



# 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*

## UPCOMING OPEN ENROLLMENT

## STAFF SHOUTOUT

It is that time of year again - Open Enrollment! All staff working more than 30 hours/week will have to re-enroll. The enrollment meetings will be held via Zoom:

Northeast: Tuesday, May 26<sup>th</sup> @ 10:00 AM  
Central: Wednesday, May 27<sup>th</sup> @ 10:00 AM  
South: Wednesday, May 27<sup>th</sup> @ 1:00 PM

Meeting invites were sent out with the Zoom information to all staff last week. If you are unable to attend the meeting, they will be recorded and available for you to view afterwards. Open enrollment will occur online through Employee Navigator as we have done in the past and you will have until June 7th to complete your enrollment. If you have questions, please contact Human Resources.

Sharon Greenman  
Human Resources Director

I would like to say thank you to the Peers for their added support to our ACT clients. The food baskets and the personal interaction has been a huge help during this COVID time. -Abby Henry

## THANK YOU TACO JOHNS

A thank you was given to the Fort Morgan Taco Johns for participating in the Grace for Two Brothers Awareness Campaign this month. Individuals who went to Taco Johns were able to donate any amount to this cause which then supports Suicide Prevention efforts.



Shown in the photo is Maranda Miller and a Taco Johns employee in the Fort Morgan location. An appreciation gift was also given to the Sterling location for their efforts.

## BREAKTIME WALKING FUN IN MORGAN



There is a group of 6 Centennial employees that enjoy their breaks together and take walks. Walking has proven to be a great activity for so many people right now with everything going on. It's healthy for us all to get

outside and enjoy sun as much as possible. Thank you guys for being a great example of getting out and about, staying active and positive!



# MOTIVATE<sup>4</sup> MENTAL HEALTH

COMMUNITY / ACTIVITY / NUTRITION / AWARENESS

This year instead of an in person event Centennial, Northeast Colorado Health Department, and KPMX have decided to have our "event" on social media (Facebook) for the 4 weeks of May.

**Week 4- Community | May 25 - May 29:** Andy Rice from KPMX will be pre-recording some music for everyone to enjoy. We are also including a virtual song that the NJC music students recorded, because music is great for our mental health. Lastly, we will have progress posted about a project that will soon get all communities and regions involved throughout Northeast Colorado.

**Community**  
com·mu·ni·ty  
/kəˈmyoʊnədə/  
noun

1. A particular area or place considered together with a group of people.
2. A feeling of fellowship with others, as a result of sharing common attitudes, interests and goals.

**What does it do for our mental health?**  
Being part of a community can have a positive effect on mental health and emotional wellbeing. Community involvement provides a sense of belonging and social connectedness. It can also offer extra meaning and purpose to everyday life.

**CHECK OUT THE VIDEO TO THE RIGHT!!**

## REMINDER: HELP US SPREAD POSITIVITY

Don't forget to participate in this fun activity and have your friends and family join in too, and post your pictures with the #M4MH on social media.

*Let's spread some positivity and "Step Forward Together!"*

**Click here to watch the video**

