

September Spirit Week

September 22nd – Fall Colors!

September 23rd – Hat Day!

September 24th – Flannel Day

September 25th – NHI Day!

September 26th – Football Friday!

This year we are supporting

The Shady Owl Ranch!

We are closed on September 1st in
observance of Labor Day!

September Safety Tip



Fall can be an enjoyable time of the year, and it's also a good time to be mindful of how you can maintain a healthy lifestyle. In fact, the Centers for Disease Control and Prevention (CDC) recognizes September as “Fall Safety Awareness Month” – an opportunity to learn about strategies that help prevent chronic diseases and sustain a healthy lifestyle.

- **Get your COVID-19 and flu shots:** *These vaccines offer the best protection against serious illness and hospitalization.*
- **Wash your hands:** *Washing your hands with soap and clean running water can prevent the spread of germs.*
- **Get your screenings:** *Visit your doctor and dentist for preventive services and regular checkups.*
- **Brush your teeth:** *Brush twice a day with fluoride toothpaste.*
- **Get adequate sleep:** *Aim to get at least seven hours of sleep per night.*
- **Drink wisely:** *Substitute water for sugary or alcoholic drinks to reduce calories and stay safe.*
- **Eat healthy:** *Focus on fruits, vegetables, whole grains, lean meats, and low-fat dairy products.*



BIRTHDAYS AND ANNIVERSARIES



Happy Birthday to...

Johnathan S. (9/5), Katie S. (9/10), Craig T. (9/12), Ernie H. (9/19), Becca Powell (9/19), Emily Hatch (9/28)

We would also like to recognize Cristina Shaver for 1 year of service and Angie Wise for 20 years of service!

NEW HOPE GROWS

Our Garden Club has been busy this year! Our garden beds are thriving and they have produced beautiful flowers, tomatoes, green beans, squash, strawberries, peppers, and herbs. Our members have been watering and picking items every day. They have been able to share the fruits of their labor with their friends. They have also been able to visit Country Colors Greenhouse, Kingwood Center Gardens, The Brown Environmental Center, and the community garden in Gambier. As we head into fall, we are looking forward to continuing to learn and cultivate what we can through the winter months. Stay tuned!!



WE ARE HIRING!!

We are hiring! If you are looking for a rewarding career in a family friendly work environment, please consider joining our team! **NHI is looking for a part-time employee for HPC Services and a full-time employee for Community Employment Services.** Full time employment includes a generous benefit package (paid health insurance, paid life insurance, paid vacation, paid sick leave, 10 paid holidays a year, optional dental insurance, and excellent hours). If you are interested in joining our team or finding out more about the positions mentioned above, you may apply in person at 12200 Upper Fredericktown Road, call (740) 397-4601 or apply on our website, www.newhopeind.com.



JOKE OF THE MONTH

What did the tree say to autumn?



Leaf me alone.

A MESSAGE FROM OUR CEO



Happy September! We are looking forward to the beginning of the fall season when the air begins to cool and the harvest begins to set in.

I asked our folks at NHI what they were most looking forward to and their excitement for everything pumpkin was unmatched. Beyond the pumpkin spice, lattes and pies, where mentions of apple cider, colorful leaves, all things Halloween, including parties, costumes and candy, caramel apples, crows, apple crisps, orchards, football, corn mazes, Alani Witches Brew, hunting, hoodies, flannels and the Loudonville Street Fair.

Contact Us

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September is also a time of year where we celebrate all **D**irect **S**upport **P**rofessionals. Their dedication and commitment to serving others is inspiring. Everyone at NHI has a shared passion for helping others. From the moment you walk through our doors you are made to feel welcome. The environment and atmosphere is supportive and nurturing. NHI stands out because we have **good people** who work hard to improve the lives of those with intellectual and developmental disabilities. Quality staff is essential to quality services. We operate with integrity.

We all have different abilities, strengths, and weaknesses. We are helping people live their best lives, empowering them to be the best version of themselves.

We provide care, services, and opportunities. Our DSP's wear many hats. They are teachers, mentors, caretakers, advocates, friends, cheerleaders and so much more.

I encourage everyone to take time to thank a DSP.

