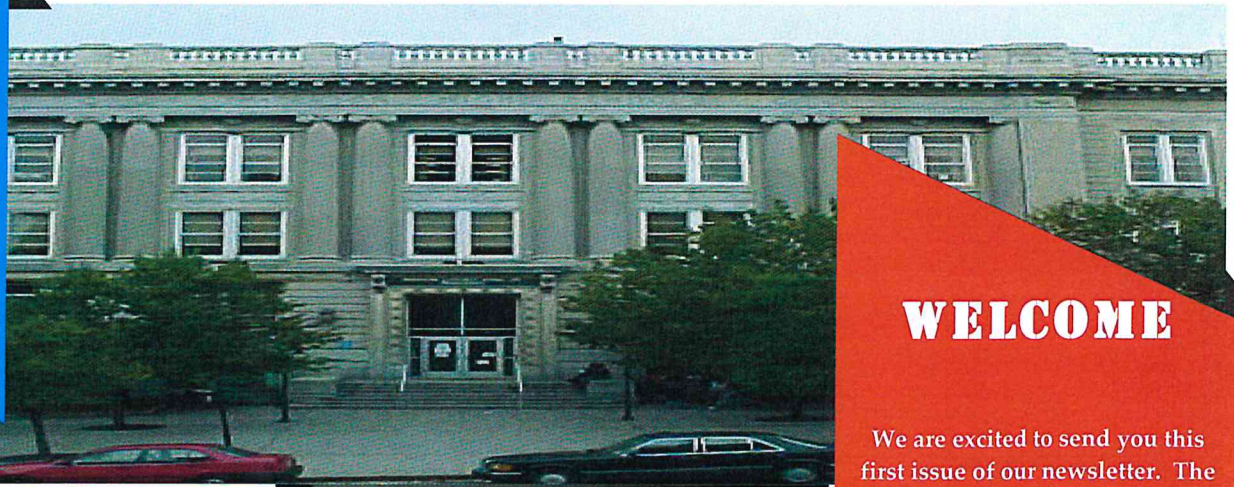




The Social Tid Bit

ISSUE 1/ JUNE 2023

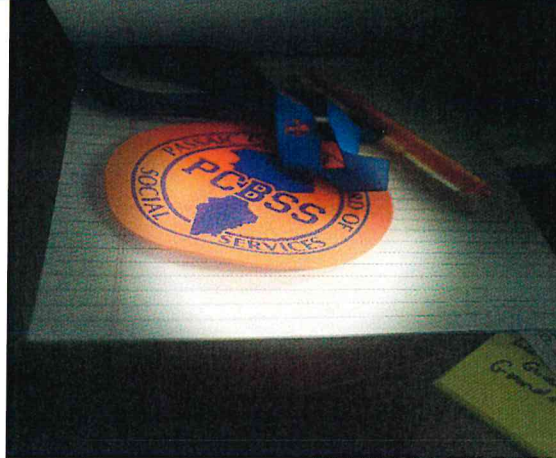


WELCOME

We are excited to send you this first issue of our newsletter. The goal is to provide information and updates to the staff, every second month. And I've come to realize how important it is for me to share this collective information. Nobody likes feeling alone with uncertain feelings or experiences. And there's a good chance you are picking up on how the masses are feeling. We will always offer something of value for you in each issue: helpful tips, meditations, messages, recommendations, and probably a few laughs.

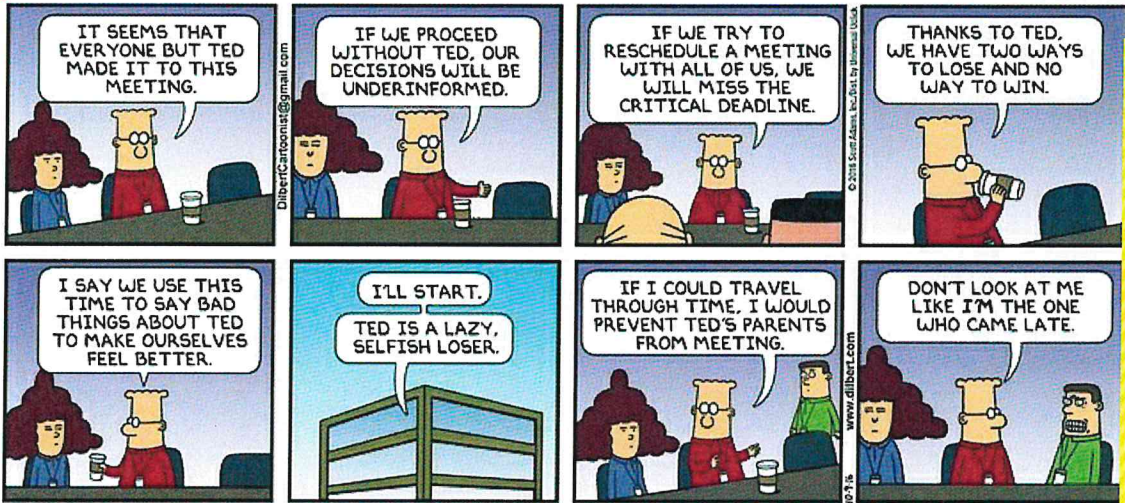
EVENTS!!!

