

Press in Print



News and Information from the President's Office assembled by Dale Galusha and Gina Duncan

February 12, 2020

Updates. . .

Valentine Messages



Valentine's Day is this coming Friday; so here are some messages that people in the building wanted to share with others. Hope they make your heart happy...

For Everyone: I'm thankful for the love of my life: Jesus, who in turn gives me so much love through family, friends, pets and nature. I am forever grateful for everyone here and how you make this life better as we strive towards eternity together ♥ –

For Gricelda Blanco:

(1) You are a great friend! –
(2) Thank you for saying Hi!!! –
(3) I love that we started working at the Press on the same day. It's a privilege to work with you! Happy Valentine's Day! – Laura

For Miguel Valdivia: It doesn't matter what happens during the day, as long as I end the day with you. I love you. – Olga

For DeneSue Ross: It is always so nice to see your lovely smile. You are the beginning of my days greeting me into the new morning. You are such a blessing! – Olga

For Veronica Cenicerros: Thank you for the vast amount of work you do – always in a humble quiet spirit – and for always finding the time to answer all of my many questions as I get trained. You are truly and inspiration. I appreciate you! Oh! And I sit across from you. Un abrazo querida amiga. –

For Finishing Department: Thank you for working Long Hours and weekends to get work out. You are like Energizer Bunnies. Even though you are exhausted, you Keep Going! God Bless You! –

For Donna & Ted: You are an inspiration! –

For Robert Hastings: You are an awesome VP! –

For Carolyn Curtis: Love your smile! –

For Mike Fifer: Thank you for your humor! –

For Ruben & Gloria and the whole janitorial crew: Thank you so much for all your hard work! –

For Laura Samano: One of the best parts of my job is getting to work with you. I'm so glad God brought us together! – Lori

For Lisa Lee:

(1) You are always ready, willing and able to do whatever, whenever! ONE GREAT ATTITUDE!! Thanks for the front desk breaks, filling up the paper roll bin, and all the other special things you do to help everyone out! – DeneSue
(2) Where do I even start? These last few years have been the greatest since meeting and eventually marrying you. You've made my life so much better and can't wait for what's next to come! I love you. – Brady Lee



For Matt Faver:

(1) Matt Faver is the Bomb! –
(2) You're our favorite! Keep Smiling!!! –

For Tour Guides: Thank you so much for all your help! For doing tours on such short notice and for doing such an amazing job at letting people know what we do here at PPPA! You all are truly appreciated! – Gina

For Josie Duke: (1) Thank you for your hugs and smiles! –

(2) Thank you for your smiles and hugs! –
(3) Thank you so much for always taking pictures and sharing them with us! – Gina

For Steve Miller: You are an awesome guy and the best mail man there ever was! –

For Diana Sayles: Thanks for your craziness! –

For Amanda Withers: Thank you for your smile! –

For Celeste Diaz-Vazquez: (1) Thank you for your hard work and positive outlook! And for your piano playing! –

(2) Celeste is an excellent co-worker. She's very dedicated and so responsible. She's great at encouraging us to stay healthy and to keep moving

quickly on our walks. I appreciate her great attitude and humble spirit. –

For Katherine Payne: You are awesome! Thanks for being you! –

For Jackie Chavez: Thanks for your hard work and smiles! –

For Jeff Ramsey: Thank you for your quiet and determined work! You are appreciated! –

For Steve Mills: You are crazy and that is awesome! –

For Peter Smith: Keep singing! Your voice is beautiful! –

For Kim Miller: Thank you for your smiles and greetings! –

For Management Team: It isn't easy to be a leader. We appreciate your work and pray God's blessings on you! –

For Jaime Christensen: Love your smiles! –

For Desiree Gilbert: She is a great Customer Service Representative. Always prompt at returning messages and she provides excellent service. I appreciate her dedication to her work and is a pleasure to work with her. –

For Tricia Wegh: You are a great boss! Very motivational, positive and caring. I appreciate your kind heart and acts of kindness to your team. It is great to have a Leader like you! –

For Lori Fitcher: (1) You are great to have in the Editorial Department as Guide's editor. Your laughter and positive attitude bring happiness to our department –
(2) Dear Editor Lor-ee, You're my favorite! Happy Valentine's Day! – Laur-aw

For Diane Aguirre: Dearest Diane, You're amazing. I love you so much, hermanita! Happy Valentine's Day! – Laura

For Donna Hessel: I love you Sista! Happy Valentine's Day! – Laura

For all who contributed Valentine messages:



Thank you for taking time to put your thoughts into words and share them. You're an influence for positivity—and that makes you pretty wonderful yourself!

If you didn't get your message in before the deadline, there is still time to make someone's day with a kind word. Have a happy Valentine's Day!

ImPRESSive Health – February Challenge from your Wellness Committee

Duration: February 10 to March 2

Challenge: Each day list 3 things you are grateful for **AND** over the duration of the challenge – write 3 thank you notes to people for whom you are thankful (can be text or email).

