

"The Butterfly Flyer"

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What's fluttering this month

"Notes from Lisa"

Royalty

Summer is almost over. I can't believe it, and soon the leaves will be falling. New season's mean new growth leaving the past behind and beginning again. With each new day brings, hope.

Hope to see things differently. The only real thing in the past that remains is all the love that was given and shared. This is our reality with God. When we hold onto past hurts we will continue the cycle of pain, but through forgiveness of ourselves and others that past is now bright because it holds only loveliness, which in turn makes today a fresh new start to begin again.

This is what a miracle is; "A miracle is a healed perception." Most of us hold on to all the hurts, thinking that letting the hurts go, will in some way condone the negative actions of other. We don't condone them, we forgive them, because that person can never feel our pain only we keep it and only we are the ones in bondage.

Forgiveness extends, love extends joy extends unforgiving thoughts bind and chain our spirit. Our spirit longs to be free of pain. Pain is not our natural state. Peace, Joy and happiness are our inheritance, and unless we choose these truths, we will listen to our own chosen thoughts.

Our own thoughts control all of our future outcomes. We manifest what we believe. Take for instance women in abusive relationships. It

always amazes me how some women end up in the exact same relationships as the one that ended before. The woman feels at home being told that she is no good, worthless and that she will never amount to anything. Those words must be familiar to these women. If women only knew their self worth they would NEVER settle for this.

You say, who would ever put up with being told these things, well someone somewhere must have told this little girl that, that is who she was. So, she seeks for the person or persons to reinforce this belief.

Until we see each other and ourselves as little children, we can not begin again; we must go back to move forward to the truth.

God created us like himself, we are royalties in his eyes. God doesn't make trash. All Gods creatures need to be told exactly who they are.

We are Gods Kingdom; we did not create ourselves. Let us begin in this new season; to let go of our own past beliefs about our brothers and us and except our inheritance of truth.

When we realize our worth we can now soar to where God would have

us be. And in turn see our brother anew. Jesus stood amongst the unworthy (in our eyes) to defend Gods truths. Let us stand for truth and take our gift to freedom.

P.S.

Let us remember September 11, 2001 as a recommitment to strengthening our faith in God, so it does not take another tragedy to get us there, Keep Awake America!!

God Bless,
Lisa

"Bonnie's Corner"

Dear Abundant Nurses:

It's back to school time for our children and for us. What can we do to continue to learn and grow? Seek out ways to stimulate and exercise your mind. Read a book, study the scriptures, take a course, discuss ideas and dreams. Just because we are getting older doesn't mean we should close the door on educational experiences. Our mind needs regular exercise just like the body. To keep the mind sharp and interesting you need to continue to learn and seek out new ideas. An educated mind sees the possibilities. Life is a classroom with many lessons to learn.

We are the students and are responsible for our learning. Keep the mind open for new opportunities to learn and grow. Keep on seeking.

Love, Bonnie



Creating Balance - Taking time out to take care of yourself!

Believe in Yourself

What is your self-perception? You are what you think about yourself. To have a healthy self-concept you must believe in yourself. You are a child of God. You have been blessed with many gifts.

I believe everyone has been given gifts from God. To have a healthy self-image we must focus on those gifts. My gifts are many but just to name a few; I am a people lover, and love encouraging them. It is natural to me. I love to help others to see how worthy they are. I also have a gift of hospitality. I love preparing and serving special foods for special occasions. I also have a green thumb and enjoy planting and creating gardens. What is your special gift?

If you don't know, try this simple exercise. Ask someone close to you to tell you what they like about you. Which of your qualities stand out as being special and unique?

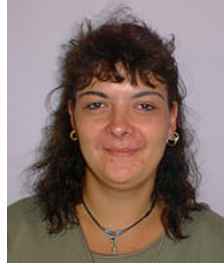
Everyone has a special gift to offer this world. Focus on what you are instead of what you aren't. Try to erase those negative tapes of failure and feeling unworthy. Keep reminding yourself of your successes, no matter how small. Think of your assets. Think of all that you do give to your family and others. Remember, how you feel about yourself is generally how others will view you. Boost your self-image and be a positive light!

Bonnie

How often do you hear yourself say "I won't", "I can't, or "I don't"? These statements are self-defeating. Start to be aware of the limitations we place upon ourselves and begin to replace those negative words with "I can", "I will", "I am", and "I do!"

You are the light of the world!
That is your only function
That is why you're here on earth
Just to be a light of the world.

EMPLOYEE FOR THE MONTH OF SEPTEMBER



"Melissa K. Kelley, CNA"

Melissa has been with us since October 2000. We received a phone call from a family member of a resident in a facility and stated that "her mother has just raved and raved about this Abundant nurse and she had to check it out herself." Being a nurse manager in another facility she witnessed Melissa's true and caring demeanor and that she goes up and above her daily tasks to make each resident feel special and loved. Also, an employee called to say that Melissa is a true team player when it comes to getting the job done and has a very positive helping hand. Thank you for all that you do Melissa, you are truly an Abundant Nurse.



Happy birthday wishes go out to the following employees:

Aimee S. Foulk, CNA
Sherry A. Moyer, CNA
Wendy S. Santiago, CNA
Candi L. Shellenberger, CNA

Congratulations and welcome aboard to the new employees who have joined us in August:

Letitia H. Brown, RN
Tracy L. Reem, CNA
Candi L. Shellenberger, CNA



Stars Program

The following employees were recognized for doing an outstanding job!

Lakes

Jessica L. Landvator (Shank), CNA

Moravion Manor

Nikki V. Barton, CNA

Maple Farms

Melissa K. Kelley, CNA

Late News Flash

Congratulations and best wishes go to Jenny La and husband Todd to the birth of their son, Seth Ian who weighed in at 7 lbs. 9 oz. Seth arrived on July 9, 2002 at 1:15 am.

Think Positive

There is a positive and negative side to every situation. Only you can decide which you would rather dwell on. You can complain about the rain or be thankful that it nourishes the earth. If you think you live under a black cloud - you probably will. If you have an upbeat attitude and see the good in people and things, good things will be more apt to happen to you. We sabotage ourselves so many times by negative thinking. Think positive and get positive results!

Believe

Believe in God and he will correct your perception.

"And I will bring the blind by a way that they knew not; I will lead them in paths that they have not known; I will make darkness light before them, and crooked things straight. These things will I do for them and I will not forsake them."

Isaiah 42:16

"And God shall guide you continually, and satisfy your soul in drought, and make fat your bones; and you shall be like a watered garden, and like a spring of water, whose waters do not fail."

Isaiah 58:11