

The Helping Hand

NEWSLETTER OF THE
MAXIM CHARITABLE FOUNDATION
DECEMBER • 2020



BRINGING IT ALL TOGETHER - MCF & THE HOLIDAYS

The Safer-At-Home Editions

Wrapping Up 2020 - The MCF Way!

We may all agree that the year of 2020 has been a challenge. Many have lost, some may have won, but we have all been affected by the grips of a worldwide pandemic and living in a country upended by a fight for racial equality. It really does not feel like a moment to see the glass as half full or make lemonade out of lemons, but we can try. This is not meant to minimize the harsh reality of an incredibly difficult year as many are struggling, feeling sad, scared, frustrated and broken.

In this time of reflection, we may naturally focus on the unfortunate happenings of this year, but we have to remember that there have been blessings along the way. Out of coronavirus came creativity in how we work, educate our children and socialize with each other. Out of quarantining we allowed bonus time with our family as well as the opportunity to complete small projects around our homes and in our neighborhoods. Out of activism came changes for the better.

As Maxim employees, we are fortunate that Maxim has continued to thrive throughout the pandemic with zero layoffs and has also supported their employees with the capability of working safely from home (if job responsibilities permit). To further support our team members and the inclusive culture of the company, MCF has gained an additional segment - The Social Justice Committee, where the Jim and Kim Davis Foundation and Maxim committed to 1 million dollars to go toward social justice causes within the community.

With your generous support, MCF has also continued to change lives and service not only our colleagues, but also the community that surrounds us. **This year, MCF has approved nearly 50 applications totaling over \$58,000 in grants to Maxim employees struggling through financial hardship.** This includes expedited grants to individuals adversely impacted by the COVID pandemic.



Images from: Maxim Virtual HR Holi-Huddle and Talent Resources Virtual Holiday Party

MCF has also:

- **Contributed over \$25,000 to our charitable partners through event sponsorships, in-kind donations, and grants** towards program initiatives such as the Ronald McDonald House Meals Program and the Howard County Food Bank's COVID relief fund.
- **Facilitated service days for Maxim employees** to provide volunteer support to Ronald McDonald House, BARCS, Helping Up Mission and more!
- **Collected and delivered in-kind donations** to Helping Up Mission, Ronald McDonald House, BARCS, and the Howard County Food Bank

This year, due to the pandemic, our annual holiday fundraisers - 12 Days of MCF (usually for Headquarter employees) and the Apple A Day fundraiser (usually for Field Office employees and Caregivers) were combined into one initiative to include all employees. **With your participation, MCF was able to raise \$22,196.51 in donations, which is double the amount from last year's numbers and the largest amount raised yet!** The funds collected will allow more assistance to Maxim employees in hardship and our community partners as we move into the new year.

**#Thankyouforyoursupport #TheMCFWay
#WrappingUp2020 #SomethingtoCelebrate**

Healthy Habits while under Quarantine

GET UP AND MOVE!

With Duane Brickhouse,
Homecare - VP of Finance, North & South

*Here are some exercises recommended by trainers to keep you moving despite not having any equipment and being thrown off your normal schedule.



Duane Brickhouse with his fur baby and micro-manager, Oliver

Mountain Climbers

Start in a traditional push-up position (hands flat on the floor with straight arms while toes are on the floor forming a straight line with your body). While engaging your core (keeping it tight) bring your right knee up to your right elbow, return it to the starting position and alternate by bringing the opposite knee to your elbow. Continue switching legs and set your speed based on your level of comfort with the movement. Perform the exercise for a set time period or a specific number of reps.

Mountain Climbers Modification

Start standing with hands flat against a secure wall, and legs hip distance apart. Slowly adjust your foot distance to the wall for your comfort level – the further away you are from the wall, the more difficult it will be. While engaging your core (keeping it tight) bring your right knee up to your right elbow, return it to the starting position and alternate by bringing the opposite knee to your elbow. Continue switching legs and set your speed based on your level of comfort with the movement. Perform the exercise for a set time period or a specific number of reps.

