

VIRTUAL



Taking steps to make everyday life possible for individuals with profound disabilities

Marklund Email Update: Please see Page 4 inside for the announcement sent out by Tom Kazda, Director of Information Technology, regarding **MANDATORY** email password update.

October 22, 2020

We had over a **40% increase** from last month with 86 nominations awardees this month. We had the following nominations by site: **MWC** (20), **MPC** (3) and **MHC** (63).

We have been collecting by site, which mean MDS is part of all three locations. Beginning next month, we are going to report on the school nominations separately.

No matter who is picked as those to be highlight each month, I want every awardee to know that just by being recognized you are a winner.

Thanks again to those who take the time to recognize your fellow staff. Each of you are to be commended as well. Marklund really has an amazing staff and each of you help me to get a small glimpse into just how amazing our staff is. As I go through the cards each month I not only notice the names of those being recognized but I also make a special note of those who make the nomination.

Carly Spengler is a Developmental Instructor at the Marklund Hyde Center. She had three nominations. She was commended by two of her fellow DIs for helping out in their homes while one was on PTO and the other was attending a meeting. Carly also created a visual story, "COVID-19," to help the residents cope with all of the changes brought on by the pandemic. Carly is recognized for her **creativity** and **teamwork**.

Brittany Nguyen is a Parapro at the Marklund Day School - Geneva. She is part of the Life Skills program. She had two nominators. The first was for doing such great job working with a particularly challenging student that allowed the teacher to respond to other urgent issues. In the other, she was commended for how extremely positive and supportive she is despite the challenges of the new school year. Brittany is recognized for her **attitude** and **teamwork**.

Again, congratulations to all but a special commendation to **Carly** and **Brittany**.



Gil

“YOU CAUGHT MY EYE”



Join us in congratulating the
September 2020 winners.



Brittany Nguyen



Carly Spengler

Nominated by: Mady Bennett, Lorin Bergschneider, Kevin Gatto, Kayla Clifton, Adam Schultz

Congratulations to all of our staff nominated for a “YOU CAUGHT MY EYE”

Babatunde Adekoya, Codi Ash, Jennifer Atterberry, Emily Avellaneda, John Baloun, Nicole Balzano, Mandy Bennett, Lorin Bergschneider, Russ Budzban, William Cobb, Lisa Cress, Trish Dahmen, Stephanie Dellegrazie, Emily Douglas, Shelly Durnil, Dee Farrey, Tyler Frieson, Jen Gallandez, Jaden Ganassin, Lucas Gardener, Kevin Gatto, Maria Gonzalez, Sarah Hays, Bobby Hilsabeck, Sammantha Holsclaw, Housekeeping, Sparkle James-Lewis, Heather Johnson, Mike Jones, Laura Kaczmarek, Yanary Labrador, Brenna Lamb, Melissa Lloyd, Alex Lyke, Stephanie Mabry, Yatzyri Macias, Brittany Maertzig, Chris Martin, Zayra Montes, Brittany Ngvyen, Brenda Oliveros, Jocelyn Otto, Ringo Pasano, Niesa Patton, Bernadette Pauls, Yvette Pavon-Cardenas, Reyna Pena, Ted Podolak, Heather Ravenna, Nate Rehkopf, Cinthia Rodriguez, Booker Ross, Natalie Rubino, Carolyn Salise, Alexia Santillan, Kristine Scala, Adam Schulz, Amrita Singh Carly Spengler, Gillian Stark, Jacqueline Valderrabano, Caitlyn Vick, Joanna Vicker, Kendra Yade, Kim Zavala, Jazmine Zavala

Thank you to those who took the time to nominate their fellow co-workers

Cody Ash, Mady Bennett, Lorin Bergschneider, Kayla Clifton, William Cobb, Jenny Copozziello, Christy Drach, Carie Draeger, Shannon Frazier, Paula Garcon, Kevin Gatto, Jessie Goff, Sarah Hays, Steph Heinz, Rose Holod, Sammantha Holsclaw, Lauren Humphries, Lola Kaczmarek, Kimberly Kahl, Jamie Keller, Deb Kelly-Schlak, Mary Kobbeman, Yanary Labrador, Dawn Lassiter-Brueske, Melissa Lloyd, Marie Loiacono, Brittany Nguyen, Ted Podolak, Cinthia Rodriguez, Susan Rushford, Adam Schulz, Amrita Singh, Jeannie Stefanik, Britt Sullivan, Joanna Vicker, Nancy Vincej, Nicole Wester, Kim Zavala



DID YOU CHANGE YOUR MARKLUND EMAIL PASSWORD??

REMINDER: If you have not already changed your password, you only have 5 days left!

In accordance with NIST (National Institute of Standards and Technology) and Microsoft, Marklund will be rolling out new password requirements.

Marklund's new password requirements state that your email\logon password must be at least **15** characters long. You **do not** need to use any special characters or combination of numbers and letters for your password, but you may. For longer passwords it is often suggested to use a phrase that is simple to remember. A simple phrase like "IReallyLikeWhatIDo" could be your new password. **You will be given until October 27 to change your password.**

** If your password is already at least **15** characters long, you do not need to change your password unless specifically instructed to in a separate email.

