



EMPLOYEE OF THE MONTH

ANA P.

"Ana is receiving the Employee of the Month for her hard work and dedication on the job.

Thank you, Ana!"



COMMUNITY EVENTS

UPCOMING EVENTS:

Visits with Santa - Dec 1-24 (Free)

DJ Skate Night - Dec 15 (Admission)

Christmas Open House - Dec 16 (Free)

Christmas Fitness Fest - Dec 16 (Free)

Holiday Historic Walk - Dec 17 (Free)

Family Bingo Night - Dec 18 (Free)

Welcome to the Holidays - Dec 19 (Free)

Pride Run Club - Dec 19 (Free)

Yoga for EveryBODY - Dec 20 (Free)

Third Thursday - Dec 21 (Free)

Chair Yoga - Dec 27 (\$3)

DJ Skate Night - Dec 29 (Admission)

Pride Run Club - Jan 2 (Free)

Yoga for EveryBODY - Jan 3 (Free)

DTSB First Friday - Jan 5 (Free)

Zumba - Jan 11 (\$5)

DJ Skate Night - Jan 12 (Admission)

Super Mario Brothers Movie - Jan 14 (Free)

WEEKLY RECURRING EVENTS:

Irish Music Session - Mondays (Free)

Old Timey Music Session - Tuesdays (Free)

Jazz Open Session - Tuesdays (\$5)

Latin Wednesday - Wednesdays (\$10)



FINANCIAL WELLNESS

Earn up to \$250!

As an Associate of Specialized Staffing, you have the opportunity to earn incentives all while working towards greater financial literacy & achievement of financial goals.

Program Details

- Participants will complete each MOD (*which includes a webinar and self-study modules*)
 - MODs must be reviewed and completed in consecutive order
 - MODs must be completed in person at a Specialized Staffing office. You will be required to schedule time with your local office.
 - Only (1) MOD can be completed per month
- Participants will earn \$25 for each Mod completed with the potential of earning up to \$250
- Participants must have a Savings Account on file with Specialized Staffing to receive payout. The Savings Account can be through 1st Source or any banking institution of choice
- Payouts will be processed monthly

Who is Qualified?

- Participants must be actively employed with Specialized Staffing (*at the time of completion of each "MOD"*)
- Prior participants or friends and family are permitted to review webinars and complete modules but will **not** receive pay outs



HEALTH & WELLNESS

Sleep Well. Your Heart will Thank You.

Getting both good-quality sleep and the proper quantity of it are two of the most important things you can do for your overall health. Most adults need somewhere between seven and nine hours of good, quality sleep each night.

Try These Tips

Consistency

Go to sleep and wake up the same time each day

Schedule

Make sure you can get 7-9 hours of sleep

Routine

Establish a relaxing bedtime routine

Comfort

Make your bedroom quiet, dark and comfortable

Exposure

Limit electronics 30 minutes before bed

Snacking

Avoid eating a large meal before bed

Caffeine

Avoid caffeine in the afternoon and evening

Fluids

Cut back on fluids to avoid having to use the bathroom

Alcohol

Avoid alcohol before bed

[Click here to learn more!](#)



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



Shelters & Residential Services


Center for the Homeless

3 meals provided daily,
365 days a year

 (574) 282-8700


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

Walter A. Meyer Food Pantry

Pre-boxed food distributed
based on family size

 (574) 233-9471

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




Mental Health



Medical & Dental

The Family Resource Center

Utility assistance
& financial aid program

 (574) 233-9471

Oaklawn

Mental health & addiction
recovery services

 (574) 283-1234


Indiana Health Centers

Medical, dental, & behavioral
health services

 (574) 245-4980

St Vincent De Paul Society

Rent & utility
assistance services

 (574) 233-9471

For additional South Bend Resources, visit:
southbendin.gov/supporting-south-bend

INVESTING IN YOUR FUTURE

WILL YOU BE AS LUCKY AS KENSEY SIMMS?

Kensey was the 2022 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

ICE & SNOW TAKE IT SLOW!



EMPLOYEE REFERRAL PROGRAM

Have a friend you'd like to refer?

When you refer a friend to Specialized Staffing and they complete their first day, you will receive a Specialized Staffing gift. After they complete 30 days on assignment, you will get a \$25 Walmart Gift Card!



CONTACT OUR LEADERSHIP TEAM

If you have questions, comments, or concerns, please contact the SSS Leadership team at

corpMgr@specializedstaffing.com

