

## Employee Newsletter Winter 2017

“Fall seven times, stand up eight” – *Japanese Proverb*

Employee Newsletter edited by James Daly



Bronze Statue of George Washington in the Public Garden.

### Winter Weather Tips

If you live in the Northeast, you know the drill. Four to five months of heavy clothes, seeing your breath and generally freezing outside. Sometimes even elsewhere, Old Man Winter stops in for an unexpected visit. But beyond the inconvenience and discomfort, a winter storm or other severe weather conditions can cause real damage. So it's important to think about winter preparedness.

Protecting your home is vital. A frozen water pipe can burst and flood your house or basement. An ice dam in your gutter can cause water to seep into and saturate an interior wall. And then

there's your car. Making sure it's prepped to face winter's worst is just as critical. After all, what would happen if a blizzard stranded you in your car?

#### Prepare yourself

Some winter weather tips to help you get through a severe stretch of cold:

Stay indoors during the storm.

Walk carefully on snowy, icy walkways.

Avoid overexertion when shoveling snow. It's a serious workout, and going at it too hard can bring on a heart attack - a major cause of death in the winter. If you must shovel snow, stretch before going outside.

Stay dry. Wet clothing loses all of its

insulating value and transmits the cold rapidly.

#### Cold-related injuries

Watch for signs of frostbite: loss of feeling and white or pale appearance in extremities. If any of these occur, get medical help immediately.

Watch for signs of hypothermia: uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness and apparent exhaustion.

If any of the hypothermia symptoms appear, get yourself (or the victim) to a warm location, remove wet clothing, and warm the center of the body first.

*Continued on page 3*

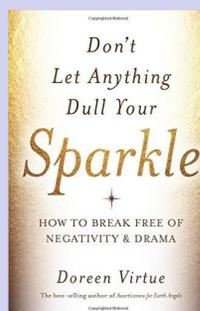
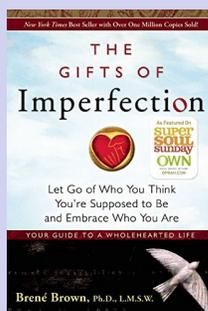
### Winter is a great time to explore literature!

By James Daly



On a chilly Winter day or night, what could be better than cozying up to your favorite book on the couch while sipping your favorite warm beverage? Personally, I look forward to such days spent at home, in the company of my furry feline friend. It is very interesting to know what someone is reading. It says a lot about the landscape of one's mind. What are your interests? What are you passionate about? The Winter season may be the perfect time to explore literature. While some may enjoy an electronic book or periodical on kindle or a smartphone, tablet, etc., - remember that your local library is a great resource to take advantage of. The Boston Public Library is a oft overlooked literary (&

architectural) treasure. What a fun place to explore! The hours are listed on the website: [www.bpl.org](http://www.bpl.org). I am currently reading a couple of great books that I highly recommend:



**Support your local public library:**

***Boston Public Library***

700 Boylston Street, Boston, MA  
 02116

617-536-5400

[www.bpl.org](http://www.bpl.org)

## WELCOME!

## Employee News

## NEW HIRES!

KATIE WEIXLER	Prevention	Positive Prevention Peer Navig
AUBRI ESTERS	Prevention	Drug User Health Outreach Educ
CHRISTOPHER RICHARD	Prevention	OEND Drug User Health Coord
RICHARD BAKER	Prevention	Viral Hepatitis Coordinator
IVAN YUNG	Admin - Finance	Staff Accountant
ROSA VARRASO	Admin - Finance	Accounting Manager
SUSAN MORONG	Administration	Chief Programs Officer
MICHAEL JONES	Boston Living Center	Meals Program Assistant
LARRY DAY	Boston Living Center	Program Director
JASON BANKS	Chamblet Family Home	Awake ON Resident Assistant
BELINDA BARNES	Chamblet Family Home	Housing Stabilization Case Mgr
KAREEMAH SABUR	LARC	SUD Counselor
LEONORA OFARRELL	LARC	Clinical Director
ANTHONY SAMUEL	LARC	Housing Specialist
LYNNE STANFIELD-BOYD	Relief	Relief Staff
MLULEKI MAPHOSA	Relief	Relief Staff
DYNYELLA KNIGHT	ReVision House	House Manager
TORI CRUZ	ReVision House	Weekend Awake ON Resident Asst
DANIEL ROONEY	Serenity House	Driver / MCM Assistant
KAYLA DAVIS	Shepherd House	Senior Counselor
GIAVANNI GARRIS	Shepherd House	ON House Manager
EASTON WILSON	Shepherd House	ON House Manager
FABIENNE ERRIE	Victory House	SUD Counselor
DANIEL MOSS	Victory House	SUD Counselor
JAMES VAMBOI	Victory House	Resident Assistant
SSERWADDA ANNERITAH	Women's Hope	Awake ON Resident Assistant
YOLANDA CAVICCHIO	Women's Hope	SUD Clinician
JOELLEN GRAHAM	Women's Hope	Resident Assistant / Driver
LENCE BOSQUET	Women's Hope	Resident Assistant