Are you doing your mountain climbers correctly and for the best results? [Watch Dr. Anthony Balduzzi from the Fit Father Project](#)



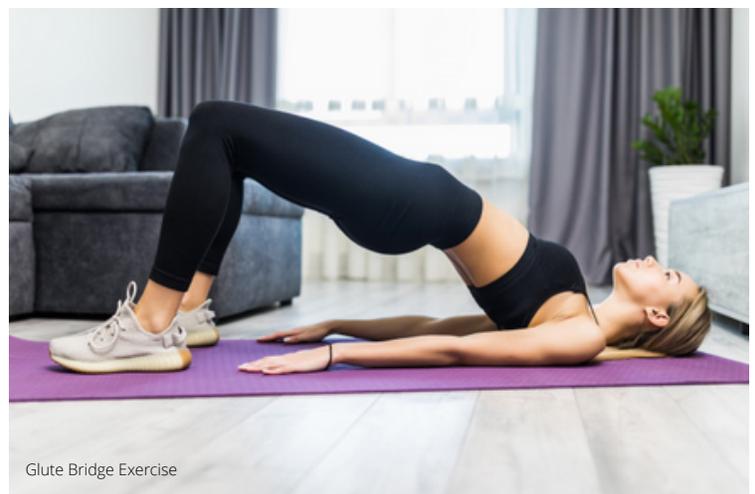
Mountain Climbers Exercise

Glute Bridge

Lie on the floor, face up with knees bent while your feet are flat on the floor and your arms are by your side. Lift your hips up off of the floor while driving your weight through your heels. Lower your hips back to the floor and repeat for additional reps. Add an additional challenge by lifting one foot off the floor and raising with one leg at a time.

Glute Bridge Modification:

Lie on the floor, face up with knees bent while your feet are flat on the floor and your arms are by your side. While pressing the small lower portion of your back against the ground, slowly lift your hips up off of the floor while driving your weight through your heels. Lower your hips back to the floor and repeat for additional reps. While doing this exercise, be mindful your weight is in the heel to help protect your knees, as well as relax your jaw/neck and shoulders on the ground during the hip lift.



Glute Bridge Exercise

Learn the proper way to do a Glute Bridge.

[Watch fitness expert, Charlee Atkins.](#)

*Please consult with your physician before using the suggested exercises and recipes mentioned within Healthy Habits while Under Quarantine. The suggestions are meant to aid in a more healthier lifestyle and not meant to prevent or cure any disease or physical condition. Maxim does not take responsibility for injuries during workouts.

WHITE HOT CHOCOLATE WITH GINGERBREAD

Say NO-WAY to regular hot chocolate this holiday. Try a warm and yummy beverage paired with this season's favorite cookie!

Prep Time: 1 min **Cook Time:** 3-5min **Total Time:** 6min. **Yield:** 2 Servings

INGREDIENTS :

- 2 cups whole milk
- 1 bag white chocolate chips
- 1 oz Gingerbread Syrup (store bought or *homemade instructions below)
- 1/4 tsp salt
- Gingerbread cookies for topping
- Mini marshmallows for topping

WHITE HOT CHOCOLATE INSTRUCTIONS:

- In a saucepan bring the milk to a gentle boil.
- Stir in the white chocolate chips and stir until melted.
- Stir in the syrup.
- Promptly pour into a mug and top with marshmallows and gingerbread cookies.

TIP:

For a 21+ adult beverage, stir in 2 oz bourbon when applying the syrup.

*To make the Homemade Gingerbread Syrup

Prep Time: 5 min **Cook Time:** 25min **Total Time:** 30min. **Yield:** 2 Cups **Calories:** 50

INGREDIENTS:

- 2 cups Water
- 2 cups Brown Sugar
- 2 Cinnamon Sticks
- 8 Allspice Berries
- 6 Whole Cloves
- 1 inch long Fresh Ginger (about 40 grams)

INSTRUCTIONS:

- In a wide sauce pan (medium size), bring to a boil sugar and water. Stir occasionally to help the sugar melt. Once boiling, reduce the heat and add the spices and ginger that you have peeled and sliced.
- Simmer for 20 minutes or until the syrup is infused with spices (taste with a spoon to see if you like it. Leave for longer, if needed).

