



# The New Year Ahead



## The New Year Ahead...

Happy new year to the most amazing team. You are always the inspiration behind our every achievement here at CCU!

We take this opportunity to thank all of you for the great contributions and sacrifices made this past year.

We hope this year grants you everything that you wish for, and brings you success.

Wishing you and your family a Happy, Healthy, New Year.

*Thank you*

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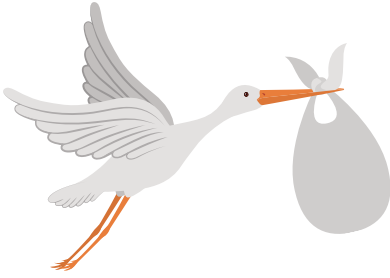
CCU Facebook Group

Friendly Reminders

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# Spotlight on...



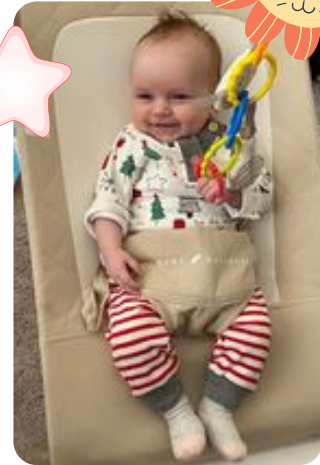
Yes, it's been a challenging past year, but we all have much to be thankful for. Just take a look at these little blessings born to some of our team members and their families this year! Congratulations!



Isabella  
Madison



Genevieve  
Grace



Emmie



Cash  
David



Cayden



Mia, Hudson  
& Harper



If you have a suggestion for the next issue, please contact [carole@compassionatecarepa.com](mailto:carole@compassionatecarepa.com)

# Contest Winners



## C-H-R-I-S-T-M-A-S Wheel

### Contest Winners:

Candy L., Athuman K., Wendy O., Amelia A.,  
Arionye M., Brittney S., Denise S., Donna B.  
Irene W., Joshalynn S., Melanie A.,  
Brandi S., Emeke I., Kerri W., Krystal G.,  
Margaret K., Michelle M.

### The Grand Prize Winner:

Brandy S.

A special thanks to Daniel Six, John Corbly III and Joy Green for creating and organizing this contest!

## Contests, Giveaways and More!



If you haven't already, please be sure and join the private **CCU Facebook Group - COMPASSIONATE CARE CONNECTIONS** (*Thanks to Christina Leggio for the great new name.*)

Here you'll find lots of useful information on educations offered, messages from our CEO Melissa Six, and SO much more.

And of course don't forget our great CONTESTS and giveaways. It's our way of saying "Thank You" for all you do.

To join, just go to:

<https://www.facebook.com/groups/495555098062739>

**DON'T FORGET TO ENTER YOUR 3  
COLLEAGUES IN THE**

## Virtual Valentine Card Contest



Details at the link below. You have until Feb 14, 2022!

<https://www.jotform.com/build/220254649726056>

WHEN THE ONLY GLOVES LEFT  
IN A ROOM ARE 2 SIZES TOO BIG



## COVID & PPE...

Friendly reminder: PPE is required at every facility.

GREEN ZONE: Mask. YELLOW ZONE: N95 masks and shields.

RED ZONE: N95 face masks, face shields and gowns.

Also Please Note:

- At any location with even one +COVID-19 case, there are no GREEN ZONES.
- KN95 masks are not acceptable in a healthcare setting. Masks worn must be N95 only.

There's a lot of confusion around PPE, so if you see a buddy not following protocols, courtesy reminders are helpful.

## THE POWER OF POSITIVITY

Positive thinking is an emotional and mental attitude that focuses on the good and expects results that will benefit you. It's about anticipating happiness, health and success instead of expecting the worst. ... Don't just think positive - overcome your limiting beliefs and transform your entire mindset.

Positive thinking helps with stress management and can even improve your health. Some studies show that personality traits such as optimism and pessimism can affect many areas of your health and well-being. The positive thinking that usually comes with optimism is a key part of effective stress management.



## Social Media...

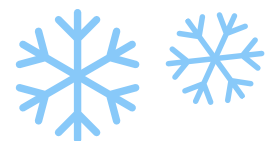


If you have any photos of yourself or coworkers that you'd like us to use for social media, please forward them to:

[carole@compassionatecarepa.com](mailto:carole@compassionatecarepa.com)

(Be sure you have their permission.)

We love seeing members of our team rather than stock photos! :)



If you have any comments, ideas or suggestions for our next newsletter contact: [carole@compassionatecarepa.com](mailto:carole@compassionatecarepa.com)