## Victory Programs Celebrates the Life of Fatiha Bouricha

*Fati was IT Manager at the Boston Living Center from November 2005 and came on board with Victory Programs when we acquired the BLC in March of 2012...*

Fatiha was not only a talented IT professional who served the Boston Living Center and Victory Programs with every quality you would want in a colleague – professional, dedicated, effective, courteous and thoughtful, but she possessed an inner warmth that radiated from her kind eyes and soft voice. There was such a silent and soulful strength to Fati in good times and bad. She was a beautiful individual with a heart full of love, humor, generosity and hope. I know like all of you, I will miss Fati's presence at the agency.

*- by Shauna Helton*



In Memoriam  
Fatiha Bouricha  
1964 - 2016

...Tips Continued from -page 1 Give the patient warm, non-alcoholic beverages if they are conscious. And of course, get medical help as soon as possible.

### **Prepare your home**

Some tips to brace your home for a winter storm:

Insulate walls and attics, and caulk and weather-strip doors and windows.

Repair roof leaks and remove tree branches that could get weighed down with ice or snow and fall on your house – or your neighbor's. (Avoid liability for the latter.)

If you have a fireplace, keep the flue closed when you're not using it.

Have a contractor check your roof to see if it would sustain the weight of a heavy snowfall.

Make sure your furniture isn't blocking your home's heating vents.

During cold spells, keep cabinet doors open to allow warm air to circulate around pipes, particularly those in the kitchen and bathrooms.

Keep a slow trickle of water flowing through faucets connected to pipes that run through unheated or unprotected spaces.

Avoid ice dams – where water from melted snow refreezes in the gutters and seeps in under the roof, by adding ventilation and insulation to your attic.

### **Prepare your car**

According to the Department of Transportation, 22% of all vehicle crashes in the U.S. – and 16% of the fatalities are due to severe weather such as rain, snow, sleet and ice. So prepare your car for treacherous conditions and extremely cold temperatures – and know what to do if you find yourself stranded in a vehicle. When the temperatures start to drop:

Don't travel alone. Keep others informed of your schedule.

Stay on main roads and avoid back road shortcuts.

Top off antifreeze, windshield wiper fluid, gas, oil and other fluids.

Make sure your tires have enough tread. Consider snow tires.

Keep bagged salt or sand in the trunk for extra traction and to melt ice.

Clear snow from the top of the car, headlights and windows.

Save the numbers for emergency service into your cell phone.

Keep a cold-weather kit in your trunk. It should include a blanket or sleeping bag, gloves, hard candy, bottled water, folding shovel, first aid kit, flashlight and cell phone charger.

*(from Nationwide Mutual Insurance Company—[nationwide.com](http://nationwide.com))*

## **Hello Dolly Cookie Bars**

### **INGREDIENTS:**

- 4 tablespoons butter
- 1 cup graham cracker crumbs
- 1 cup coconut, grated
- 1 cup chocolate chips
- 1 cup nuts, chopped (walnuts are tasty!)
- 1 cup butterscotch or white chips (optional)
- 1 (14 ounce) can sweetened condensed milk

*Preheat oven to 325 degrees Fahrenheit.*

*Melt the butter in an 11 x 7 inch baking pan, making sure the sides of the pan are coated.*

*Layer cracker crumbs, coconut, chocolate chips, chopped nuts and butterscotch chips in that order.*