TIP:

Gingerbread syrup should have similar consistency like maple syrup. Store in a clean jar/bottle sealed with a lid in the fridge. If stored properly, it can last up to 2 weeks. Sterilize jars/bottles if you want to give this as a gift. This recipe should yield about 2 cups of syrup. However, the longer you leave it simmer the more water evaporates so you might get less.



White Hot Chocolate with Gingerbread



Homemade Gingerbread Syrup

For the full Gingerbread white hot chocolate recipe [click here](#)

For the full Homemade Gingerbread Syrup recipe [click here](#)



Where MCF Kids Shine!

MCF KIDS

THE HOLIDAYS!



LJ Richardson, Son of Shannon Richardson, Dir. - IS Project Mgt. Office and fur brother Royce



John Decatur (3yr) enjoying his favorite holiday beverage - hot chocolate! Son of Ashley Decatur, Reimb. Spec III



Georgia Decatur (6 mos) shows off her smile and her Santa jammies! Daughter of Ashley Decatur, Reimb. Spec. III

HEY MCF KIDS!
WANT TO SHINE
IN OUR NEXT NEWSLETTER?
 We are looking for fun winter photos or artwork of you and your family or friends.
Submit your artwork or photo by January 13th

maximcharitablefoundation@maxhealth.com



Happy Holidays from Sasha (9yrs), her mother Sarah, and her father, Shawn Dean, System Admin. II

Want a Cool Holiday Craft Idea?

Glittery Mason Jar Snow Globes!

Snow Globe Supplies:

- Mason Jar with gasket lid
- Clear Elmer's Glue
- Snack cup (washed and dry) - optional
- Scissors
- Elmer's CraftBond Glue Gun + Glue Sticks
- Bottlebrush Christmas Tree or other miniatures
- Glitter



[Click here for snow globe instructions](#)



Liam (4yrs) is excited about Santa! Son of Erica Hollinger, HC Recruiter



Liam (5yrs) and Savannah (3yrs) (Children of Melissa Kratz, Cash Ap.) love spending time with cousin, Beau (1yr) (middle), Son of Melissa West, Billing & Collections

