

Christmas parties held at all RNI locations

There were Christmas parties held at all RNI locations to celebrate the holiday season. We were able to capture many photos from the events. The Chatter would like to thank all of the staff for submitting photos to us. Please take a look at the photos to the right and the additional photos on page 5 of the Chatter. Happy New Year to all of our readers!



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O'Brian celebrates significant weight loss

Jessica Daugherty, LSA has the pleasure of working with Brandon at the woodshop. She has noticed some positive changes to his lifestyle, which has led to some impressive weight loss. Being more active at the woodshop is only one part of the many great choices that have led to Brandon losing nearly 75 lbs. Brandon says that he is eating healthier as well as going to the gym before he comes to work. We are super proud of him and want to cheer him on to continued success in his journey to live healthy.



January Employee Anniversaries

| | | |
|------------------------|-------------------|-----------------|
| Veronica Schenz | 01/02/2004 | 19 Years |
| Sharon Murray | 01/03/2006 | 17 Years |
| Sean Conrad | 01/01/2015 | 8 Years |
| Danielle Adkins | 01/30/2017 | 6 Years |
| Haylie Miller | 01/11/2021 | 2 Years |

***Congratulations
Veronica and Sharon
on your 19 and 17
years of service!***

Benedict helps out with Bucyrus Backpack

Recently Peggy Benedict volunteered at the Bucyrus Backpack Program. They had her remove the 4 bags of rice from the box and tape a label on them so they could be used separately in the bags for the kids.

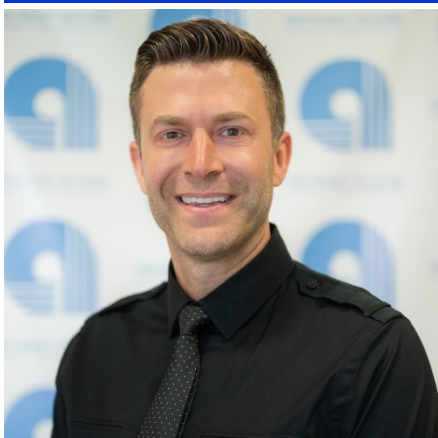


Adkins takes a trip to ArcelorMittal



Shown here is Heith Adkins who recently rode along with truck drivers Chuck Jeffries and John Westbrook to ArcelorMittal to pick up 900 pounds of paper to be shredded. Thank you for your assistance Heith! If your company has any shredding or recycling of old computer equipment, please give Shelby at RNI a call at 419-774-4437 to schedule an appointment.

January Board Member Spotlight



Trae Turner
VP of Community Living
Area Agency on Aging

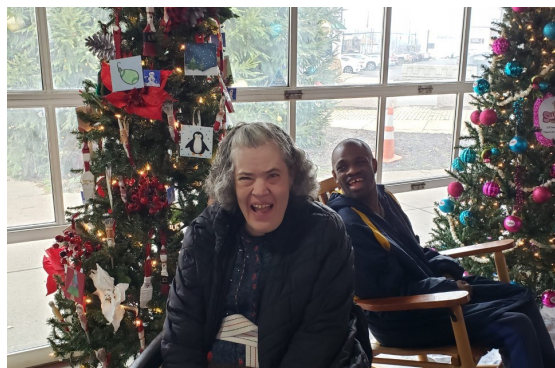
Trae Turner is Chief of the Community Living Division. Programs under his leadership include Care Coordination, Adult Protective Services, Evidenced-Based Wellness and Caregiving. He is passionate about serving vulnerable older adults, connecting them with the resources needed to remain safe and independent in the community.

Turner brings a wealth of clinical experience and innovative business practices to his role in the aging network. Before joining the Area Agency on Aging, Trae served in a variety of leadership roles at the Visiting Nurse Association of Ohio (VNA) and as a consultant with Wyandot County Home Health. He earned his Bachelor of Science in Nursing from MedCentral College of Nursing in Mansfield, Ohio.

Turner's term began in September 2022 and he stated he is honored to serve our organization

Many outings and events took place in December at RNI

There were ton of Christmas and community activities that took place over the past month. A group spent the day at Richland Carrousel Park, while many others created ornaments and signs to display in our buildings. There was also a New Year's celebration. Take a look at all of the awesome moments captured at these events!



SAFETY starts with S, but begins with YOU...

RNI Safety TOPIC for January: Maybe it's not the Winter Blues

Seasonal affective disorder (SAD) is a type of depression that's related to changes in seasons — SAD begins and ends at about the same time every year. If you're like most people with SAD, your symptoms start in the fall and continue into the winter months, sapping your energy and making you feel moody. These symptoms often resolve during the spring and summer months. Less often, SAD causes depression in the spring or early summer and resolves during the fall or winter months. Treatment for SAD may include light therapy (phototherapy), psychotherapy and medications. Don't brush off that yearly feeling as simply a case of the "winter blues" or a seasonal funk that you have to tough out on your own. Take steps to keep your mood and motivation steady throughout the year.

Symptoms

In most cases, seasonal affective disorder symptoms appear during late fall or early winter and go away during the sunnier days of spring and summer. Less commonly, people with the opposite pattern have symptoms that begin in spring or summer. In either case, symptoms may start out mild and become more severe as the season progresses.

Signs and symptoms of SAD may include:

- Feeling listless, sad or down most of the day, nearly every day
- Losing interest in activities you once enjoyed
- Having low energy and feeling sluggish
- Having problems with sleeping too much
- Experiencing carbohydrate cravings, overeating and weight gain
- Having difficulty concentrating
- Feeling hopeless, worthless or guilty
- Having thoughts of not wanting to live

Fall and winter SAD: Symptoms specific to winter-onset SAD, sometimes called winter depression, may include

- Oversleeping
- Appetite changes, especially a craving for foods high in carbohydrates
- Weight gain
- Tiredness or low energy

Seasonal changes and bipolar disorder

People who have bipolar disorder are at increased risk of seasonal affective disorder. In some people with bipolar disorder, episodes of mania may be linked to a specific season. For example, spring and summer can bring on symptoms of mania or a less intense form of mania (hypomania), anxiety, agitation and irritability. They may also experience depression during the fall and winter months.

When to see a doctor

It's normal to have some days when you feel down. But if you feel down for days at a time and you can't get motivated to do activities you normally enjoy, see your health care provider. This is especially important if your sleep patterns and appetite have changed, you turn to alcohol for comfort or relaxation, or you feel hopeless or think about suicide.

RNI Chatter

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Visit us on the Web at www.rniinc.com

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Like Us On  facebook

RNI, Inc. Team: Let's increase our presence on social media and increase our LIKES on Facebook. LIKE and SHARE us on Facebook to invite your friends to LIKE us too. UPDATED 1/09/23; we are at:

City Garden Café is at 451 LIKES, can we get to 500 LIKES, 49 LIKES to go

Element of Art Studio/Gallery is at 1,815 LIKES, can we get 2000 LIKES, 185 LIKES to go

RNI, Inc. is at 1,956 LIKES, can we get to 2000 LIKES, 44 LIKES to go

Trillium Event Center is at 881 FOLLOWERS, can we get to 1000 FOLLOWERS, 119 FOLLOWERS to go

Help us increase our social media exposure by liking and sharing our four (4) Facebook pages. City Garden Café, Element of Art Studio/Gallery, Trillium Event Center and Richland Newhope Industries, Inc.!