JUNETEENTH LUNCHEON
JUNE 15, 2023
CONTACT
GWENDOLYN NICHOLS
FOR MORE INFORMATION



DILBERT

BY SCOTT ADAMS



IMPORTANT DATES

HOLIDAYS
JUNE 16

PDD DAYS
JUNE 14
JUNE 28

BOARD MEETING
JUNE 22, 2023



JUNE HOLIDAYS

- 3-National Egg Day
- 7-National Donut Day (1st Friday)
- 6-National Yo-yo Day
- 8-National Best Friend's Day
- 11-National German Chocolate Cake Day
- 11-National Corn on the Cob Day
- 12-National Jerky Day
- 13-National Sewing Machine Day
- 14-Flag Day
- 16-Father's Day (3rd Sunday)
- 17-Eat All Your Veggies Day
- 18-World Juggling Day
- 18-International Picnic Day
- 20-World Refugee Day
- 21-Summer Solstice (longest day)
- 22-National Kissing Day
- 23-National Eat at a Food Truck Day
- 23-Runner's Selfie Day
- 24-Take Your Dog to Work Day
- 26-National Chocolate Pudding Day
- 27-National Sunglasses Day
- 29-National Camera Day

TRAINING

NEWS AND UPDATES

Professional Development Day Schedule:

- **June 14, 2023**
- Look out for “New Training Events” and additional Team Building Workshops for the entire agency. Feel free to request additional training.
- **June 28, 2023**
Training at Passaic Community College Public Safety Academy in Wayne

Be on the lookout for.....

- **Appreciation Awards**
- **New Training Events for Support Staff**

* Check out the Training Channel on Teams for more updates coming soon.

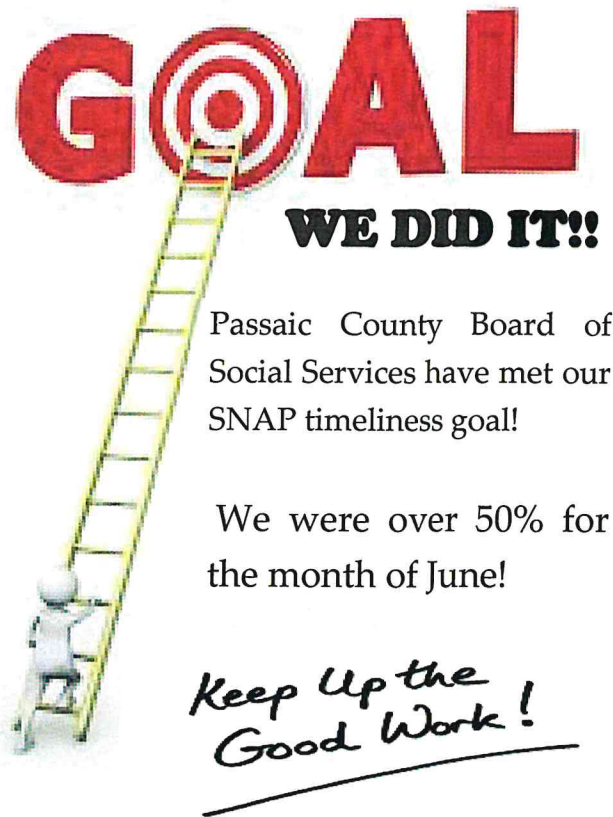
Please feel free to offer suggestions for Professional Development days!



“Ability is what you are capable of doing.

Motivation determines what you do.

Attitude determines how well you do it.”



Passaic County Board of Social Services have met our SNAP timeliness goal!

We were over 50% for the month of June!

Keep Up the Good Work!

We are thrilled to announce the promotions of the following employees...

