

PROJECTS & PLACES NEWSLETTER

AUGUST 2018

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OUR CORE VALUES & MAKING A DIFFERENCE

BY JORY CARROLL



Even though Making A Difference is not technically a core value, it is the result of utilizing CHG's five core values, which we've featured in the newsletter over the past five months.

Whether it's something small that goes unnoticed, or something that has a large impact on someone's life, there are Making A Difference moments happening every day at CHG.

Outside of our daily work, we can make a difference in our communities thanks to our annual VTO allowance. This is a great opportunity to help people, or an organization, that we care about and use CHG's core values to make a difference or those who we don't work with regularly.

Shauna Coleman described this value as "...performing an action(s) that provides a positive impact to a particular person, group, or community. I feel I utilize it at work by how I interact with others in the office, trying to bring smiles to peoples' day. Knowing what kind of service we give, whether it's to our clients, or fellow peers, can make a difference. And also with teaching jazzercise, helping others in achieving their fitness goals."

It all starts here in our building: on a phone call, in an email, with a conversation, or just a helping hand or ear to lend. Using the five core values, it's easy to see how something small can snowball and turn into a massive impact.

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CHG HEALTHCARE YOU ARE THE DIFFERENCE MAKERS

BY SARAH FOLEY

(KRISTINA PARAS' DAUGHTER)

Most mornings I would open my eyes to her face. Some days her eyes were swollen from a long night of tears. Other days her exhausted smile was full of hope. Her voice was always filled with motives to push, love and support. Telling me, "Come on Baby. You can do this," in a way that was subtle, yet full of the angst I needed to keep pushing.

Each time she was there, I would be filled with so much gratitude. I was overcome with a sigh of relief that she was able to be there yet again to support me in only the way my mother could. My relief and gratitude were always followed by wonder and awe that she was there morning after morning as I lay 516 miles from home.

How did she do it day in and day out? How did she make it happen? How was she holding it together? How was she staying so strong as I lay so broken? How could she afford the travel, the hotel, the time off work? How did she even still have a job? She was proof that when there is a will, there truly is a way. I'd find out later, her company, CHG, and her coworkers were the way.

My room at the rehab was at the end of the hall. I happened to be the only girl on the floor for awhile, and I guess they figured the extra privacy was important. Wheeling down the long hall to my room, I would pass rooms of patients fighting for their lives, healing and independence just as I was. I would peer into the rooms, curious who they had by their side each day.

Typically they were alone, watching TV, reading magazines or just vegging out after a long day of therapy. Out of everyone, I always had the most visitors.

It blows my mind to think I'm coming up on the 6 year anniversary of my accident this September. Looking back at all the support I received such as my mother's words and presence, to my boyfriend (who is now my husband) bouncing in with high energy, to my girlfriends coming in to help me feel pretty by washing and cutting my hair, painting my nails, shaving my legs and buying me cute workout clothes.

All of that support has now translated to my message and my purpose: I want you to feel empowered to tell yourself kind words, and be present through gratitude and living in the moment. Bring high energy to yourself, and when you can't find it within, find others who will help bring it out of you - from friends, to coworkers, to a good therapist, to a personal trainer. Some days you may have to fake it until you make it, and that is OK. The idea that you will be perfect one day is both unrealistic and unattainable. It's better to aim to simply be better today than you were yesterday. Make yourself proud. And above all else, realize you are right where you are supposed to be. That crap you are dealing with? It is there for a reason to teach you, and it is totally within your power to learn the lesson, grow and then do something with it. And when you get to the place where you feel stable enough within yourself, find someone who needs your presence and support to wake up to.

I will forever be grateful to my mother and what she has done for my self-worth. She has always pushed me to be better, and calls me out when I don't believe in myself. I will never forget the day I found out I had made captain of my cheerleading team in high school. I raced home to tell my mom. She looked at me with such pride, and said casually, "Why wouldn't you?" Her reply was an affirmation that the only one who would ever hold me back, was myself.

Thank you to CHG and the Salt Lake Travel Department for giving my mother a way to be with me during such a crucial and transitional time. I wouldn't be nearly as strong today if I didn't have her by my side telling me, Why Wouldn't You.



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Upcoming Birthdays

Chris Loving 9/1
Susan Halaliku 9/3
Linda Pawlak 9/4
Melissa Cummings 9/4
Toni Thompson-Burke 9/9
Diane Mark 9/18
Bobby Stevens 9/26
Kristina Paras 9/26
BJ Martinez 9/29
Jeff Bowles 9/30

LEADERSHIP SUMMIT TAKEAWAYS

BY JESSICA BRILEY

Each year our leaders participate in a leadership summit that keeps them actively seeking ways they can improve and make a difference in the lives of their people. This segment we sat down with Bobby Stevens to learn about this year's takeaways. Our leaders' summit education revolved around situational leadership, essentialism, better dialog, time management, and making sure their people (us) have the tools they need to succeed.

