

# The Helping Hand

NEWSLETTER OF THE  
**MAXIM CHARITABLE FOUNDATION**

FEBRUARY • 2021



**CELEBRATING LOVE - THE MCF WAY**

## The Safer-At-Home Editions

### A Mother's Love

From Gina Olampo, Field Support Specialist

In July 2010, Gina Olampo faced one of the most challenging times in a young mother's life: her 3 1/2 year old daughter Kyanna was diagnosed with acute lymphocytic leukemia. Gina, a mother of 3, worked hard along with her husband, Keith, to provide for their family while her daughter battled the deadly disease. In and out of the hospital, Gina was inspired by the strength of her daughter. She did everything she could to uplift her daughter's spirits as well as her own. **"I needed to get her out of that cancer box. As a mom you have to. Adults tend to dwell on things - kids don't dwell - Kyanna knew she was sick, but she still wanted to be a kid,"** Gina stated in a recent interview. Gina, a veteran with Maxim, is all too familiar with this disease. She lost her identical twin to leukemia many years prior and feared losing her daughter to the same circumstance.

Kyanna showed tremendous strength as she underwent chemo for the next several years. With the mindset of a child, she wanted to play with her friends. She also loved sports and dreamed of playing softball. Although she could not participate in joining a softball league, Gina encouraged Kyanna to stay active and do gymnastics instead.



(Top Row (l-r)) Keith, Gina (Bottom row (l-r)) Bekah, Donovan, Kyanna

While experiencing the many days off, loss of pay, doctor's appointments, sleepless nights and busy days, out of the blue, Gina received a check from MCF. **"I didn't know about MCF until I received the check."** Gina's Account Manager had learned about MCF through a representative at a National Meeting and completed a MCF application on Gina's behalf.

Kyanna, now 14 years old and out of treatment since 2020, is doing just fine! She has joined a travel softball team and even met Michelle Smith, two-time Olympic gold medalist, softball pitcher and ESPN commentator! **"After all these years, My family and I are still so very grateful of MCF. With the support from MCF and coworkers it made our process with my daughter a little easier. Thank you so much!"** - Gina Olampo

With your donations, MCF has been able to provide assistance to hundreds of Maxim employees and their families in need as well as contribute to local charities.

To learn more about MCF and how we assist others **visit our website**. To review the Guidelines and submit an application for assistance **click here**.

*(You will need to connect to VPN in order to view the Guidelines and Application).*

## Then & Now



#TheMCFWay

# Healthy Habits while under Quarantine

## GET UP AND MOVE!

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

\*The toe touch crunch exercise is great for building stronger abs. This exercise is recommended by trainers to keep you moving despite not having any equipment and being thrown off your normal schedule.



Toe Touch Crunch Exercise

### We want to hear from you

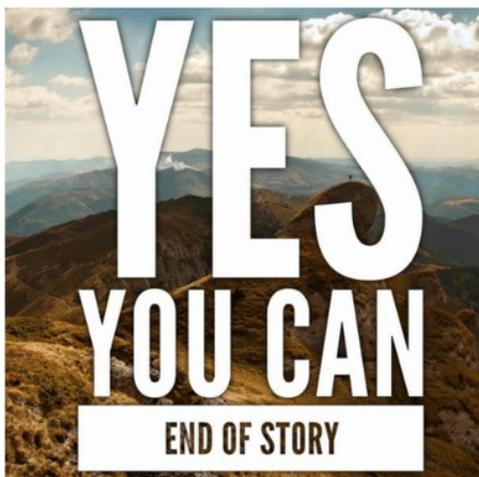
Share your favorite workout to!  
Submit your workout and photo to  
[maximcharitablefoundation@maxhealth.com](mailto:maximcharitablefoundation@maxhealth.com)



### Toe Touch Crunch

Lie on your back with your legs straight up, perpendicular to the floor. Raise your hands up so that they are parallel to your legs. Stretch to reach your toes by contracting your abs and raising your head and shoulders off the floor. Hold for a count and return to the starting position. Repeat for reps or try a different challenge by holding for a count of 5 seconds or more. As you practice and improve try to increase the number of reps that you are doing or hold for additional time.

