

Newsletter

November 2024



HALLOWEEN RECAP

We enjoyed many festivities around the Halloween holiday. There were many amazing costumes and several opportunities to celebrate and socialize! Thank you to Benco's Garfield program for hosting a fun party.

CONTEST WINNERS ARE:

BEST OVERALL: ROD S. FROM RHA

FUNNIEST: BRYN W.

BEST HANDMADE: KATELYN R.



Follow Benco on Facebook & Instagram

FUND OUR FLEET

This giving season, Benco is asking for our community's support with donations to put toward the purchase of safe and reliable vehicles.

Benco recently purchased a new van for Stone Street. Witham Hill and Supported Living are next in line!

Help us spread the word!



TRANSPORTATION IS EXPENSIVE AND BENCO NEEDS COMMUNITY SUPPORT IN REPLACING OUR VEHICLES AT:

WITHAM HILL - MINI VAN
SUPPORTED LIVING - MINI VAN

DONATIONS ARE TAX DEDUCTIBLE

Please consider a:

- One time donation
- Monthly donation
- Yearly donation

Scan here



Visit our website
www.bencocorvallis.com
Click DONATE NOW
or mail a check to: Benco
165 NE Conifer Blvd
Corvallis, OR 97330



Grateful



Save the Date!

WINTER CELEBRATION:

Join Benco on Tuesday December 17th
Between 1p-3p for
Winter Celebration!
Open House Style
Residents + Staff are invited!

Benco is looking to spotlight creativity! Are you an artist, crafter, or creator?

Interested individuals who wish to have their pieces displayed can contact:
Laura Lonski, Benco's Residential Director

Winter Celebration
will be at:

The Corvallis Museum
411 SW 2nd St, Corvallis, OR 97333

Guests will receive their holiday gift, enjoy crafts, and get to explore the museum!

Let ^{your} LIGHT
Shine

Gratitude Tree

ALL BENCO EMPLOYEES AND RESIDENTS ARE ENCOURAGED TO WRITE WHAT THEY ARE GRATEFUL FOR ON LEAF TEMPLATES. LEAVES CAN BE DECORATED WITH ART OR COLOR IF DESIRED, BUT NO DECORATION IS REQUIRED!

LEAVES MAY BE TURNED IN TO LAURA AT THE MAIN OFFICE, OR PLACED DIRECTLY ON THE GRATITUDE TREE LOCATED IN THE LOBBY OF THE BENCO MAIN OFFICE.

WE LOOK FORWARD TO SHARING TOGETHER IN THE SMALL THINGS THAT BRING US JOY!

BEST,
LAURA, BENCO RESIDENTIAL DIRECTOR

Truly
Grateful
for you.

BENCO FESTIVE FUN DAY:

11/27/24

PAJAMA DAY

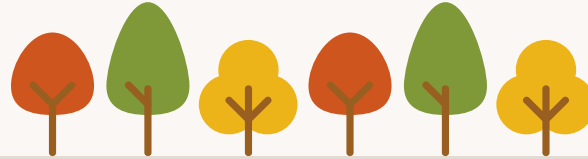
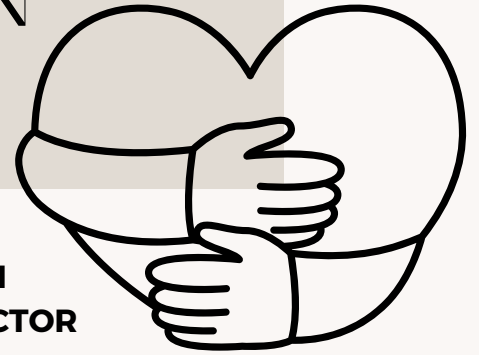
SEND PHOTOS TO BRYN AT
BRYNW@BENCOCORVALLIS.COM



VALUES: COMPASSION



VALUES CORNER
BY: SARAH FRAZZINI
BENCO EXECUTIVE DIRECTOR



COMPASSION GOES BEYOND SHOWING CONCERN FOR ANOTHER. IT IS DEEPLY ROOTED IN THE BELIEF THAT EACH PERSON HAS UNIQUE QUALITIES THAT MAKE THEM THE WONDERFUL INDIVIDUAL THAT THEY ARE. SEEKING TO UNDERSTAND EACH PERSON IN YOUR CARE AND IDENTIFYING HOW THEY RESPOND BEST TO GOOD NEWS, BAD NEWS AND GENERAL EVERYDAY LIFE ROUTINES WILL HELP YOU AS A CAREGIVER TO DELIVER MORE COMPASSIONATE CARE. COMPASSIONATE CARE MEANS WE UNDERSTAND THE PERSON ON A DEEP LEVEL AND WILL GO THE EXTRA MILE WHEN NEEDED TO IMPROVE THEIR MOOD, SITUATION, AND OVERALL OUTCOMES.