Bobby stressed that speaking the same "language" is half the battle for most of these topics. Having two-way dialog is especially critical for successful situational leadership. Situational leadership focuses on having a leader adapt to their people's needs rather than their people adapting to their leadership style. This leadership style affects communication and to help all leaders be better communicators (and therefore better situational leaders), CHG will soon offer formal training for all leader levels. This training will help our people set and communicate expectations, and will help all of us hold each other accountable for our deliverables.

An important part of essentialism is continually prioritizing time management and understanding how to cut tasks that aren't essential. For example, our leaders learned how to create relevant meetings with valuable content and clear next steps. Such meetings are trimmed to just the essential and are effectively time managed. Importantly, this starts with your leader - your leaders should decide whether a meeting is essential.

Essential time management also influences how our leaders stay in touch with their people when their calendars are full. Knowing where we can find our leader affects our employee experience and our leaders know this is important to us. They are working towards greater clarity in and visibility around their calendars and daily whereabouts.

Bobby stated that, "we as leaders want you to know [that] not only did we listen to you in the employee survey, but we also want you to hold us accountable for these practices. We want to provide the best experience for our people and plan to put you first by sticking to these methods."

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Anniversaries

Jeff Bowles 2 Years

Victoria Garris 2 Years

Billee Bolling 2 Years

Thaiss Ospino 3 Years

Justin Miles 5 Years

Jeff Bitton 5 Years

Kaylee Cisneros 6 Years

Mark Davis 7 Years

Erik Adamson 14 Years

END-OF-SUMMER DIYS

BY THAISS OSPINO

Cleaning Pool Toys:

2 cups of Bleach in a gallon of water and sponge off to disinfect any slime or grime.

Brighten Patio Furniture:

Fill a spray bottle with white vinegar (add a couple drops of essential oils if you like), spray over table and chairs to disinfect and remove any mildew stains, as well as prevent mold from forming.

Keep Bugs/Ants at Bay:

Sprinkle coffee grounds on the floor near doorways, its high nitrogen content burns and deters bugs from crossing over.

Remove Sand:

Baby powder or cornstarch helps take even the stickiest sand off.

De-Bug Your Car:

Use nonstick cooking spray to wipe off any bugs from your car.

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UPCOMING LOCAL EVENTS

To support wellness and work life balance, below are some featured activities in your area that you may like to enjoy on your nights and weekends next month. If you'd like to share your experience in an upcoming newsletter, be sure to take some photos and submit them to the newsletter committee.

FT. LAUDERDALE

SUNTRUST SUNDAY JAZZ BRUNCH

A monthly event at Riverwalk Downtown Fort Lauderdale, featuring some of South Florida's finest bands performing various themed concerts on various stages. Picnic baskets, children and pets are welcome!

All Ages | Free | Sep. 2 & 1st Sunday of Every Month | 11am - 2pm

Riverwalk Downtown Fort Lauderdale

More Information: [HERE](#)

ART IN THE TROPICS

Indulge your senses at Cuban American Bar Association event featuring music, drinks and cuisine by local restaurants.

21+ | Free | Sep. 29 | 7pm

Penthouse Riverside Wharf

More Information: [HERE](#)

MIAMI DOLPHINS VS. OAKLAND RAIDERS

All Ages | \$5+ | Sep. 23 | 1pm

Hard Rock Stadium

More Information: [HERE](#)

SALT LAKE CITY

OKTOBERFEST @ SNOWBIRD

Oktoberfest at Snowbird is a family-friendly affair with activities, food, and, of course, brews for days — weeks actually. The highly-anticipated festival begins each August and lasts through October, taking place every Saturday, Sunday, and Labor Day. It's probably the greatest beer festival Utah has to offer, so don't miss out!

All Ages | Free | Sat. & Sun through October | 2pm - 630pm

Snowbird Mountain Resort

More Information: [HERE](#)

UTAH STATE FAIR

Bring the whole family out to the Utah State Fairpark September 6-16 and have some fun at the 2018 Utah State Fair! The Fair starts the first Thursday after Labor Day and lasts 10 days. Events includes Grandstand Shows, Arena Events, Barrel Racing, Kids Activities, and much more!

All Ages | Free | Sep. 6-16 | 10am - 12pm

Utah State Fair Park

More Information: [HERE](#)

REAL SALT LAKE VS MINNESOTA UNITED

All Ages | \$20+ | Sep. 15 | 730pm

Rio Tinto Stadium

More Information: rsl.com/tickets

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CHEF STEF BLOG

BY STEFANIE QUEVEDO



TIP OF THE MONTH: HOW TO FREEZE ZUCCHINI

To start, cut off the ends of the zucchini.
Cut in half crosswise, then shred the zucchini.

Next, pour the shredded zucchini into a large bowl and
sprinkle with coarse salt: 1 teaspoon of salt per 1 pound
of zucchini.

Toss the zucchini in the salt then place in a kitchen towel.
Twist the towel to squeeze out all the liquid.

Place small handfuls on parchment paper, wrap it up and smash it flat.
Place in a zip lock bag and freeze.

CORE VALUES AWARD NOMINATION FORM:
[surveymonkey.com/r/CHG_CoreValueAwards](https://www.surveymonkey.com/r/CHG_CoreValueAwards)