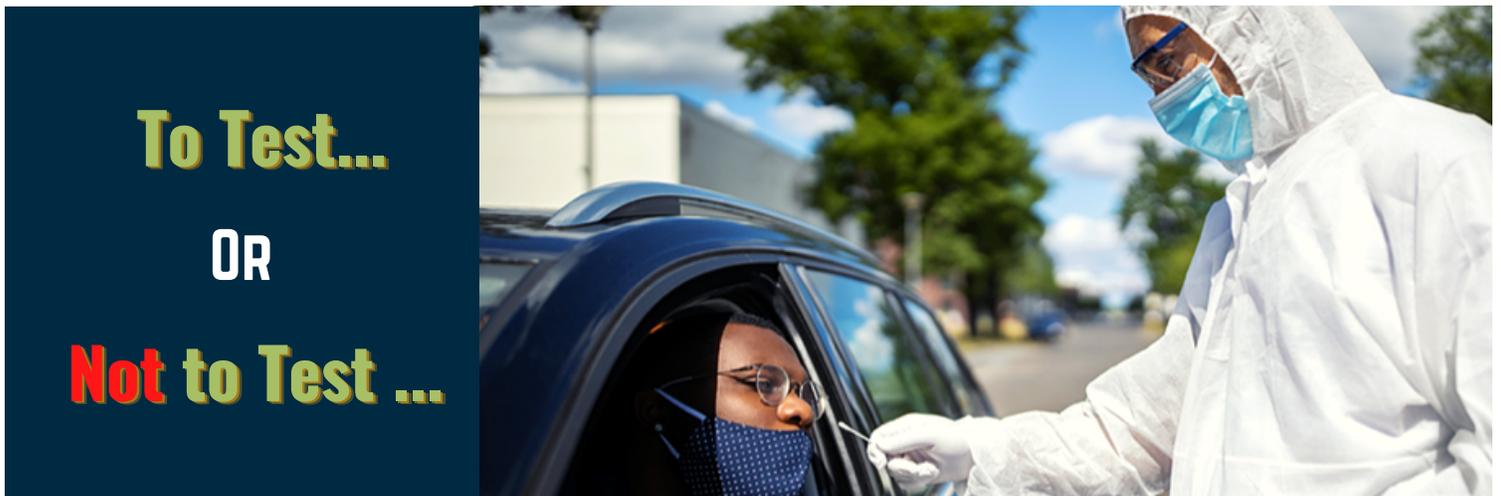


JD (4 yrs) and Abigail (1yr) are happy with their beautifully decorated tree! Children of John Howell, BDM



Twins Alan and Philip Abellar (5yrs) make memories decorating their family tree. Sons of Maria Abellar, CM

T A K I N G C A R E O F O U R S E L V E S



To Test...

OR

Not to Test ...

Although Coronavirus has shown to be one of the most deadly viruses of our time killing millions nationwide, many are still on the fence in regards to getting COVID tested. While many people with the virus have mild or no symptoms, it is still possible that they could be infected and pass the disease to friends, family and loved ones.

“Test avoidance appears to be a growing problem, at least anecdotally,” wrote Rita Rubin in a November issue of the Journal of the American Medical Association. *“Many of the same people who dismiss the need to test feel the same way about wearing a mask, in part because they think no one has the right to tell them to do either.”*

Each individual may have their own reasons for not wanting to be tested, but there are some common explanations for this phenomenon:

- **It’s an emotional topic** - “Many have seen people die from COVID-19 complications either in the news or their own personal lives, and the fear of those same outcomes may hold someone back from getting a confirmed diagnosis” said Sherry Benton, a psychologist and the founder and chief science officer of TAO Connect.
- **There’s a lot of fear** - This is avoidant behavior, which delays having to process any potential bad news, even when you are aware that delaying could make the situation worse. It’s an example of what therapists call “maladaptive” coping mechanisms.
- **The result may have financial implications** - In the absence of paid sick leave, many people cannot afford to miss paychecks, which has created dangerous situations as some workers continue to report for duty even after they’ve been infected.

- **They don’t want to feel guilty** - Beyond concerns about someone’s own health, a positive test result can also have implications for their close contacts.
- **They don’t want to have to isolate** - “A confirmed COVID-19 case would mean a quarantine period,” Sherry Benton noted. “The thought of being isolated for 14 days may be scary to some. We are naturally social creatures, so it is normal to want to avoid being removed from our friends and family.”
- **There’s a stigma associated with the virus** - Public scrutiny may cause people to blame themselves for testing positive and feel a sense of shame about their behavior, even if they followed public health guidelines fairly well. There are concerns that others may blame them for contracting the virus or think less of them.
- **They deny the reality of COVID-19** - There’s a lot of misinformation about the coronavirus, especially on social media. Many people latch onto false narratives, picking and choosing which public health guidelines to follow — or opting to ignore them altogether.

Although there are many reasons why people choose to not get tested, there is a definite reason why they should - to save lives.

You can visit your state or local health department’s website to look for the latest local information on testing. If you have symptoms of COVID-19 and want to get tested, call your healthcare provider first.

Pets are a very important part of our lives. They are our beach playmates, our walking partners, our cuddle buddies and our best friends.

MCF'S *Pet Stop*

MCF's Pet Stop is a place where we celebrate our pets.

They are our family too!



Shannon Cagle, FSM and fur baby Nana



A glamour shot of Kelly Ceron, Regional VP Clinical Operations and her fur baby Leo



Viktoriya Collinworth, FSS, husband Ryan, and fur baby Ash pose for a winter family photo.



