

Welcome To Our Newest Employees

Lisa Brock

Full Time NP – Muncie, IN

Laura De La Torre

PMHNP - Louisville, KY

Melanie Lawson

Full Time NP - Rockcastle, KY

Challenge of the Month

As the weather cools and leaves begin to turn colors, we are starting a physical challenge! Share and encourage each other in the chat box for the Culture of Joy monthly call on Teams. Suggestions for the challenge are:

- ❖ Increase steps by 1,000 per day
- ❖ Increase time of any exercise or meditation you choose by 10 minutes



Volunteering The Beneficial Side Effects

There are key ingredients of living a healthy lifestyle. Make sure your wellness strategies include the right mix and dose. Start to volunteer. Not only will you make a difference in your community, but you will benefit from the side effects of service. [CLICK HERE FOR VIDEO.](#)

--Eric Cooper, TEDx SanAntonio

ON A MISSION -- DANIEL JONES

From Daniel Jones, SHC Medical Partners PA at Mountain City Care & Rehabilitation Center in Tennessee:



"In July, I had the privilege to travel with *Operation Renewed Hope* on a medical mission to a small community in Honduras. Our team of 32 volunteers from the U.S., Mexico, Honduras, and Peru, included physicians, NPs, a pharmacist, a dentist, nurses, EMTs, and several non-medical volunteers. The area had little to no healthcare. We delivered basic primary care, health education, optometry, and dental services to around 1,000 people.

"Several have asked why I go. Mark Twain said it this way, 'The two most important days in your life are the day you were born and the day you find out why.' I am grateful to have a supportive team back home and a company that allows me the flexibility to be involved in this ministry."

[Share your stories with us!](#)

PartnerPerks

This month is all about doing good for others and yourself. Check out some great deals to help achieve your physical fitness goals via Signature Healthcare's PartnerPerks discount program. Get physical with up to 20% off all orders of \$50 or more from Joe's New Balance Outlet and track all those extra steps with a new Fitbit at up to 30% off Fitbit products at iRedeemHealth.com.

Complete your shopping experience by doing some good for others with a purchase from a one-for-one business model company like Tom's Shoes where 1/3 of the profits are donated for grassroots good. To access these "Good" deals and many more, sign into your Ultipro account at hris.shccs.com, scroll to the bottom of the page & click on Discounts.



Gym Membership, Relaxation App Reimbursement Program

Due to popularity, we are going to continue to offer a reimbursement of \$20/month for the Calm app, Headspace app, Audible app or toward a gym membership. You can purchase more than one; however, you will only receive the maximum \$20/month total. This reimbursement is a "taxable" item - it will be added to your salary/payroll and noted on your W2.

- Purchase the app of your choice either on a monthly basis or annual purchase
- Secure your paid receipt
- Submit your paid receipt (in pdf format if possible) either on a quarterly basis or if you purchased annually submit the annual paid receipt to Melissa Audy for our tracking and records.
- Next submission to payroll will be in October!