

January Spirit Week

January 19th – PJ Day!

January 20th – Wear white & blue

January 21st – Winter Hat Day!

*January 22nd – Throwback
Thursday “80’s Day”*

January 23rd – NHI Day!

*This year we will be supporting
Doqs of Knox*

January Safety Tip

The new year can often bring about stress and mental health challenges. Here are some tips to support mental well-being.



Mindset & Goals

- **Set Realistic Goals:** Break large goals into small, manageable steps; focus on progress, not perfection, and allow for flexibility.
 - **Practice Self-Compassion:** Be kind to yourself, acknowledge mistakes, and forgive yourself for setbacks.
 - **Challenge Negative Thoughts:** Counteract negativity with affirmations or by refocusing on positive aspects.
- **Focus on Strengths:** Use what you're good at to build confidence and achieve goals. **Daily Habits**
 - **Prioritize Sleep:** Aim for consistent, adequate rest, as sleep and mental health are closely linked.
 - **Move your Body:** Find joyful ways to be active, like walking, dancing, or yoga, to boost mood.
 - **Eat Well:** Maintain a balanced diet which improves mood.
 - **Limit Screen Time:** Be mindful of phone and computer use, as excessive time can harm sleep and increase anxiety.

Connection & Joy

- **Connect with Others:** Strengthen relationships with family, friends, or support groups.
- **Make Time for Play:** Engage in fun, silly, or creative activities to reduce stress.
- **Learn New Skills:** Acquiring new skills boosts confidence and provides new ways to engage.

Reflection & Support

- **Journaling:** Write down thoughts and feelings to reduce stress and gain clarity.
- **Seek Support:** Talk therapy or mental health resources can provide valuable tools and understanding.



BIRTHDAYS & ANNIVERSARIES



Happy Birthday to... Deb B. – January 15th and Derek Woodruff – January 26th

We would also like to recognize Emily Hatch for 6 years of service, Kelly Lewis for 4 years of service, and Elisabeth Walchle for 2 years of service!

INDIVIDUAL SPOTLIGHT

As 2025 came to a close, we had a lot to celebrate here at NHI! We started the month out by celebrating the 12 days of Christmas! Individuals learned about each day with a variety of activities and treats that included making bird feeders, planting hen and chicks, hot chocolate, Dove chocolates, deviled eggs, and of course “golden” glazed donuts! Thank you to the NHI staff for the donation of their creativity and time to make this happen and a big thank you to our local Tim Hortons for the donation of 5 dozen donuts.



Next, we held our annual Christmas Party on December 19th. Everyone enjoyed a homemade lunch of spaghetti and garlic bread and a delicious Texas sheetcake for dessert. We would like to thank the NHI Management staff for the donations of food and drink for lunch and for preparing the food and to Shirley Reiheld for making the delicious dessert! The Grinch delivered gifts, we made NHI Christmas ornaments in addition to other crafts and activities, and karaoke!



Ernie, Frank, Susan, and The Grinch!

We also delivered 172 non-perishable items that we collected for Food for the Hungry! Thank you to everyone who donated and delivered the items!



Hunter, Tyler, Katlyn, Bethany, & Beth delivering our Food for the Hungry donation.

Finally, we collected \$120 for **Shady Owl Ranch** during our 2025 Spirit Weeks! Each year the individuals vote on which local non-profit they want to support throughout the year. For 2026, they voted to support **Dogs of Knox**, which is a local non-profit organization that supports the medical needs of the Knox County Dog Shelter. We are excited to support this local organization this year. Happy New Year!

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 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.

Join our Team!!



JOKE OF THE MONTH

Why is the dog so quiet?



He's a hush puppy!

(Courtsey of James A.)



A MESSAGE FROM OUR CEO

Happy New Year! I hope you had a wonderful Christmas.

Thank you to everyone for their commitment, assistance, and support of NHI's programs allowing access to both employment opportunities and community access and involvement. The year 2025 was busy with work, fun, and activities for all. The resilience and spirit of those we serve inspire us every day.

Kindness, respect, and dignity are the words carrying us into 2026. There is worth in all that we do. We emphasize treating everyone with value and worth and recognize choices. We promote positive interactions and empowerment. As we enter the new year, NHI remains committed to supporting you.

Thank you to everyone for the opportunity to continue serving you. May 2026 bring new opportunities for growth and happiness!

Thank you for another great year!

