an awesome work ethic, never wanting to miss a shift. He likes to be well informed about each child that is in his care." Heath also works at Lowell Elementary, during the school year.

He works five days a week in the Keyzone Program. Annie shared what she appreciates about Heath; "It warms my heart that he allows me to be part of his daily life and the trust he puts in me to help him with his job. I'm thankful for Heath and the friendship we have gained. His desire to work and stay employed is very inspiring."

We asked Heath what he appreciates about Annie, he stated, "I like that Annie is always on time. She is good at her job, so I'm able to make sure my job is getting done. I am grateful she knows my cares and needs so well."

What an amazing team they are, the kids at Keyzone and Lowell are lucky to have staff that care so much about them each and every day!





**Mary in her
Happy
Place!!**



Busy Planting



Lilac Bush to replace the tree they



Peppers!

We are excited to announce that we now have a second office location !! 2304 West Superior Street is the perfect location to expand our services thanks to the amazing growth with extraordinary team members. With the needs of services growing, meant that we needed we needed to find additional space for activities, meetings, work, and larger group sessions. Community Support and Respite Teams will continue at our London Rd office and West Superior Street will be the home base for ARMHS, Residential, and Supported Employment Teams. In addition, Matt Haney, Noelle Sarvela, Geoff Wallin, Tara Wilson, and Rachel Zajac have office space @ West Superior Street.

Our main office number is the same @ 218-576-7363.

This opportunity is for everyone a part of Peace of Mind.

