

# PPRS News



## New Year, New Beginnings January

The month to make changes in today's world we are all so busy! Whether you make resolutions or not January is the month to think about what you want your year to look like. From financial to time management spend a few minutes for yourself and re-arrange your calendar to make a little more time or money for yourself.

**1**

### SCHEDULE IT

Schedule 15 minutes for yourself on your calendar each day. You are more likely to take it

**2**

### CARRY IT

Make an extra cup of coffee in the morning to take with you. You are less likely to spend

**3**

### DO IT

Even if it is only 5 minutes, take time to breathe, read, listen to music



## January Fun Facts

January is National Soup Month

Baking Month  
Bath Safety Month  
Blood Donor Month  
Braille Literacy Month  
Codependency Awareness Month  
Fat Free Living Month  
National Hobby Month  
Hot Tea Month  
Mentoring Month  
Oatmeal Month  
Slow Cooking Month

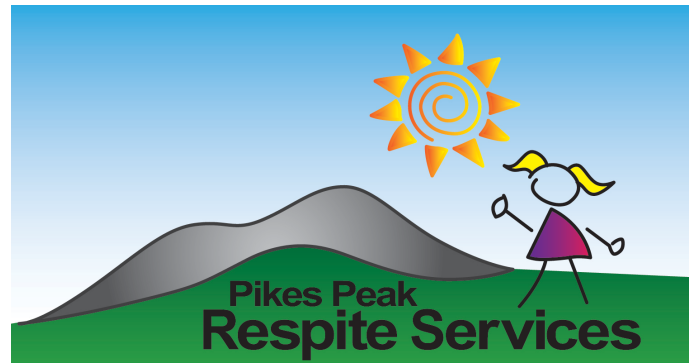
The only Shakespeare plays that mention January are A Winter Tale and Much Ado About Nothing.

## Dont forget:

Time Sheets and Visit Notes are Due Every Wednesday.

Ideas for PPRS marketing events in 2019?

**Referral Bonuses for New Contractors!**  
**\$25.00 after 90 days!**



## BEVERLY'S NOTES

Hi all! Welcome to 2019 with PPRS. We have so many exciting things coming up this year for our providers. We are starting this year PASA and HCA certified, we are consistently adding new providers, and we will be having live trainings.

Here in the office we are getting our summer calendar together. Do you do 5K runs? Have a special event that has vendors? My goal is to always help educate people about the amazing opportunities not only for working respite care but the benefits of receiving care. Please let me know if you would like to see us at an event and if you would like to be involved!

Thank you all for the amazing job you do and I am looking forward to a fantastic 2019! - *Beverly*

## January Birthdays!

Tiffany H

Lacey

Renee R

Kimberly S

Dawn W

Kesha W



## January Anniversaries

Rosalinda W 1 year

Elizabeth M 2 years

Selena S 1 year

Crystal A 1 year

Armour D 2 years

Rosalinda W 1 year