TIPS:

1. **LISTEN TO THE PERSON** – PAY ATTENTION TO VERBAL AND NON-VERBAL COMMUNICATION, FACIAL EXPRESSIONS, BEHAVIORAL PATTERNS, AND EVEN WHAT A PERSON DOES NOT SAY OR REACT TO. BY TAKING A PAUSE TO REALLY LISTEN YOU CAN BEGIN TO UNDERSTAND WHAT IS MOST IMPORTANT, WHAT WORKS, AND WHAT DOESN'T WORK.
2. **SHOW GENUINE INTEREST** – ACKNOWLEDGING ITEMS AND SITUATIONS YOU KNOW A PERSON ENJOYS SHOWS THEM THAT YOU VALUE WHO THEY ARE. YOU DON'T NEED TO KNOW EVERY DETAIL ABOUT WHY IT IS IMPORTANT TO THEM, HOWEVER OVER TIME IT IS LIKELY THAT YOU UNDERSTAND BETTER AND THE PROFESSIONAL RELATIONSHIP YOU BUILD WILL BECOME STRONGER AS A RESULT.
3. **BE PATIENT** – WHAT IS IMPORTANT TO THE PERSON SHOULD BE A PRIORITY FOR YOU. WHEN YOU ARE RUNNING SHORT ON TIME AND HAVE SEVERAL TASKS TO COMPLETE, THE FEELING OF OVERWHELM CAN CREEP IN. IT IS IMPORTANT TO RECOGNIZE THIS, TAKE A FEW CLEANSING BREATHS AND PROVIDE THE PERSON WITH THE TIME THEY NEED BASED ON THE SITUATION. PATIENCE BUILDS TRUST AND LETS THE PERSON KNOW THAT EVEN WHEN YOU ARE BUSY, YOU VALUE THEIR NEEDS.
4. **BE AWARE** – THE MORE PREPARED YOU ARE FOR WORK, THE BETTER AWARE YOU CAN BE. PAYING ATTENTION TO DETAILS IN THE ENVIRONMENT AND MAKING ADJUSTMENTS WHERE NECESSARY TO BRING EASE TO THE SITUATION WHEN NEEDED CAN MAKE A HUGE DIFFERENCE.
5. **TAKE CARE OF YOURSELF** – IT IS DIFFICULT TO SHOW COMPASSION WHEN YOU ARE PHYSICALLY AND MENTALLY EXHAUSTED. THE BETTER YOU ARE ABLE TO PRIORITIZE YOUR OWN HEALTH AND NEEDS, THE BETTER YOU CAN SHOW UP FOR OTHERS.

AT BENCO, OUR MISSION IS TO PROVIDE HIGH-QUALITY, PERSON-CENTERED SERVICES THAT POSITIVELY IMPACT A PERSON'S QUALITY OF LIFE. AS A BENCO EMPLOYEE, YOUR COMMUNICATION AND YOUR ACTIONS WILL HELP THOSE YOU PROVIDE CARE FOR TO KNOW THAT THEY ARE VALUED AND CARED ABOUT. OFTEN IT IS THE SMALLEST THING THAT CAN MAKE THE BIGGEST DIFFERENCE. THAT IS HOW WE CARE WITHOUT LIMITS.

BENCO HOLIDAYS

Thursday 11/28

Friday 11/29

The Benco main office is closed on these days.

HAPPY BIRTHDAY!

REYMAN W. 11/6

ALEEN H. 11/7

SARAH H. 11/9

RANDALL T. 11/12

JAMES S. 11/17

JENNIFER H. 11/19

MONIKA N. 11/23

NICOLE L. 11/26

LISA C. 11/27

**Happy
Thanksgiving**

EMPLOYEE
OF
THE MONTH

**CONGRATULATIONS:
SEPTEMBER EOM:
BRANDON K.**

**OCTOBER EOM:
COURTNEY R**

HAPPY ANNIVERSARY!

JOHN B. 11 YEARS WITH BENCO!

MICHA F. 9 YEARS WITH BENCO!

DOMINIQUE C. 7 YEARS WITH BENCO!

CLAYTON M. 2 YEARS WITH BENCO!

KATELYN R. 3 YEARS WITH BENCO!

KAY V. 2 YEARS WITH BENCO!

NOVEMBER PROGRAM SPOTLIGHT

Witham Hill by Jodi Henderson, PC

Favorite Part of Working at WH:

I love playing an integral role in creating a fun and stimulating environment for the resident who lives at Witham Hill. Getting to see how excited she gets when she shares with me about her various activities is rewarding. I really enjoy playing bingo with her because she's always joking around with me, which brightens my day! I am very proud to be a Program Coordinator at WH because the staff have created a safe and stable environment, they exemplify teamwork, and are genuinely supportive of each other. The program feels more like a family rather than a work environment.

