

# The SJOG NEWSPAPER



JANUARY ISSUE | Published by Mark Serock - *Work Warrior of the month*



## MEET THE PUBLISHER



Hi! My name is Mark Serock and I am this month's Work Warrior. I've worked at SJOGCS for 17 years.

At work you will find me at the shredder or packing up boxes. My favorite memory about working here is the annual Christmas parties! This year we had our first virtual Christmas party and although it was different it was very nice. When I'm not working at SJOGCS I like to enjoy time with family and go down the shore.

## MEDITATION TIPS WITH MARK

1. Create Your Space
2. Get Comfortable
3. Play Music or a Guided Meditation
4. Breathe Deeply & Slowly Both In and Out
4. Treat Yourself Kindly

## WELCOME STAFF

Please join me in extending a warm welcome to the following new Coworkers:

- Tyler Marioni – Skill Development Specialist
- Michelle Pitocco – ALPS Specialist
- Melanie Dito - Registered Nurse
- Aleida Vargas – Skill Development Specialist
- Kristie Thomas – ALPS Specialist
- Isabella Jones – Skill Development Specialist
- Nicole Bintliff - ALPS Sub
- Valerie Leonard- OT, Early Intervention
- Rose Stewart - Employment Specialist

## JANUARY EVENTS

- New Year's Day (1/1)
- Martin Luther King Jr. Day (1/11)



## 2021 CALENDAR

We are proud to present our agency Calendar for 2021! This year's calendar is interactive and can be enjoyed by all ages, as it includes coloring pages themed for each month. Visit our website to print your calendar today! Stay tuned for more information regarding the SJOGCS

Coloring Contest!



## ANGULO AWARD

We are happy to announce that the Angulo Award goes to **Jackie Rooney**. Congratulations Jackie on a job well done. Thank you for being an example of Hospitality! If you see Jackie make sure to say

CONGRATS!



## COVID-19 UPDATE

Don't forget to follow us on social media and visit our website [www.sjogcs.org](http://www.sjogcs.org) for the latest updates regarding Covid-19.

Visit the link below to view the CDC website so that you can stay up-to-date with the latest guidelines and restrictions. As always, if you are not feeling well, we encourage you to stay home and seek the advice of your Healthcare Provider.

[www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus)

Made With Love By: **Mark Serock**  
Hospitality | Respect | Quality | Responsibility | Spirituality