*Pour sweetened condensed milk over everything.*

*Bake for 30 minutes or until light golden brown.*

*Loosen from the pan; cool and cut into squares.*



### **NEWS FROM**

### **HUMAN RESOURCES**

- ◆ [Thanks to the 104 employees that answered our wellness survey!](#)
- ◆ [The Optometry Van was a success!](#)



- ◆ Be on the lookout for future benefits updates & news from Human Resources!
- ◆ Please check your compliance with regard to required trainings on eAcademy—aka Relias Learning. Watch for email reminders!
- ◆ Please submit newsletter ideas or articles to James Daly ([jdaly@vpi.org](mailto:jdaly@vpi.org))

**ALLONE**  
**Employee**  
**Assistance**  
**1-800-451-1834**



For over 80 years, Metro Credit Union has been providing financial services to the employees of major companies based in Massachusetts.

By joining Metro, you will enjoy the benefits of membership which include:

- Higher rates on deposit • Lower rates on loans • Easy payroll deduction
- Free online banking and bill pay • Free wireless banking from you cell phone • Free telephone banking • Free FinanceWorks with every account •

For more info visit: [www.metrocu.org](http://www.metrocu.org)

**Career Opportunities**

**Do you know someone that would be a great asset to VPI?**

**Have that person check out [www.vpi.org](http://www.vpi.org)**

**\*Open Positions Listed in Careers Section**

**Winter Crossword Puzzle**

Find and circle all of the Winter related words that are hidden in the grid. The remaining letters spell a Japanese proverb. Send completed puzzle to HR Attn: James to win a special prize! (Include name with submission)

L S O S E K A L F W O N S E L C I C I N  
 L E Y C E K R A I M N D D R A Z Z I L B  
 A S C A W V K A I O E C I K C A L B R D  
 B W A R D R O T E S N O W S H O V E L C  
 W E R F A I T L C W A F I R E P L A C E  
 O A N P I E L I G E R N H E A D B A N D  
 N T I S N C P O L S Y E S E T A K S S W  
 S S V S N M E T H K E A D N D F R N E M  
 T H A M Y O S F S C K T N N O L O H A R  
 Y I L L R A W E I O C W O E U W O G S W  
 E R O S C O R S W S O I I B B G M C O I  
 S T E W A I T S H L H V T O O S N A N N  
 N K O P T M O S P O G I A S T G O O N D  
 D N I W P L T W T O E R N C O E G U L C  
 S E O I S I O S N W D S R G A R E A P H  
 E N L T N N L G I F R E E Z E T F L N I  
 S R I S S G G S M R O N B O O D I K S L  
 T C F I R E W O O D H A I L S T O O B L  
 E H S S T N A P I K S C H P A C T I N K

- |           |                |             |            |           |
|-----------|----------------|-------------|------------|-----------|
| BLACK ICE | HAIL           | SEASON      | SNOWBOARD  | BLACK ICE |
| BLIZZARD  | HEADBAND       | SKATES      | SNOWFLAKE  | BLIZZARD  |
| BOOTS     | HIBERNATION    | SKI DOO     | SNOWMAN    | BOOTS     |
| CARNIVAL  | HOCKEY         | SKI PANTS   | SNOWSHOES  | CARNIVAL  |
| CHRISTMAS | HOLIDAYS       | SKIING      | SOLSTICE   | CHRISTMAS |
| COLD      | ICE FISHING    | SLED        | SOUP       | COLD      |
| EGG NOG   | ICICLES        | SLEET       | STEW       | EGG NOG   |
| FIREPLACE | KNIT CAP       | SLIPPERY    | STORM      | FIREPLACE |
| FIREWOOD  | LONG UNDERWEAR | SNOW CASTLE | SWEATSHIRT | FIREWOOD  |
| FOG       | MITTENS        | SNOW PLOW   | TOBOGGAN   | FOG       |
| FREEZE    | OLYMPICS       | SNOW SHOVEL | VACATION   | FREEZE    |
| FROST     | PARKA          | SNOW TIRES  | WIND CHILL | FROST     |
| GLOVES    | SCARF          | SNOWBALL    | WOOL SOCKS | GLOVES    |

**Save the Date!**

**Sunday, April 23**  
**3:00 – 6:00PM**  
**Red Lantern**  
**Restaurant, Boston**



Victory Programs  
**dinnerfest**  
**2017**