

THE GOODWILL GAZETTE

OCTOBER 2021

LETTER FROM MR. SHELFER, PRESIDENT & CEO GOODWILL INDUSTRIES-BIG BEND



FRED SHELFER, JR. CEO

We are approaching a change in seasons. It was a long summer with Covid gone, then Covid coming back, and the lack of enough workers to properly man our stores. Somehow, we have weathered through. Despite all the problems, our sales have been off the charts, we have maintained a great core of employees and staff, and we have implemented new procedures that have improved our efficiencies both now and for the future. Our Career Training Centers are back open and we will continue to expand our services to as many people as possible.

With the coming of Autumn, there is the anticipation of cooler weather, fewer cas-

es of Covid, more applicants to choose from, and the turning of the page in the summer of 2021 because I know it was exhausting to many of us for the reasons mentioned. I want to thank all of you for being steadfast during trying times, not panicking, and for the resourcefulness you have shown. May we enjoy this holiday season and a well-deserved successful ending to the year.

EXECUTIVE CORNER

Goodwill has created a DIB Task Force which stands for Diversity, Inclusion, and Belonging that meets every two months. The mission of the Task Force is:

To provide a safe and respectful workplace that promotes trust, compassion, and belonging.

One of our core values here at GIBB is respect. If anyone on our team does not feel safe or respected, it impacts the entire team and our culture.

We are a diverse organization and celebrate our differences in race, gender, age, culture, and life experiences. To grow together, in October we will host "Celebrate You" which we hope will become an annual event.

We encourage every department to plan a meal or dessert celebration between October 24-31 and take time to learn more about each team member's background and what makes them unique.

One way to do this is to ask each team member to bring in a childhood picture and tell their story of how their childhood made them who they are today. This can be a great team-building exercise and a very powerful experience as well as a lot of fun! Please make sure to send in pictures for the Gazette and social media.

IN MEMORY OF

It is with a heavy heart that a long-time employee, Doris Conway, has recently passed away. Doris worked for 15 years at the Capital Circle Store as their linen processor and was known to us as Momma Doris. We send our prayers for healing and peace to Doris' family and friends.



SAFETY SECTION

October is a favorite month for many. This month we are going to cover some of the hazards the season can present and more importantly, how to avoid these hazards so this time of the year can be enjoyed to the fullest. Here are some basic tips for averting seasonal ailments and injuries:

- Get your flu shot! The earlier in the season the better.
- To help prevent the spread of COVID-19 and the Flu, wash your hands regularly and stay home if you are sick!
- Check smoke alarm batteries. Fall poses an increased risk of indoor fires.
- Make sure your heater is working properly before the chilly weather sets in.
- Be especially careful of space heaters. Do not leave them unattended and make sure there is enough room

around them.

- Be mindful of burning candles. We all love the fall's favorite smells but leaving a candle burning unattended could be disastrous.
- Plan your route for Trick or Treating. SLOW DOWN! Watch for other cars and pedestrians. Check all treats for open packaging and dangers before allowing children to "dig in".

Some questions to ask yourself might be:

- What are my favorite fall activities?
- How do I keep my family safe during those activities?
- How can I prepare for the upcoming cold season?

EMPLOYEE SHOUT-OUTS



Our employees Starla Monroe and Kallisa Batts with their one-year cake. Awesome employees at Centralized Processing in Tallahassee.



Dwight Duke was awarded Employee of the Year through Respect of Florida! Way to go Dwight!



Reggie Daniels has been with Goodwill for 10 years! Thank you for your service, Reggie!



Savannah Cole has been with Goodwill for over 10 years. She recently graduated with her Masters and will be taking a job utilizing her new degree! Savannah, we wish you the best!

The RIPPLE EFFECT of Mental Illness

Having a mental illness can make it challenging to live everyday life and maintain recovery. Let's look at some of the ways mental illness can impact lives — and how the impact can ripple out.



People with serious mental illness have an increased risk for chronic disease, like diabetes or cancer

PERSON



Rates of cardiometabolic disease are twice as high in adults with serious mental illness



18% of U.S. adults with mental illness also have a substance use disorder



At least **8.4 million** Americans provide care to an adult with an emotional or mental illness

FAMILY



Caregivers spend an average of **32 hours** per week providing unpaid care



21% of people experiencing homelessness also have a serious mental illness

COMMUNITY



37% of people incarcerated in state and federal prison have a diagnosed mental condition



70% of youth in the juvenile justice system have at least one mental health condition



1 in 8 of all visits to U.S. emergency departments are related to mental and substance use disorders



WORLD



Depression is a leading cause of disability worldwide



Depression and anxiety disorders cost the global economy **\$1 trillion** each year in lost productivity

Data from CDC, NIMH and other select sources. Find citations for this resource at nami.org/mhstats

NAMI HelpLine
800-950-NAMI (6264)



NAMI



NAMICommunicate



NAMICommunicate



www.nami.org



NAMI

National Alliance on Mental Illness

CARE CORNER

October 3-9 is Mental Illness Awareness Week. This year's national campaign is appropriately titled "Together for Mental Health" and focuses on raising awareness of mental illness, fighting discrimination, and providing support to those who have mental health conditions.