Tracking: Check off each completed day on the challenge board in the Owyhee Room.

Prize: Employees with 15 or more days completed will be entered to win a \$25 Amazon gift card.

If you would like to keep track of the things you are grateful for, there are some Apps that might help. (None of these have been visited or tested). We did a search for "Gratitude Journal" and found the best Gratitude apps for you:

Free Gratitude Apps for Android:

- Zest
- Simple Gratitude Journal
- Attitudes of Gratitude Journal
- From Gratitude to Bliss

Free Gratitude Apps for iOS:

- Grateful: A Gratitude Journal
- Three Good Things—A Happiness Journal
- Jour: Journal for Mindfulness
- Five Minute Journal
- HappyFeed—Gratitude Journal

Employee Assistance Program (EAP)

Monday's Wellness Chapel focused on the importance of mental health and its improvement. A benefit you may not be aware of is our Employee Assistance Program, which is a phone and online benefit program that assists employees with personal problems and/or work-related problems that may impact their job performance, health, mental and emotional well-being.

If you have been wanting or looking for a counselor but just haven't gotten around to it or were afraid of cost, this benefit is for you. Please visit <https://ascendtowholeness.org/en-US/Members/Primary-Benefits/Primary-Benefits/Employee-Assistance-Program> or for more information talk to HR.

*This benefit is provided free of charge to employees and their spouses and dependents covered by Group Basic Life Insurance, a benefit to full time employees. – Kirsten Berger, HR Director

Dr. Hans Diehl at Cloverdale Church

Those who were able to attend Cloverdale Church last Sabbath were blessed with a powerful

presentation about the SDA health message from Dr. Hans Diehl.

He shared some startling facts about the state of health in the 19th century:

- 1 in 2 patients who entered a hospital died.
- 1 in 5 children died from infectious diseases.
- Eating raw fruit or vegetables was believed to be poisonous to the body.
- The cure for an ear infection was to blow cigar smoke into the infected ear

Luckily, things have changed since then! Did you know that during that time, Ellen White wrote and spoke directly against these beliefs? Though she had no knowledge or experience in the area of health, she was inspired by God to share a radical health message for its time. In fact, this message is still relevant today, and the entire world is finally realizing the importance of leading a healthy lifestyle.

Dr. Diehl urged the congregation to remember and implement the health message in their daily lives so they can live healthier, happier lives, and lead as examples for the world. – Kirsten Berger, HR Director



Dateline . . .

February

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| 14 | Valentine's Day |
| 17 | Chapel—Social Committee; Doug Church, Chairperson |
| 17 | President's Day |
| 18-19 | Marketing Seminar at PPPA, Owyhee Room |
| 24 | Chapel—Safety; Mike Fifer, Chairperson |
| 24 | Red Cross Blood Drive, Owyhee Room, 10:00 am – 3:00 pm |
| 26 | PAYDAY |

Be thankful: Science says gratitude is good for your health

If you need one more reason to be thankful, here it is. More and more researchers are finding that gratitude doesn't just make you feel like a better person, it's actually good for your health.

"Clinical trials indicate that the practice of gratitude can have dramatic and lasting effects in a person's life," said Robert A. Emmons, professor of psychology at UC Davis. "It can lower blood



pressure, improve immune function and facilitate more efficient sleep."

One recent study from the University of California San Diego's School of Medicine found that people who were more grateful actually had better heart health, specifically less inflammation and healthier heart rhythms. "They showed a better well-being, a less depressed mood, less fatigue and they slept better," said the study's author, Paul J. Mills. "When I am more grateful, I feel more connected with myself and with my environment. That's the opposite of what stress does."

Another study found that gratitude can boost your immune system. Researchers at the universities of Utah and Kentucky observed that stressed-out law students who characterized themselves as optimistic actually had more disease-fighting cells in their bodies. But Emmons said there's even more evidence. People who keep a gratitude journal have a reduced dietary fat intake — as much as 25 percent lower. Stress hormones like cortisol are 23 percent lower in grateful people. And having a daily gratitude practice could actually reduce the effects of aging to the brain.

Being thankful has such a profound effect because of the feelings that go along with it, Emmons said. "Gratitude works because, as a way of perceiving and interpreting life, it recruits other positive emotions that have direct physical benefits, most likely through the immune system or endocrine system." Research shows that when we think about what we appreciate, the parasympathetic or calming part of the nervous system is triggered and that can have protective benefits on the body, including decreasing cortisol levels and perhaps increasing oxytocin, the bonding hormone involved in relationships that make us feel so good.

But if you're still not feeling the love, experts say gratitude is something you can learn. Mills says all you have to do is think about being grateful and you'll become more grateful. A good way to do that is by journaling. "Some people say they don't have anything to be grateful for," Mills said. "If you take such a person to find one little thing to be grateful for and focus on that, you find over time that the feeling of gratitude can transform the way they see their lives."

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