



Beacon of Light

"You are the light of the world;
a city on a hill cannot be hid."

Matthew 5:14

EMPLOYEE NEWSLETTER

Recent Happenings!

Happy New Year!

This is going to be a great year!

Get ready for great things at the Beacon of Light
and in your personal life!

"Work joyfully and peacefully, knowing that
right thoughts and right efforts will inevitably
bring about right results."

~ James Allen

Did you make any new year's resolutions? Do
you have any goals for 2011 that you want to
share with the Beacon family? Sharing your
goals with others helps to hold you account-
able and motivate you to accomplish your goals.
We're happy to encourage our staff to dream big
and go after their dreams! You can share your
goals at beaconoflightltd@gmail.com. We will
share them in a future newsletter (unless you
designate that you don't want to do so). Either
way, share your goals with someone!

Upcoming Training

MedPass Certification & Watch

\$130 new, \$20 renewal

Please call 419-536-4730 for future dates.
Octagon, 635 N. University Ave.
Instructor: Jill Smith, RN

First Aide/CPR - Adult, child & infant (AED)

\$50

Every Saturday, 9am
Beacon of Light, Ltd., 4730 W. Bancroft
Instructor: Lamont Love

To register or find out about future trainings,
please contact Lamont Love at 419-536-4730.



Welcome!

Welcome to the Beacon of Light Employee Newslet-
ter! We want to use this to stay connected with you,
help you to do your job better and to show our ap-
preciation for your hard work and dedication to our
clients.

Please help us keep everyone informed about events,
news, tips and other special happenings going on in
your life and that of your client. You can send those
and related pictures to beaconoflightltd@gmail.com.

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A Good Employee...

- Shows up on time
- Is neat in appearance
- Demonstrates a positive attitude
- Respects their supervisor
- Follow the rules
- Is honest
- Takes care of equipment
- Asks questions
- Speaks up
- Learns more
- Gets along with everybody



A Good Employee:

For more about being a good employee, please visit http://www.selfgrowth.com/articles/BEING_A_GOOD_EMPLOYEE.html

Beacon Online

Please take the time to visit us online!

Website: <http://www.beaconof-lightltd.com>

Twitter: <http://www.twitter.com/BeaconTol>

Facebook: <http://www.facebook.com/BeaconofLightLtd>

LinkedIn: <http://www.linkedin.com/companies/beacon-of-light-ltd>

twitter

facebook

LinkedIn

Birthdays & Anniversaries

Howell Pucher	Jan 10
Leah Smith	Jan 13
Kathy Foster	Jan 14
Nancy James	Jan 16
Tye Simms	Jan 20
Aleta Singer	Jan 21
Michelle Haynes	Jan 26
Bryan Williams	Jan 31
Jeff Lewis	1 year

Please take the time to wish them a Happy Birthday or thank them for their service.

Get Moving!

Now that it's 2011 and all the holiday eating is done, it's time to bust out the tennis shoes and shape up! Exercising is a part of a lot of people's new year resolutions. And there are good reasons why it ought to be. Here are a few that were listed in a Reader's Digest article:

1. More energy

Exercise boosts a hormone that increases energy. And it doesn't take more than a few workouts before strength and the lungs' capacity to provide oxygen to working muscles improve, increasing stamina -- which is enough to make anyone feel more energetic.

2. Less stress

Just one simple workout can ease stress and anxiety. Exercise enhances the flow of brain chemicals, such as serotonin, that are related to positive mood. Because it also increases core body temperature, it can be as relaxing as a good soak in a hot tub.

3. A sharper mind

Exercise can even spark creativity.

4. Healthier arteries

Physical activity boosts levels of high-density lipoproteins, or HDL, the so-called good cholesterol, by as much as 20 percent. HDL helps rid the body of low-density lipoproteins, or LDL, the artery-clogging kind. Studies show that HDL can even pick up cholesterol deposited in arteries and move it to where it won't do harm. Another benefit to the arteries: The level of fat particles in the blood, called triglycerides, falls by as much as 40 percent after a vigorous workout. Exercising converts triglycerides into fatty acids -- the form in which fat can be burned for energy. You burn stored fat each and every time you work out -- the key to keeping weight off. Plus you lower your level of triglycerides in the blood. And the lower your triglyceride level, studies show, the lower your risk of heart disease.

5. Better defenses

The moment you begin exercising, your heart starts pounding and your blood pressure surges, sweeping disease-fighting immune cells out into the blood, where they're able to detect

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Recipe Corner

Looking for a nice healthy snack to make? How about celery? To help improve the flavor (Let's face it. Celery needs some serious HELP), try the recipe below.

Stuffed Celery

(From Linda at <http://allrecipes.com//Recipe/Stuffed-Celery-2/Detail.aspx>)

Ingredients

- * 1 (8 ounce) package cream cheese, softened
- * 2 tablespoons sour cream
- * 1/4 cup chopped walnuts
- * 20 green olives with pimento, chopped
- * 1 bunch celery, cut into bite-size pieces

Directions

1. In a medium bowl, mix together the cream cheese and sour cream. Stir in the walnuts and chopped olives. Spread filling onto the celery pieces. It's also good on cracker



Nutritional Information:
Servings: 16
Amount Per Serving
Calories: 64 | Total Fat: 5.9g | Cholesterol: 16mg

Moving cont:

troublemakers like cold or flu viruses. Studies show that people who exercise have 40 to 50 percent fewer sick days than their sit-around-and-do-nothing counterparts.

Excerpts from the Reader's Digest article, "5 Great Reasons to Get Moving" (<http://www.rd.com/living-healthy/5-great-reasons-to-get-moving/article16278.html>).

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Photos!

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Events

- Jan 2 Toledo Art Museum Free Family Fun Ctr
10 am
- Jan 5 Toledo Public Library, 9 am - 5:30pm
- Jan 7 Toledo Symphony Carnegie Hall Kick-off,
8 pm, Toledo Art Museum 2445 Monroe St.
419-255-8000, \$10
- Jan 8 Movie Night
- Jan 9 The Great Midwest Cheer & Dance Expo
(cheerleading competitions), Seagate Ctr.
401 Jefferson, 419-255-3300
- Jan 12 Toledo Walleyes vs Elmira Jackalss (hockey)
Huntington Ctr., 7pm
- Jan 14 Winterfest Bluegrass Festival, Holiday in
Perrysburg, Doors open at 10 am
- Jan 15 Frozentoesen at Toledo Zoo Amphitheater
- 17 Free admission to Lucas County residents,
otherwise cost \$5.50
- Jan 18 Toledo Art Museum: Family Center Fun
MLK day, 10 am
- Jan 19 Mud Hens Fandemonium, 5pm - 8 pm, \$10
419-725-4367, 406 Washington St. to
purchase tickets
- Jan 20 Toledo Public Library - A well orchestrated
game, 9am - 5:30 pm
- Jan 22 Toledo Repetoire Theater - Light Up the
Sky, 16 10th Street, \$18, 419-243-9277
- Jan 25 UT vs Bowling Green basketball game @
Toledo (home game), 7:30pm
- Jan 29 Toledo Fire Fighters Museum, 12pm - 4pm
Free admission, 918 Sylvania Ave., Toledo
419-478-3473

