

# ON MY OWN NEWSLETTER

March, 2017



## **Congratulations to the Winners of our first Employee Incentive Raffle**

We truly value the hard work and contribution our employees give to our clients. For all they do, we would like to assist in making their life easier with a new employee incentive program for 2017. Each month through May a raffle will be held for employees who:

- Work no less than 30 hours per week
- Are in good standing with *On My Own*.
- Have been employed with *On My Own* for at least one year.
- Are a Direct Service employee only (*working with clients directly*)



We would like to congratulate the following winners of our first raffle. Winners receive a \$100 gift certificate to their choice of Jiffy Lube, Smog Stop or Big O Tires.

***Lorrie DeWitt, Nina Weaver, Marlo Cortez, Sonia Ildefonso, Sajita Andrade, Claudette Chambers, Jonathan Alcalá, Wyisa Bridges, Karen Caouette, Anna Brown***

Thank you for being a valued employee of *On My Own*!

## **Why a Clothes Closet at On My Own Community Services?**

By Susan Pellegrini-Job Developer

*On My Own Community Services* is seeking donations for a "Clothes Closet" for clients who participate in our vocational programs. We are accepting gently used professional attire typically used for job interviews. The goal of the Clothes Closet is to empower our clients to achieve economic independence by providing a network of support, professional attire, and the job acquisition skills to help them thrive in work and in life. This is much more than simply a new work outfit!

The professional clothing along with appropriate interview skills will ultimately aide in the clients expressing confidence during employment interactions. The knowledge and skills they develop can help shape their life. If you wish to donate clothing please call the office at (916)726-0792 or email Susan Pellegrini at: [spellegrini@onmyown-web.com](mailto:spellegrini@onmyown-web.com).

Keep watching for a "Grand Opening" date!



## Roseville DeMolay Gives *On My Own* a Donation for Adopt a Family



We would like to express our sincere gratitude to Kirk Kirkley and the Roseville Order of DeMolay, an organization that teaches young men to lead successful, happy, productive lives through civic awareness, personal responsibility and leadership. For the second year, the DeMolays donated \$150 to the Adopt a Family gift drive. This donation allowed *On My Own* to purchase gifts for a family who would not have otherwise celebrated Christmas. A special thanks to Kirk for submitting *On My Own* to these young men for consideration.

### Being Nutritionally Prepared for Your Day

We all know how the routine goes....alarm goes off, you hit snooze three times, finally hop in the shower, get dressed, and you barely have time to drink your coffee before you start your day! Whether you work from an office or have chores at home, having a nutritious breakfast can and does play a vital role in the success of your day.

The first benefit of eating breakfast is that it helps you not gain weight. Your metabolism drastically slows down during the night, and eating early in the morning helps jump start it.

Breakfast also helps your mood and alertness. When we are hungry, we tend to be more irritable. Low blood sugar causes drowsiness and a decrease in ability to recall information. Eating feeds our brain with glucose, which helps our mood and also helps with concentration and energy levels.



So, if breakfast is more than just coffee, what should you be eating? Whole grains and some protein are wonderful ways to get in a bit of sugar and some protein to sustain you throughout the morning. Try whole grain toast, a waffle with peanut butter, maybe some eggs, or even yogurt. If you are short on time, prepare things the night before such as overnight oats, or make a smoothie you can drink your drive. These little changes could make all the difference in being prepared for your day.

*RN - Lisa Howard*



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