In addition to the above, please keep in mind the following password guidelines:

1. Your password may not contain any part of your name
2. You may not re-use an old password
3. Do not post or write down your password anywhere near your computer. This could result in disciplinary action.
4. Do not share your password with anyone

Once you have created your new password, you will no longer be required to change your password unless specifically instructed to. Passwords **no longer** expire or need to be changed every **6 months**.

Changing a Password without a Marklund Computer:

If you do not have a Marklund computer and need to change your password, please see any Front Desk personnel or email Tom Kazda (tkazda@marklund.org) or Wendy Berk (wberk@marklund.org).

Changing a Password at your Marklund Computer:

1. Please only attempt to change your password while onsite at any Marklund facility. Do not attempt to change your password if you are working from home.
2. Log on to your computer with your current password.
3. Click on CTRL-ALT-DEL, and then click "Change a password"
4. Type your old password, type your new password, type your new password again to confirm it, and then press ENTER.

For any further questions, please contact Tom Kazda, Director of Information Technology, at tkazda@marklund.org

The Marklund Action Network Voter Information

Review your ballot before voting at Ballotpedia.com. Educate yourself on the candidates and ballot measures in your area.

3 WAYS TO VOTE:

VOTE BY MAIL: THROUGH NOVEMBER 3

- Step 1:** Apply through October to receive your ballot by mail
- Step 2:** Receive your ballot in the mail and cast your vote
- Step 3:** Send ballot back to local election authority in a sealed envelope.

2 . VOTE EARLY: THROUGH NOVEMBER 2

Weekdays: 8:30 a.m. - 7 p.m.

Weekends & Holidays: 9 a.m. - 5 p.m.

***Check with your local election authority for times/locations for your area.**

3. ELECTION DAY IN PERSON: NOVEMBER 3

6 a.m. - 7:00 p.m.

Check of Registration Status

Check your voter registration status and find your polling place by going to

<https://ova.elections.il.gov/RegistrationLookup.aspx>

Still not registered? You can register in person on Election Day at your polling place.

Questions about voting? Contact Mary Kobbeman, Government Relations Manager, mkobbeman@marklund.org

Wellness Tips For Employees

Rest Better With Light Exercises

Stretching and meditative movement like yoga before bed can improve the quality of your sleep and the amount you sleep.



This yoga posture stretches the hamstrings, relieves lower back tension and can help reduce any swelling or cramps that may have built up from sitting or standing for extended periods. Sit with one hip next to a wall. Swing your legs up parallel to the wall as you lean back and rest your upper body on the ground, forming an L shape. If your hamstrings are tight, scoot your hips back a few inches from the wall or put a slight bend in your knees. For added support, you can also place a folded blanket or bolster beneath your low back. This will lift your butt off

the ground slightly. Take your right index finger to your nose and gently close the right nostril. Take five to 10 slow breaths in and out through just the left nostril, which lowers blood pressure, body temperature and anxiety. Release the hand and breathe slowly and deeply through both nostrils. Then, press the feet into the wall, lift the hips slightly, and roll to one side. Stay on your side for a few breaths, taking your time to come out of the pose.



work-life balance
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Thank you for, supporting Marklund's VIRTUAL Run, Walk & Roll – Geneva!

Record Breaking VIRTUAL Run, Walk & Roll Event!

326 Participants, **68+** Registered Staff and Staff Families, **35** Teams

.....and **\$92,600** raised to make everyday life possible for individuals with profound disabilities.

Thank you to everyone that participated, advocated and contributed to this year's VIRTUAL Run, Walk & Roll event! Because of YOU, we were able to set an all-time Run, Walk & Roll record!



CONGRATS to Haverkamp Home for winning this year's Home Team Cup!



SEND US YOUR FAVORITE RECIPES!

Are you a huge fan of cooking? Do you love to create, test and try new recipes? Do you think that sharing a meal is a great way to connect with family and friends? Then Marklund wants you to send in your recipes! We are launching the Staff Kitchen—where you can share your own favorite recipe with the rest of your Marklund family. Send your recipe with a bit of background information and photo to Tiffany Zurek at tzurek@marklund.org. We will be featuring many staff favorites throughout the year in Connections.

Fonger Family Deep Dish Oatmeal Pie

Marklund President & CEO Gil Fonger had this pie for the first time at a church pot luck dinner in Orange, VT. While on a Christian ski retreat in Vermont, a little less than a year before they got married, Paula found the woman who made the pie and the rest is history. If you like oatmeal and coconut, you will love this dish...YUM!!!

Ingredients:

Use the follow ingredient amounts according to the size of your pie dish.

Small	Regular	Deep	
¾ c	1 c	1 ¼ c	brown sugar
¾ c	1 c	1 ¼ c	white sugar
¾ c	1 c	1 ¼ c	milk
¾ c	1 c	1 ¼ c	oats (Old Fashioned or quick)
¾ c	1 c	1 ¼ c	coconut
3	4	5	eggs
¼ tsp	¼ tsp	½ tsp	salt
1 tsp	1 ¼ tsp	1 ½ tsp	vanilla extract



PAULA FONGER

Directions:

1. Preheat oven to 350 degrees.
2. Mix together the ingredient amounts depending on how deep your pie dish is.
3. Bake for 35-50 minutes depending on how deep.
4. Check pie, the pie should be golden brown and fully set when done.
5. ENJOY!