



Monthly Newsletter | Transforming Lives



IN THIS ISSUE:

Agency Updates / Employment Opportunities - 1

New Employees / Staff Birthdays - 2

ICU Winner - 2

EOM / Anniversaries - 3

Spotlight Month - 4

RVCP Happenings - 5

AGENCY UPDATES & EMPLOYMENT OPPORTUNITIES

Training Opportunities:

- CBRF Medication Administration, May 20 & 21, 7:00am - 2:30pm
- CBRF First Aid Choking, May 22, 8:00am - 12:00pm
- CPR / AED, May 22, 12:30pm - 4:30pm
- CBRF Standard Precautions, May 24, 8:00am - 10:30am
- CBRF Fire Safety, May 24, 11:30am - 3:30pm

CURRENT OPENINGS

Compass Behavioral Health - Certified Peer Support Specialist, PT

Residential Services - Program Support Specialists; PT & FT positions available; Case Manager Assistant, FT; Driver, PT; Visitation Monitor, PT

Veteran Services - Case Manager, FT; Program Support Specialist, PT

Harpers Place - Case Manager, FT

Kitchen - Food Service Worker, FT



Apply at:
<https://www.rvcp.org/employment>

RVCP, Inc. is an Equal Opportunity Employer

WELCOME TO THE TEAM

Meet Our Newest Additions



SOPHIA LINDSEY
HARPER'S PLACE
CASE MANAGER



KATELYN
MCNAMARA
THERAPIST



JOHNNATHAN WHITE
PT 3RD PSS



HEIDI NEWELL
STATE CASE
MANAGER



JAVON SERRANO
FT 1ST PSS



DANIEL COY
PT 3RD PSS



May Birthdays

Lori Montoya, 5/10

Amy Heffner, 5/21

Libby Angileri, 5/22

Megan Smith, 5/23



ICU WINNERS MAY

Don't forget to submit your ICU
Suggestions each month!

**" May your birthday be
the start of a year
filled with good luck,
good health and much
happiness."**

EMPLOYEE OF THE MONTH

April 2024



"Audrea has been a star employee with her personal growth as a PSS staff member. Audrea goes above and beyond by working consecutive days and long hours. Staff can always depend on Audrea to cover shifts to ensure that the operations of RVCP go smoothly. Audrea is dependable to always show up for work and complete the requirements of her role. With Audrea working long shifts, she still finds the energy to remain positive and keeps a smile on her face. Audrea has also taken on the task of training new hires on B-wing."

AUDREA YOU'RE A **RockSTAR**

ANNIVERSARIES

Kendra Rahberg • 11 years
Melissa Sugden • 7 years
Alycia Holman • 7 years
Brandy Ramos • 6 years
Dustin Schultz • 3 years
Kathylou Banks • 2 years
Jennifer Pope • 2 years
Candice Rasco • 2 years
Iesha Wynder • 1 year

"Hard work, loyalty and diligence make the best employees."

BREAKING THE SILENCE: SPOTLIGHT ON MENTAL HEALTH

Empowering Conversations, Supporting Wellnenss

How You Can Help

1 IDENTIFY AN APPROPRIATE TIME AND PLACE.

Consider a private setting with limited distractions, such as at home or on a walk.

2 EXPRESS CONCERNS AND BE DIRECT.

Ask how they are feeling and describe the reasons for your concern.

3 ACKNOWLEDGE THEIR FEELINGS AND LISTEN.

Listen openly, actively, and without judgement.

4 OFFER TO HELP

Listen openly, actively, and without judgement.

5 BE PATIENT

Recognize that helping your loved one doesn't happen overnight. Continue reaching out with offers to listen and help.

What to Say...

"I've been worried about you. Can we talk? If not, who are you comfortable talking to?"

"I see you're going through something. How can I best support you?"

"I care about you and am here to listen. Do you want to talk about what's been going on?"

"I've noticed you haven't seemed like yourself lately. How can I help?"



3 STRATEGIES FOR IMPROVING YOUR EMOTIONAL HEALTH:

1. Build Resilience

- Develop healthy physical habits.
- Take time for yourself each day.
- Look at problems from different angles.
- Practice gratitude.

2. Reduce Stress

- Get enough sleep.
- Exercise regularly.
- Build a social support network.
- Set priorities

3. Be Mindful

- Take some deep breaths.
- Enjoy a stroll.
- Be aware of your body.
- Find mindfulness resources.

RVCP HAPPENINGS

The Voice Chronicles: RVCP Updates

**THANK YOU
PARTICIPANTS & SPONSORS!**



**STRIDE 4 SHELTER 5K
& 1 MILE KIDS FUN RUN**



RVCP PRESENTS

3rd ANNUAL
Chip 4 Change
Benefiting Housing 4 Our Vets

**A Chance to Win
\$10,000
Hole-In
One prize!**

**FRIDAY
AUGUST 23**

GLEN ERIN GOLF CLUB
1417 Airport Rd.
Janesville, WI 53546

Check-in: 8:00am
Shotgun starts 9:00am

**\$125 - Individual
\$450 - Foursome**

All proceeds benefit
Housing 4 Our Vets



Scan QR Code
to register!

Register now space is limited.
<http://www.chip4change-rvcp.com/>

RVCP ROCK VALLEY
COMMUNITY
PROGRAMS

HIRING EVENT

**WEDNESDAY, MAY 15TH, 2024
8:00 AM-4:00PM**

JOIN OUR TEAM IN SERVING OUR COMMUNITY!
203 W. SUNNY LANE ROAD JANESVILLE
(ENTER THROUGH DOOR 1)

AVAILABLE POSITIONS:

- ✓ Program Support Specialists (12 hour shifts)
- ✓ Behavioral Health Technicians (12 hour shifts)


LEARN MORE BY SCANNING THE QR:



CONTACT US:

☎ +608-741-4500
🌐 www.rvcp.org
📍 203 W. Sunny Lane Rd. Janesville



RVCP 2024 

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:30 Los Alamos 7:00 BINGO with Kids	2	3	4 Friday Night Film: Fast and the Furious: The Original
5 9:30 Pastor Sodomeyer MUST SIGN UP PRIOR TO	6	7 1:00 JD'S Lunchbox	8 10:30 Los Alamos	9	10	11 Friday Night Film: 2 Fast 2 Furious
12 8:00 Fishing with Kids	13	14 1:00 JD'S Lunchbox	15 10:30 Los Alamos 7:00 BINGO with Kids	16	17	18 Friday Night Film: Fast and the Furious: Tokyo Drift
19 9:30 Pastor Sodomeyer MUST SIGN UP PRIOR TO	20	21 1:00 JD'S Lunchbox	22 10:30 Los Alamos	23 11:30 Associated Bank	24	25 Friday Night Film: Fast & Furious
26 8:00 Fishing with Kids	27	28 1:00 JD'S Lunchbox	29 10:30 Los Alamos 7:00 BINGO with Kids	30 11:30 Associated Bank	31	1 Friday Night Film: Fast Five