- Glen Grimes -Administrator
- Stacey Coleman Wheeler- Administrator
- Iris Pallero- Asst. Administrator
- Vanessa Chavez- Asst. Administrator
- Stephen Cohen- Asst. Administrator
- Jamisha Jenkins- Asst. Administrator
- Emali Fairnot-Hss1
- Cassandra Heredia-Hss1
- Tracy Campbell-Hss2
- Stephanie Chavez-Hss2
- Yakema Coleman-Hss2
- Maria Diaz-Hss2
- Mariela Pagan-Hss2

- Shantel Simmons-Hss2
- Nicole Soohoo-Hss2
- Lilian Wade-Hss2

Provisional Promotions

- Zoraida Rosado-Olcay- Training Technician
- Mariela Pagan – Hss4
- Bobby Faison- Social Work Supervisor
- Johanna Cordova-HSS4
- Joyce Murphy- Child Support Coordinator
- Schevalene Hamilton-Henry-Hss4



Lets welcome the following to the agency...

- Travell Zimmerman-Hss1
- Yanina Deleon- Hss1
- Reeshemah Sams- Hss1

Health is Wealth!

MINDFULNESS MATTERS!!

8 Tips to Practice Mindfulness at Work

1. Eliminate Distractions:

Avoid social media, online games, and even email or news notifications to help you stay focused on your tasks. Use noise-canceling headphones to block out unwanted noise. Eliminating these distractions can help you focus, get more done, and end the day on a relaxed note.

2. Breathe:

Big deep breaths and chanting “Om” would seem like the quickest route to mindfulness—and rightly so. Getting in touch with your breathing (some people tend to be shallow breathers) can help you improve your concentration, remove the mental chatter going on in your brain, lower your blood pressure, and lead to more peace. So if you don’t have time to whip out a yoga mat, standing at your desk and practicing better breathing can have positive effects on both the mind and body.

3. Focus on Listening:

It’s hard to be in the present if you’re always thinking about what has to be done next. The next time you’re speaking with your boss or a colleague, stop thinking about everything else—and focus on the person in front of you by engaging your active listening skills. Quietening your mind can make all the difference between having a meaningful conversation or not.

4. Feed Your Body:

Sure, you want to achieve mindfulness, but you can’t attain that without caring for your body, too. That means eating healthy during the day—even your snacks should be healthy, too. Eating well can improve your concentration, give you more energy, and carve the way for creating a mindful path.

5. Take Breaks

5 PRO TIPS FOR MINDFULNESS

ON THE GO

1. MORNING RITUAL

Savor the morning rituals like eating breakfast, grooming and preparing lunch.



2. LUNCH BREAK

Go outside to eat, instead of scarfing your meal in front of the computer screen at work.



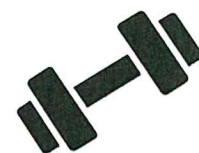
3. MEDITATION APPS

Download an app that makes it ridiculously easy for you to start a mindfulness practice.



4. MINDFUL EXERCISE

Remember to bring awareness to your movement and physical sensations as you work out.



5. DRIVE MINDFULLY

Driving doesn’t have to be throw-away time. Notice something new on your drive.



Natalie Moore | Holistic Psychotherapy
awakentheself.com

Those who practice mindfulness know that allowing the mind and body to take breaks is essential. So take the time to exercise—or at the very least, get up to stretch your legs.

6. Eliminate Multitasking

It's hard to be mindful when your mind is racing all over the place. That's why you should streamline your efforts. If you work on one project at a time, you're bound to be more focused on that one task rather than trying to accomplish multiple to-dos at the same time. Take the time to do one task (and one task well), and you're guaranteed to be calmer and more in the moment.

7. Be Aware of Stressors

Nothing can rob you of your inner calm quicker than stress. Whether it's an overwhelming workload, a bad boss, or a colleague who cuts you off during meetings, you might find that you're more stressed (and not mindful) at work. If you're under a lot of pressure, figure out what's wrong so that way you can make it right. Restoring the peace within you will keep you happily at peace in the workplace.

8. Gratitude

People who are mindful often try to be humble and grateful as they go about their day. They view their boss assigning them a new task as a sign that the boss values them and know they're competent (as opposed to seeing it as simply more work to do). Having that ability to be grateful directly impacts their ability to be mindful—and happy—in their lives.

Practice Makes Perfect

Practicing mindfulness takes time and patience. But the more you practice, the better you'll get at it, and the more mindful and peaceful you'll be.