Employee Shout Out:

★ **Danielle** has been LS for over 2 years and recently celebrated her 8th Bencoversary! She is detail oriented and always has creative ideas about new activities. She provides insightful feedback about improvements that are beneficial to the program. In addition, she has maintained a strong relationship with the resident and her exemplary leadership skills have played a significant role in setting up her co workers for success. Her commitment to having a positive impact on the resident's life and consistent teamwork and support have shown the PC and her fellow DSP's that she contributed immensely to our program's success. An interesting fact about Danielle is that she has a thorough knowledge of Rex rabbits and can talk to you for hours about them!

★ **Nicole** primarily works at Stone St. and has been a sub at WH for over a year. She is always willing to help with coverage despite her busy schedule. Her calm presence contributes to maintaining a positive connection and we are grateful to have her on the team!

What is unique about WH:

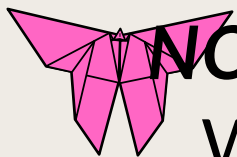
We provide services to one resident at Witham Hill. We have the advantage of providing person-centered supports because each staff has established their own unique connection with her. Since the staff to resident ratio is 1:1, WH staff are always willing to jump in and help each other with coverage on short notice and without hesitation. WH has experienced staff that have been working for Benco ranging from over 7 years to just over a month.

This resident has been in her current apartment for over 15 years and has a vast array of interests. These vary from origami, arts & crafts, playing bingo & UNO, admiring Dorothy from the Wizard of Oz, playing games on her tablet, and complimenting the lifeguards on Baywatch. She is very kind, caring, and loves having interesting conversations. She is a social butterfly, very friendly and enjoys meeting new people at her favority places such as the library, Highland Bowl, and Jo-Ann's Fabric Store.

Employee Shout Out:

★ **Dominique** is a seasoned DSP at WH and she consistently provides person-centered supports which align with Benco's values. She has a calm presence and always acknowledges the resident, the PC and her fellow DSP's. She does this verbally and with Bravo Awards which contributes to the positive culture at WH. Dominique is always willing to help with coverage without hesitation and her compassion, work ethic, and dedication to WH are the foundation for our program's continued success. She is very thoughtful and crafty and has hand made gifts for the resident and staff!





NOVEMBER PROGRAM SPOTLIGHT

Witham Hill by Jodi Henderson, PC



Employee Shout Out:

★ **Karen** is a sub for WH whose home program is Sycamore. She has worked for Benco longer than any other staff at WH. She has established and continues to maintain a positive connection with the WH resident. She is always willing to help with coverage and we appreciate her flexibility and help throughout the years!

★ **Sarah** works at Garfield and is a newer sub who exudes positive energy and has a great connection with the resident. Sarah is a team player, she is always receptive about learning helpful strategies to strengthen her relationship with the resident supported by Witham Hill.

Employee Shout Out:

★ **Luci** has been a DSP at Witham Hill for over a year. She exudes positive energy that radiates at our program. She has built and maintained a rapport with the resident and is always open to feedback that will set her up for success. Luci is flexible and is always willing to help with coverage on short notice. She can adapt to unexpected changes that arise and navigate through challenging situations efficiently while maintaining her composure. Luci strives to ensure the resident thrives in quality of life. She genuinely cares about her fellow support professionals and the success of our program. Luci loves The Human Bean and one of her favorite drinks is a vanilla granita with almond milk!

Employee Shout Out:

SH absolutely loves origami and is very skilled at making origami boxes and hearts. She enjoys painting, making friendship bracelets, and various arts and craft activities. She loves conversing about random facts and uses them often to make us laugh because she has a great sense of humor! She loves playing color by numbers and jigsaw puzzle games on her tablet and she always gets excited to show us her finished projects. She also loves playing bingo, UNO and go fish. She is very fond of Dorothy from the Wizard of Oz and has immense knowledge about the TV show Baywatch. Our unique 1:1 staffing ratio provides SH with the opportunity to share her specialized interests with everyone who works with her.

★ Tabitha is one of our newest employees. She has jumped right in to build a rapport with the resident without hesitation. Tabitha exudes positive energy and always shows up with a smile and ready for the day's events. Her kindness, compassion, and confidence have played an integral role in helping the resident transition through recent staffing changes. She is very flexible and willing to help the team out with coverage on short notice. She is receptive to feedback and provides insightful suggestions on improving supports. Tabitha is a wonderful addition to WH and we're grateful to have her on our team!

