



Physical Wellness Walking Challenge Winners!

Thanks to all employees who participated in our Walking challenge.
Here's your winners, congratulations 🎉

1st Prize \$150.00 Visa Card Olusola Olawumi
2nd Prize \$100.00 Visa Card Miguelina Hernandez
3rd Prize \$75.00 Visa Card Veronica Grady

Let us know if you have ideas of any other challenges that you would like for us to consider!



What are the Health Benefits of Walking?

When most people hear the word exercise, they associate it with running, biking, weight lifting or other strenuous activities as a means to stay healthy.

Wha...



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Financial Wellness Employee Referral Bonus

Virtual Open House on 6/21 and In Person Open HOuse on 6/22 in the Bronx. Click below to download and send flyers to friends and family!

As you know, at CFS, we are always looking to grow our teams and fill our open positions with talented people like you. That is why we are excited to announce our revised Employee Referral Bonus Program. You can refer qualified candidates, and receive up to \$1,000, if your referral results in a hire.

If you know someone who you think would be a good fit for our agency, let us know. For more details about our revised program, see the attached. If you would like to refer someone, complete the attached form and send to the Human Resources Department. We have open Full-Time and Part-Time positions. To see a listing of these positions, check out our career page

at <https://www.cfsny.org/job-opportunities/>

Any questions, please contact the Human Resources Department.

Melonie

Melonie Singleton, M.S.

Assistant Director, Human Resources

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THE CENTER FOR FAMILY SUPPORT
New Rising Street Support Professionals:
Join us to receive \$16.50 an hour and gain experience while working
direct support professionals to support individuals with
intellectual and developmental disabilities in their homes
and the community. We have positions of all the benefits
of NYC and Long Island

Employment Open House
PAY RATE \$16.50 AN HOUR!
WHEN: June 22nd
WHERE: 2811 Zulette Ave
BRONX, NY 10461
Morning Session 10:00 AM - 1:00PM
Afternoon Session 2:00PM - 5:00 PM
You can also email your resume to jah@cfcsny.org

**the-center-for-family-support-
vitrua-open-house**

SCAN ME

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**june-22nd-the-center-for-
family-support-in-person-open-
house**

SCAN ME

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Physical Wellness Important Information - Agency Covid-19 Protocols

We continue to follow our government oversight agencies in regards to COVID-19 Protocols.

Mask Up

At this time, we continue to require staff to wear appropriate face coverings when providing in person services and in common areas in the offices.

Get Vaccinated and Boosted

We continue to follow the vaccination mandates in both NY and NJ for all employees. If you have additional proof of vaccination (second shot or boosters), don't forget to send to Hrvacstats@cfsny.org

Stay Home if Sick and Get Tested

To reduce the spread of COVID-19, stay home if you have symptoms and get tested.

Follow the transmission rates

In addition, we recommend that staff check the CDC website for rates of transmission based on State and County. This is helpful to see information about where you live, work and/or are planning to travel to so that you can make the best decisions about mask wearing.

Financial Wellness It is never too late to challenge yourself to save!

Top 11 Financial wellness tips

1. Live on less to improve your financial wellness. ...
2. Make sure you have emergency savings before investing. ...
3. Create multiple sources of income. ...
4. Ask for help if you need to. ...
5. Perform a financial health check. ...
6. Track your spending. ...
7. Use a budget that works for you. ...
8. Plan for retirement.

9 Money-Saving Challenges To Save More Money! | Clever Girl Finance

Saving Challenges are a great way to motivate yourself to save your money. They can make saving money fun and make your goals easier to attain. A money chall...

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Social and Financial Wellness Plum Benefits

Hello Everyone:

This month, check out special offers from Plum Benefits to plan your summer vacation including theme park tickets, hotels, and rental cars. Get savings on the latest in health and fitness for National Employee Wellness Month or find the perfect gift for the grad or dad in your life.

If you haven't signed up yet:

How Do I Become a Member?
Visit plumbenefits.com and click Become a Member.
Use your company code or work email to create an account.
and enter our company code: CFSNY212

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**Click her to download PDF of
summary of plum benefits**

www.cfsny.org

plumbenefits.com
Click to get right to website

www.cfsny.org

Health and Wellness Upcoming Health and Wellness Events

Please find upcoming Health and Wellness Events going on this month. First link has events in New York and the second one is in New Jersey.

New York, NY Health And Wellness Events | Eventbrite

Living up plans in New York? Whether you're a local, new in town, or just passing through, you'll be sure to find something on Eventbrite that piques your interest.

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Put Yourself First

Are you ready to make goals that are TRULY based on You and not an expectation? We are going to get focused this season!

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Emotional Wellness Gratitude Flow - A Gentle Practice

Paul Keoni, a friend of CFS, is the founder of Keoni Movement Arts.

Keoni Movement Arts' mission is to make yoga, dance, and gymnastics accessible to individuals in the Greater New York City Area. Our vision is an inclusive world of empowered individuals with strong minds, bodies, and spirits connected to the global community.

"Flowing with gratitude - We are very lucky to be born as humans and we should make best use of this. Use the YES/AND approach. YES we know the world is a mess, AND we can learn to live joyfully amid all of the sorrows."

Yoga Dance Flow, recorded on zoom, 2021-11-21, Gratitude Flow

Flow with Gratitude for this amazing human existence you've been given.

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If you would like a copy of this newsletter translated into a different language, please reach out to us at jcropper2@cfsny.org.

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