



The Continuum Connects NEWSLETTER



GIVE THIS SOME THOUGHT

Planning for the future. It's NOT just for Older Adults. Why. Not. You.



HENDERSON BROTHERS®
EXPECT AN EXPERT

Are you aware of DCCCI's Retirement Plan, which is offered to all employees? Are you preparing for your future?

The facility matches up to 1% depending on your contribution level. Empire is our Plan Sponsor through which your money would be invested. Henderson Brothers is a Fiduciary Group that helps manage our investments. They also offer you the opportunity to work with a Financial Advisor for FREE. To connect with our Representative, Benjamin Wasson, you may contact him at 412-754-3177. If you are interested in learning more, please get in touch with Mike, Human Resources Director.

DuBois Alzheimer's Walk Team

The Continuum will be participating in the DuBois Alzheimer's Walk again this year. Becki McCartney is the team leader and our team's name is TEAM REMEMBER ME. The walk is on September 14th at the DuBois City Park.

GET INVOLVED! WALK, DONATE, FUNDRAISE.

For more information scan here



Chamber After-Hours Mixer

It has been a few years since DCCCI has hosted an After-Hours Chamber Mixer with the help from our friends at the Greater Dubois Chamber of Commerce. We have made a few upgrades in both buildings in the past year that we are proud to show and tell. The mixer is scheduled from Thursday, October 17th from 4:00 to 6:00 pm. Guided tours will be offered during that time in both buildings, along with delicious appetizers, desserts, wine tasting, two basket raffles, and a friendly Corner Pocket Pool Competition at DuBois Village. We hope you will join us and show your pride towards your workplace.

Monthly Education Forums

AUGUST 9th at 1:30 pm - Adult Dental Health. **SEPTEMBER** 13th at 1:30 pm - Heart Health. **OCTOBER** 11th at 1:30 pm - Men's and Women's Health. Please join us! Questions? Call April 814.375.5483.

FREE to the community.

Parkinson's Disease Exercise Group

Meets the last Wednesday of every month at 3:00 pm, at DuBois Nursing Home. Premier Therapy Team members lead the group.

It's FREE and open to the community. Family members are welcome. Join us! If you plan on attending, please call Christiana to RSVP the Monday before the group meets.

DuBois Home Care

...DCCCI's affiliated company.

DuBois Home Care supports the dignity of all individuals and strives to create for each client, an independent way of life in the comfort and safety of their home. The home care aides provide help with personal care, household assistance, activities and scheduling. If help is needed, please contact **Morgan Surra at 814.375.3941.**

duboisccci.com

NEWS:

The Continuum cares about the future of our employees. Take advantage of DCCCI's Retirement Plan, which is offered to all employees. See the information flyer on back of this page for more details.

PEOPLE:

Strides Across Campus GEM Employee Support Program has been in operation since June of 2023. Our 3rd quarter 2024 GEMS so far: July, Nikki Tyger; August, Koreen Garcia; September, to be picked 9/4. **Keep Nominating: Go to our Website, Join Our Team, eGEM Nomination, fill out, click send.**

EVENTS:

August 23rd: DuBois Nursing Home Resident & Family Picnic at 12:00 noon or 4:30 pm. Invitations have been sent out. Remember to RSVP to Becky at 814.375.3948 by August 12th. **SEPT. 8 TO 14: National Assisted Living Week.** A full week of fun for the DuBois Village staff and residents. **SEPT. 13th: Mommy & Me Food Truck** from 10:00 am to 3:00 pm - DuBois Village Parking Lot. Open to all staff and the public. **SEPT. 14th: DuBois Alzheimer's Walk, DuBois City Park.,** begins at 9:00 am. **OCT. 17th: Chamber After-Hours Mixer** from 4:00 to 6:00 p.m., plus a surprise special event at 6:00 p.m., details to follow.

DONATIONS:

DuBois Continuum of Care Community is a Non-Profit Community. Hosting regular fundraisers is a requirement to help raise additional funds for added programs, exterior and interior facility enhancements, holiday gifts for residents and more. You can make a well appreciated donation by going to our website at www.duboisccci.com or call 814.375.9100.

The Journey Toward Financial Wellness

Benjamin Wasson, CFP®, MBA is available to support you with any aspect of financial planning. Ben can be reached at 412-754-3177 or at bawasson@hbretirement.com.

TOP FINANCIAL WORRIES

- 51% ...unexpected expenses (emergency savings)
- 38% ...personal debt (credit cards, student loans)
- 36% ...not saving enough (for short and long-term needs)

Source: Fidelity Investments®, 2020 New Year Financial Resolutions Study

Take advantage of **Venrollment!**
<https://venrollment.com/vv/dubois-continuum-of-care-community>



- Retirement Plan Overview Video
- Advisor Message Videos
- Educational Videos and Content
- Link to your Online Account
- Frequently Used Forms
- Scheduling link to speak with Ben

Scan with phone

Understanding and Pursuing Lifetime Savings Goals

Starting Out

- Emergency fund
- Budgeting basics
- Saving and investing in your employer retirement plan
- Debt strategies
- Identifying financial goals

Married/Kids

- College savings
- Financial risk management
- Beneficiary review

Mid-Career

- Savings assessment
- Maximizing benefits
- Investment/risk review
- Cash-flow management

Nearing Retirement

- Understand various accounts/investments
- Plan for retirement income needs
- Understand risk in portfolios
- Medicare & Social Security planning



HB RETIREMENT®

Securities and Retirement Plan Consulting Program advisory services offered through LPL Financial, a registered investment advisor, member FINRA/SIPC. Other advisory services offered through HB Retirement, a registered investment advisor. HB Retirement and Global Retirement Partners are separate entities from LPL Financial.

— Residents & Family —

Let's have a PICNIC!

at DuBois Nursing Home

**FRIDAY,
AUGUST 23, 2024**
 Lunch 12:00 pm or Dinner 4:30 pm
 — Please RSVP by August 12th —
 Call Becky Yasick at 814-375-3948

Outdoor seating will be set up. You have a choice of attending one of the times listed above. You will need to indicate resident you're attending with, number of people attending with them (please only 2 family members / friends per resident) and mealtime choice (only one mealtime per resident and guests.)

MENU: Choice of Pulled Pork Sandwich or Hamburger, Baked Beans, Cole Slaw, Corn on the Cob, Choice of Drink, and Ice Cream Sandwich for Dessert.



DCCCI is a Non-Profit Community.
 This organization is an equal opportunity provider and employer.

FOOD TRUCK

A variety of great food,
 not just cookies!
 Friday, September 13th
 from 10:00 am to 3:00 pm
 DuBois Village parking lot.
 Open to all DCCCI staff
 and to the public.

