



THE CENTENNIAL BRIEFING



CHEYENNE · ELBERT · KIT CARSON · LINCOLN · LOGAN · MORGAN · PHILLIPS · SEDGWICK · WASHINGTON · YUMA

Our mission is to achieve excellence in the provision of behavioral health services that lead to optimal health and well being

A MESSAGE FROM HEAD GOOSE

IN CASE YOU MISSED IT - HR REMINDERS

Honk! A few weeks back, you all received an email on our Purpose Project, inviting you to share your own sense of "purpose" in your various roles at Centennial. We got a bunch of cool responses and you saw a few of them two weeks ago. Here's just a few more to get your OWN ideas flowing. If you haven't already sent yours to Liz or Jaci Yula please do so!



To describe my belief in my own purpose, I like this quote: "Our personal ripple effect is the power of one generating hope and change in others for a better world. Like ripples radiating across the surface of a pond when a pebble is tossed in, kindness is powerful and has far-reaching, positive ramifications that bring about a tremendous sense of joy." Teri Kerr

My purpose is to celebrate and encourage each client and family member that recovery services work to move lives forward. Spencer Green

HR would like to remind our staff of some great benefits CMHC offers. Cold and flu season is upon us so this is a great time to remind everyone about **HealthiestYou**. As a Centennial employee that participates in medical benefits, either HSA or PPO, you and your family have access to **HealthiestYou**. Please see the flier below with how to access **HealthiestYou**.

hy healthiestyou.

Your healthcare just got a whole lot easier!

With HealthiestYou you can connect with a doctor who can diagnose, treat, and prescribe over the phone 24/7/365. Using HealthiestYou can SAVE YOU THOUS OF DOLLARS and no more time wasted in waiting rooms or trying to schedule an appointment.

- 24/7 Unlimited doctor access
- Access by app, telephone, website, iOS, or even text!
- Spouse and dependent use
- Find a nearby doctor, pharmacy, urgent care, etc. or even text!
- Prescribe and renew prescriptions
- Price comparisons
- Search and compare doctors
- Sync & track dental bills
- Priority reminders to save

Our doctors are licensed and can handle an array of common ailments including allergies, earaches, sore throats, pink eye, sinus, throat, urinary tract infections, and many more! HealthiestYou is great for families because your spouse and dependents can use it too and there is no limit on the number of times called or the duration of each call.

Talk to a doctor - Get a second opinion, ask for a referral, or get a diagnosis and a treatment plan.

Get a prescription - If you're having a prescription issue, we'll prescribe and deliver it to your home or pharmacy.

Feel Better Soon - We have delivery services for you. If you can't get to the doctor right then, we'll send you a kit.

DOWNLOAD THE APP! - Available on the App Store and Google Play.

No Smartphone or Internet? No Problem! Simply call! 866.703.1259

hy healthiestyou

Setting up Your HealthiestYou App!

Step 1: Search and download HealthiestYou from the App Store or Google Play.

Step 2: Click Register. You'll get an email with a link to register. You can also register via the website.

Step 3: Select Primary Member.

Step 4: Enter the Primary Member's Information (Name, Email, Phone, ZIP Code).

Step 5: Click your name.

Step 6: Enter your address, birth date, and other personal information.

Step 7: Enter your phone #.

Step 8: If you have your insurance card, enter the information. If not, you can skip this step.

Step 9: Start.

HealthiestYou - Support - 480.779.4360 - support@healthiestyou.com

RELAY FOR LIFE FUNDRAISING

MyCigna is also available to CMHC staff participating in medical benefits. To register for online access to your medical benefits please go to <https://my.cigna.com>

Ashley Lanman in the Julesburg office has now gotten the Sedgwick County police department to wear pink and also sport the shoelaces on their shoes. Graciously they have also donated to the relay fundraiser.



CMHC RELAY FOR LIFE WEEKLY UPDATE

We hope that by now everyone has had the chance to get their "Pink On"! We are getting SO close to our goal. Fort Morgan just received their items this week and is starting to compete for that trophy! We will announce each of the office standings at the All Staff meeting on the 17th. We are waiting on some mini wall calendars, mason jar tumblers, office pens and keychains to arrive. These will get split up and sent out to each office as soon as possible so keep checking with your office.

Our total donations to date is.....

\$285.00

You are all rock stars! Keep up the awesome work! Don't forget to wear your pink to the all staff for a chance to win some prizes.

Here is another sneak peak at some raffle items for that grand prize!



SAFETY TALK

SAFETY TALK

Slip, Trip, and Fall Are Four-letter Words

Slips, trips, and falls are among the most frequent causes of accidents. To avoid getting hurt from falls, don't rush and remember the following:

WEAR PROPER FOOTWEAR

Make sure your shoes are in good shape and correct for the job. If conditions are wet, slippery, snowy or icy, wear non-slip shoes or boots appropriate for the conditions. When conditions are snowy or icy, carry your "office" shoes and wear shoes appropriate for the conditions during your commute. Avoid footwear with leather soles, which have poor traction – especially on smooth surfaces.

WATCH WHERE YOU WALK

Be aware of where you are walking. Look down continually for spilled liquids, materials, equipment, extension cords, changing surface levels, etc. Make sure the area is well lit or use a flashlight if lighting is poor. Walk on designated sidewalks that have been cleared of ice and snow.

BE CAREFUL ON STAIRS

Do not run when going up or down stairs. Check to see that stair treads are in good shape, with no obstructions on the steps. Always use the handrails that are provided. Avoid carrying large loads when going up or down stairs.

Watch your step and don't trip yourself up! Remember: gravity always wins!

STERLING JOURNEY ACTIVITIES

Journey in the Sterling office is making Candy Apples. See details below!

Sign up for Candy Apples!

Love some yummy candy apples, but hate making them. Journey will be making candy apples this October. Pay now and pick up 10am on 10/30/2018. Taking orders for this month to keep cost down and to know how many yummy apples we need to prepare. Will take orders pre-pay or on credit and let you pay next month's payday. Email us back the order form before 10-24-2018 to make sure we have enough apples.

Some choices of flavors:

Caramel

Caramel with Sprinkles

Caramel with Nuts

Caramel with Chocolate Drizzle



\$5 each

Order Form

Name: _____ Department: _____

Office: _____

How many? ____ If more than one please circle the other flavors you would like.

Circle what kind?

Just Caramel

Caramel with nuts

Caramel with sprinkles

Caramel with chocolate

Pay now? _____

Pay next payday? _____

STAFF GETS LICENSED



LAURA BRUM
has obtained her LPC!

CONGRATULATIONS

Centennial and our clients are so lucky to have you!

CENTENNIAL CALENDAR

OCTOBER

17th - New Employee Orientation - Sterling Admin
23rd & 24th - ASIST - Sterling (Contact Sam Melfi to attend)

CONNECT WITH US



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FOLLOW US ON
TWITTER