Janiesha Menson, HC Recruiter, celebrate the holidays with her fur baby Buddy.



Say hello to Fur-siblings Bella and Eli! Fur babies of Shaniqua Lucas, Program Lead



Debbie Erwin, Area Director of Clin Serv. cuddle with fur baby Jake while hospitalized. Feel better Jake!



Jennifer Schultz / Reimb. Specialist and her 2 year old fur baby, Palmer

Feature Your Pet in *Pet Stop!*

SUBMIT YOUR PET'S PHOTOS TO BE FEATURED IN AN UPCOMING EDITION OF THE HELPING HAND

maximcharitablefoundation@maxhealth.com



Meet Eleanor and Rigby. Beautiful purr babies of Kristi Forrest, National RM

**DON'T FORGET TO
USE YOUR MAXIM SERVICE DAY!**



Maria Abellar, Clinical Manager at our Modesto office lead a team who donated \$150 in grocery gift cards and wrapped and provided items on the wish list for local children. #TheMCFWay

Follow the steps below to take advantage of this offering:

- 1.) **CHOOSE:** Find an opportunity for community service or volunteer work with a 501 c3 non-profit organization.
- 2.) **SUBMIT:** Complete the **Maxim Service Day Request Form** and submit it to your manager. Submit your Service Day request in eTime. **Click here** for help.
- 3.) **RECEIVE:** Receive approval from your manager. Make your request is in line with the following **approval guidelines**.
- 4.) **SERVE:** Enjoy your time volunteering! If your requested hours of service differ from your actual hours of service, please complete the bottom portion of **this form** and turn into your manager.

Still have questions? Refer to the **Maxim Service Day FAQs** for additional information.



**Help Team Members in need
as well as contribute to your community with
AS LITTLE AS \$1/WEEK!**

To participate in weekly payroll deductions
CLICK HERE

Please be sure to select ***“Weekly Donation”*** as the fundraiser and ***“Ongoing”*** as the length of time.

To make a one time donation. Click HERE

[Visit our donation page](#)

'tis the season

TO GIVE & RECEIVE



Browse our Amazon wishlist and purchase items to contribute to our partnering charitable organizations including; [Boys Hope](#) [Girls Hope](#) [Helping Up Mission](#) [Howard County Food Bank](#) [BARCS](#), and more! Simply place your order to be delivered to *Maxim Charitable Foundation*, and a member of the MCF team will deliver your donated items. **JOIN TODAY!**

**Purchase a qualifying item from our MCF wishlist
between 12/29/20 - 1/18/21 & enter our Virtual Donation Station
Winter Raffle to win one of these fabulous prizes:**

- GoPro Hero7**
- Bose Soundsport Wireless Earphones**
- Samsung Galaxy Tablet A7**

Here's How:

- Log on to the MCF Virtual Donation Station between 12/29/20 and 1/18/21 and select any item(s) from the wishlist to be delivered to MCF.
 - Send proof of purchase to **chhagert@maxhealth.com**
 - Each item purchased can be redeemed for 1 raffle ticket and 3 lucky winners will be drawn at random
- * If you would prefer to purchase a similar item through another retailer, please email proof of purchase to **chhagert@maxhealth.com** and ship item to:
- MCF c/o Chelsea Hagerty
7227 Lee Deforest Drive
Columbia, MD 21046

HOW WE HELP

This year, MCF adopted 2 families for the holidays!



Kamala (4yrs) and Gianna (1 yr)



3yr old twins Lovie and Zechariah

Adopting families  The MCF Way

amazon for MCF

AmazonSmile is a website operated by Amazon with the same products, prices, and shopping features as Amazon.com. The difference is that when you shop on AmazonSmile, the AmazonSmile Foundation will donate 0.5% of the purchase price of eligible products to MCF.

Every item available for purchase on www.amazon.com is also available on AmazonSmile at the same price. You will see eligible products marked "Eligible for AmazonSmile donation" on their product detail pages.

