THE SCOOP

SPECIALIZED staffing solutions

NSG | *Jan 2023*

HAPPY BIRTHDAY!

Brittany Anglemyer *(Jan 4)*
Bonnie Craker *(Jan 7)*
Darrin Brimmer *(Jan 15)*
Jacob Schaefer *(Jan 24)*
Paige Spaulding *(Jan 28)*
Sylvia Guevara *(Jan 31)*

COMMUNITY EVENTS

UPCOMING EVENTS:

Storytime (ages 3-5) - Jan 18 *(Free)*

The Be Funny Tour - Jan 20 *(Varies)*

Teen Gaming - Jan 21 *(Free)*

Winter Holiday Concert - Jan 21 *($12)*

Live Music by Playback - Jan 22 *(Free)*

Storytime (ages 3-5) - Jan 24 *(Free)*

"bi-racial" Exhibition - Jan 26 *(Free)*

Open Mic Music Jam Night - Jan 26 *(Free)*

Alta Vista - Jan 28 *($5-$10)*

Open Mic Music Jam Night - Feb 2 *(Free)*

Fiddler on the Roof - Feb 3 *(Varies)*

Teen Gaming - Feb 4 *(Free)*

South Bend Record Show - Feb 12 *($2)*

Museum Fridays - Feb 17 *(Free)*

WEEKLY RECURRING EVENTS:

The Fabric of a Global University - Daily *($16)*

Irish Music Session - Mondays *(Free)*

Old-Timey Music Session - Tuesdays *(Free)*

Jazz Open Session - Tuesdays *($5-$10)*

Latin Wednesday - Wednesdays *($5-$10)*

Darryl Buchanan After Work - Wednesdays *(Free)*

FINANCIAL WELLNESS

Level 1: Earn up to $250!

- Complete each MOD by reviewing the recorded trainings in person and completing the Self-Study Modules for each lesson to earn $25 per lesson.
- Must set up 1st Source Savings Account and provide account information to Specialized Staffing by November 30th.

Next Level: Earn up to $1,000!

- Must complete the Level 1 Program and a Financial Wellness Survey
- Each participant will meet with a financial advisor to build a customized program

Payment Details

- Pay out for completed modules in Level 1, and completed goals in Next Level will happen the first week of December.

Financial Wellness Self Study Modules

Click on link below when registered and logged in to complete the Level 1 self-study Mods.

Click here to access the mods!

Don't have an account? Create one here!

HEALTH & WELLNESS

Help Keep Your Knees Young!

Knee joint pain is a common injury, but if you think giving your knees a rest is helping, you might want to think again. Too much rest can weaken your muscles, which can actually worsen the pain. Through regular exercise, you can learn to combat knee pain and prevent injuries.

Tips:

- **Get Going:** Choose exercises that build your muscles such as walking, cycling or yoga
- **Watch Your Form:** Use a weight machine or consult a trainer to teach you the proper form
- **Practice Prevention:** Losing weight can prevent knee problems & reduces the amount of stress on your knees
- **Pay Attention to Pain:** Avoid high impact exercises such as jumping and activities that require squatting or standing on hard surfaces

Click here to learn more!

Wellness Incentives

Completing any of the following will result in receiving the corresponding prize.*

- **Annual Physical**
  - Lunch Cooler or Wireless Charger/Speaker
- **Flu Shot and/or COVID Vaccine**
  - 20oz Yeti Tumbler or Sherpa Blanket

While supplies last

EMPLOYEE RESOURCES

Specialized Staffing has local resources such as food assistance, mental health services, shelters, and health care in one convenient location for employees to access.

DOMESTIC VIOLENCE 24-HOUR CRISIS LINE

1-866-YES-YWCA

Food Assistance

Redbud Area Ministries
Self-select food pantry available once per calendar month

(269) 695-5083

Center for the Homeless
3 meals provided daily, 365 days a year

(574) 282-8700

Shelters & Residential Services

Safe Haven
Women's residential shelter providing domestic violence support

(574) 233-9491

Center for the Homeless
Individual and family residential facility

(574) 282-8700

Hope Ministries
Transitional housing facility for men, women, and children

(574) 235-4150

St. Margaret's House
Day center for women & children

(574) 234-7795

Financial Assistance

Redbud Area Ministries
Utility & rent assistance

(269) 695-5083

St Vincent De Paul Society
Rent & utility assistance services

(574) 233-9471

Mental Health

Oaklawn
Mental health & addition recovery services

(574) 283-1234

Medical & Dental

Indiana Health Centers
Medical, dental, & behavioral health services

(574) 245-4980

For additional South Bend Resources, visit:

southbendin.gov/supporting-south-bend

INVESTING IN YOUR FUTURE

WILL YOU BE AS LUCKY AS INDIA BROADNAX?

India was the 2021 Annual Investing in Your Future Grand Prize winner.

Each year Specialized Staffing Solutions contributes $15,000-$20,000 toward this contest where one lucky winner will win a brand new car, contribution toward a higher education fund, or contribution to a new or existing mortgage.

MONTHLY SAFETY SLOGAN

A DRASTIC FALL COULD END IT ALL

CHECK OUT THIS VIDEO: "CAN'T GET NO TRACTION"

EMPLOYEE REFERRAL PROGRAM

Have a friend you'd like to refer?

When you refer a friend to Specialized Staffing at NSG/Pilkington, **you'll get $800** after they complete 90 days on assignment.

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