With 1 in 5 U.S. adults suffering from a mental illness each year, it's important to keep the conversation going! To educate yourself more on mental health conditions visit <http://www.nami.org>.

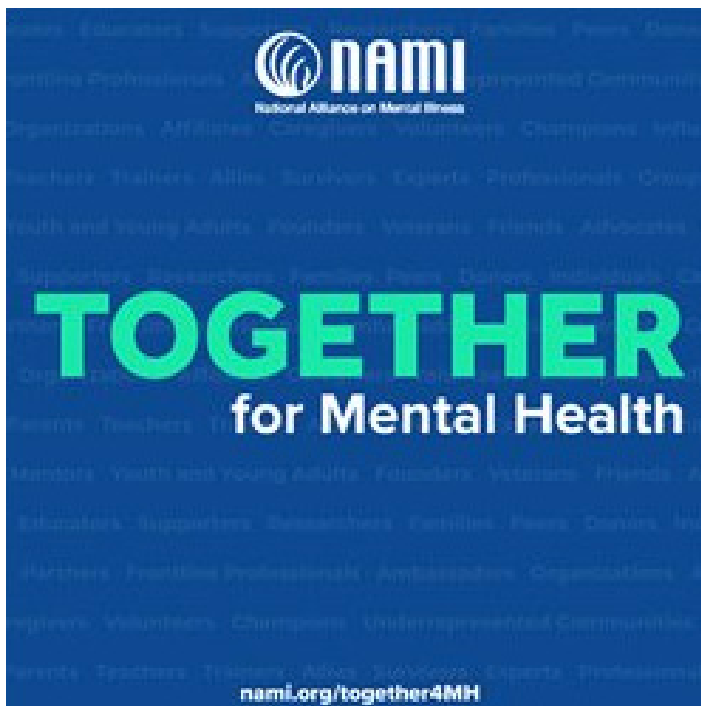
Take a look at these additional events:

Tuesday, Oct. 5: National Day of Prayer for Mental Illness Recovery and Understanding

Thursday, Oct. 7: National Depression Screening Day

Saturday, Oct. 9: NAMI Walks United Day of Hope

Sunday, Oct. 10: World Mental Health Day



BENEFITS FROM WELLBEING

Hundreds of research studies have proven, wellbeing doesn't just feel good – it's important for happier, healthier living:

- Optimism and positive emotions can reduce the risk of a heart attack by up to 50%. Optimism can be learned!
- Experiencing three times more positive emotions compared to negative ones leads to a tipping point

beyond which we become more resilient to adversity and better able to achieve things.

- Happier people live longer – potentially adding 7½ years to their lifespan.
- Our expression of positive emotions, such as happiness and optimism, influences the people we know, and studies show our positivity can be passed on to others.
- Having high levels of wellbeing has been shown to increase our immunity to infection, lower our risk of some mental health problems, reduce mental decline as we get older, and increase our resilience.
- A high level of wellbeing is as good for heart health and provides as much protection from coronary heart disease as quitting smoking does.

REMINDER: For all employees who have Homestead Insurance don't forget to download the app!