To support us, visit smile.amazon.com, then find the drop-down menu near the top and select **Maxim Charitable Foundation**. Amazon will remember your selection, and then every eligible purchase you make at AmazonSmile will result in a donation automatically . That's it!



MCF TEAM SPIRIT!

Meet our new Board Member - Jeremy Vanleeuwen

Jeremy Vanleeuwen, Director of Business Operations in San Diego County has been selected as our newest MCF Board Member! Jeremy has an extensive background in multiple charity events and organizations over the years. This includes the ALS Society of San Diego, Aicardi Syndrome Foundation, Miracle Babies 5K Walk, Miracle Babies Golf Tournament, Radys Children's Hero Event and the Ronald McDonald House. He was also a lead coordinator on an amazing team called Cecily's Closet.

Jeremy will join our newly developed Field Committee as well as our Outreach Committee. Welcome aboard Jeremy!

"I am truly passionate about the people we serve and value the contributions made by those in the corporation and want to ensure they are delivered efficiently and effectively." - Jeremy Vanleeuwen



Mike Campion



Bethany Fickle



Lakeisha Sneed



Carrie O'Brien



Sara Penniman

The MCF Field Committee

The **MCF Field Committee** has been formed to bring awareness of MCF within the field offices.

The Field committee partners with all Committees to successfully branch their ideas to the Maxim Field Offices. The Field Committee may also gather volunteers and other resources from the field to help better support MCF's Mission across all Maxim locations.

MCF would like to welcome Mike Campion as our new Field Committee lead. Congratulations Mike!

Contact the MCF Field Committee at maximcharitablefoundation@maxhealth.com

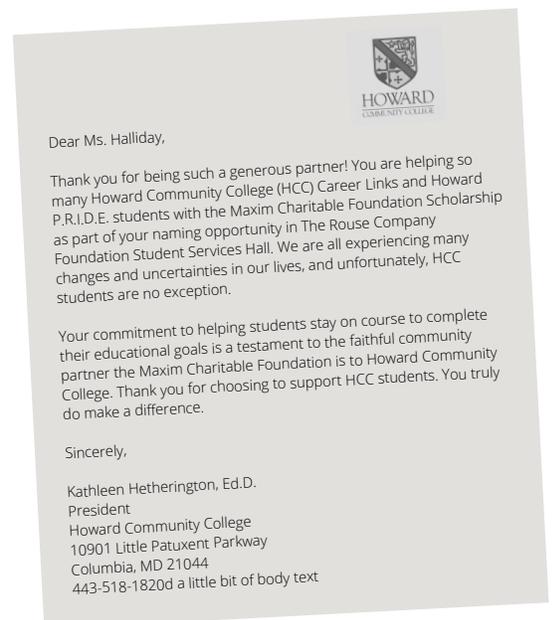
Shout out from Howard Community College!

In appreciation of our generous and faithful support of Howard Community College. MCF received a letter of appreciation from the President of the school!

The Maxim Charitable Foundation Scholarship has assisted with the continued education of many local scholars within the Howard County area. We are very excited to have been able to help students within our community reach their next level in educational excellence.

We can not do this without you!

MCF would like to thank you for your constant support of our purpose to give back and service our Maxim team members and the community that surround us.



We are Here for You!

WHO WE ARE

Maxim Charitable Foundation (MCF) is a volunteer-run nonprofit 501(c)(3) that provides assistance to Maxim Healthcare Group, Maxim Healthcare Services, Maxim Healthcare Staffing, employees and others facing financial hardships.

HOW WE HELP

MCF relies on donations from employees like you to help fellow employees and others in need. HQ and field office fundraising is our main source of financial support. To learn more about how you can help, email Bethany Fickle at befickle@maxhealth.com

WHO WE HELP

We continue to provide assistance to all of our employees especially those who are effected by COVID-19. Please continue to submit your applications and support the MCF objective of helping our Maxim employees in need.

[Learn more about Maxim Charitable Foundation](#)

MCF is a proud supporter of these extraordinary organizations.