OCTOBER WORD SEARCH



APPLES
AUTUMN
BLACK CAT
CANDY
CIDER
CORNMAZE

COSTUMES
GHOSTS
GHOULS
GRAVEYARD
HALLOWEEN
HALLOWSEVE

HARVEST
HAUNTED
HAYRIDE
JACKOLANTERN
LEAVES
MASKS

PUMPKIN
SQUIRREL
TREAT
TRICK
WITCHES
ZOMBIES



Happy Birthday To All Our October Birthdays

| | | | | | |
|---------------------|-------|---------------------|-------|-------------------|-------|
| Lena Hall | 10/1 | Anthony Krakker | 10/16 | Laron Holland | 10/30 |
| Patrick Robinson | 10/1 | Alexandria Bowell | 10/17 | Alexandra Langley | 10/31 |
| Sarah Zeigler | 10/1 | Joseph Striplin | 10/17 | | |
| Taddren Wilbon | 10/2 | Shannon Harper | 10/18 | | |
| Janice Brown | 10/3 | Elizabeth Watson | 10/18 | | |
| Rosa Martinez | 10/3 | Terry Griffin | 10/19 | | |
| Gabriel Aldaz | 10/4 | Joshua Hull | 10/19 | | |
| Samuel Treadway | 10/4 | Vivian Hutchins | 10/19 | | |
| William Rodrigue | 10/5 | Amirika Moore | 10/19 | | |
| Brandon Lawrence | 10/6 | Michelle Carpentier | 10/20 | | |
| Hailey Mickel | 10/6 | Michelle Matt | 10/20 | | |
| Destiny Seaborn | 10/6 | Elizabeth Cooper | 10/21 | | |
| Sarah Bridges | 10/7 | Randall Curtis | 10/21 | | |
| Will Fisher | 10/7 | Eugene Larry | 10/21 | | |
| Ira Jones | 10/7 | Tony Lee | 10/21 | | |
| Andrena Curtis | 10/8 | Zoe Albrigo | 10/22 | | |
| Margarita Gonzalez | 10/8 | Roderick Murphy | 10/22 | | |
| Christian Funk | 10/9 | Jennifer Parrott | 10/22 | | |
| Lucia De Mascarell | 10/10 | Alicia Spears | 10/22 | | |
| Stephanie Defibaugh | 10/10 | Florine Willis | 10/22 | | |
| Christopher Hayes | 10/10 | Frank Martin | 10/23 | | |
| Dale Ponder | 10/10 | Maria Resendiz | 10/23 | | |
| Landon Rush | 10/10 | Darius Brown | 10/24 | | |
| Bobby Sutton | 10/10 | Lawrence Deshields | 10/24 | | |
| Wayne Harrison | 10/11 | Robin Adams | 10/25 | | |
| Carlos Jessie | 10/12 | Meryline Reynolds | 10/25 | | |
| Hilda Willis | 10/12 | Anthony Duhon | 10/26 | | |
| Sarah Donaldson | 10/13 | Marquel Galloway | 10/26 | | |
| Richard Aldrich | 10/14 | Alexis Jusino | 10/26 | | |
| Shayla Brown | 10/15 | Willene Sanders | 10/26 | | |
| Virgil Christopher | 10/15 | Sherrie Davison | 10/27 | | |
| Kamal Rasania | 10/15 | Sakhawat Islam | 10/27 | | |
| Susan Vignolo | 10/15 | Elena Maxon | 10/27 | | |
| Jeffrey Brown | 10/16 | Toby Jordan | 10/28 | | |
| Ariyanna Clark | 10/16 | Dianne Cruz | 10/29 | | |
| Aldeano Dehaney | 10/16 | Alyssa Bostick | 10/30 | | |
| Michael Horne | 10/16 | John Hebb | 10/30 | | |

Happy Anniversary

We appreciate your dedication and hard work every day!

| | | | |
|----------------------|----|-----------------|---|
| Griffin Shelfer | 19 | Ariyanna Clark | 1 |
| Thomas Thornton | 19 | Tamara Porter | 1 |
| John Lakey | 17 | Kevin Wilson | 1 |
| Wayman Favors | 12 | Clay Adams | 1 |
| Pamela Kelley | 12 | Angeles Moore | 1 |
| Barbara Miller | 11 | Dazie Hill | 1 |
| Betty Vita | 8 | Yenia Landinez | 1 |
| Alan Malnofski | 8 | Noraila Cuanas | 1 |
| Jane Spivey | 7 | Omayra Gonzalez | 1 |
| Michael Garrett | 7 | Jasmine Oliver | 1 |
| Diane Eyles | 7 | Mary Olson | 1 |
| Lori Gephart | 6 | Zachary Gardner | 1 |
| Shawn Workman | 6 | Freedom Vickers | 1 |
| Glenda Hebert | 6 | Mary Magwood | 1 |
| Marah Hansen | 5 | Naasir Henry | 1 |
| Michelle Matt | 5 | Tasha Bass | 1 |
| Thomas Dozier | 5 | Jacquelyn Cruz | 1 |
| Ernestine Washington | 4 | Anton Cooper | 1 |
| Heather Copeland | 4 | | |
| Sharilyn Brown | 3 | | |
| Elena Maxon | 3 | | |
| Brandon Harper | 3 | | |
| Christopher Taylor | 2 | | |
| Oliver Allen | 2 | | |
| Glenda Glenn | 2 | | |
| Ernest Adams | 2 | | |
| Shayla Brown | 1 | | |
| Kiya Adams | 1 | | |