**Modification:** Lie on your back with one leg straight up in the air, and your other leg resting in a bent position with foot flat on the floor. Raise your hands up so that they are parallel to your lifted leg. Stretch to reach your toes by contracting your abs and raising your head and shoulders off the floor. While lifting head, be mindful not to strain neck further than a comfortable range. Hold for a count and return to the starting position. Repeat for reps or try a different challenge by holding for a count of 5 seconds or more.



## LET'S DANCE !

### FREE LIVE STREAMED ZUMBA & CARDIO DANCE CLASSES THROUGH MAY!

Every Monday & Wednesday (6:30-7:30 pm)  
Friday (6:00-7:00 pm)

- Classes are streamed on YouTube
- 30-minute practice session before each class for beginners
- A live chat allows everyone to interact before, during, and after class

To join email: [jeffgoldstein@ncesse.org](mailto:jeffgoldstein@ncesse.org)

\*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.

## CHEESECAKE STUFFED STRAWBERRIES

Hello strawberry cheesecake lovers!  
Looking for a low-calorie replacement for strawberry cheesecake? Try these delicious bite-sized treats.

**Prep Time:** 15 min **Cook Time:** 0 min  
**Total Time:** 15 min. **Yield:** 10 - 12 strawberries (depending on size)

### INGREDIENTS :

- 1 pound large strawberries
- 8 ounce block cream cheese, room temperature
- 1/4 cup powdered sugar
- 1 teaspoon vanilla bean paste (or extract)
- Graham cracker crumbs

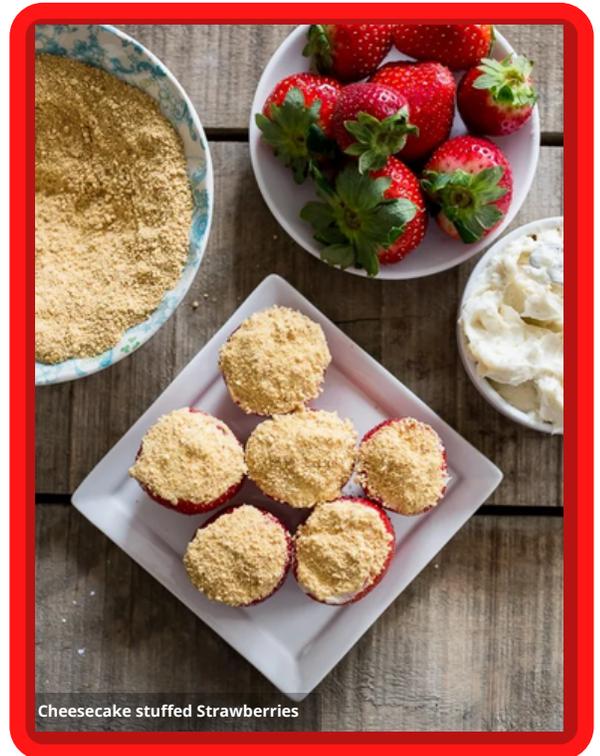
### INSTRUCTIONS :

- Rinse strawberries and cut around the top of the strawberry, leaving a nice hole to fill the strawberry with filling.
- If the inside of your strawberry is not hollow you can use a small knife and clean out some of the inside. If you are using large strawberries they tend to be hollow in the middle
- Continue until all the strawberries have been prepped.
- After the strawberries are prepped add cream cheese, powdered sugar and vanilla bean paste (or extract) to a bowl.
- Mix together until smooth and fully combined.
- Add mixture to a piping bag and fill the inside of the strawberries until the filling reaches the top of the strawberry. If you do not have a piping bag, fill with a spoon.
- Dip the top of the strawberry in graham cracker crumbs.

### TIPS :

- If you would like your strawberries to stand upright (like you see in the picture) slice a tiny section off the bottom.
- Feel free to add mix-ins to the cream cheese - lemon zest, flavored extract or even mini-chocolate chips.
- These are best tasting the day they are made.

For the full recipe, reviews and demonstration video [click here](#)



Cheesecake stuffed Strawberries

**WANT TO SHARE YOUR FAVORITE RECIPE?**  
Submit it to  
[maximcharitablefoundation@maxhealth.com](mailto:maximcharitablefoundation@maxhealth.com)



Conversation Cuties

### Introducing Conversation Cuties!

Conversation Hearts are a classic Valentine's day candy but they do contain a ton of sugar. Half the fun of enjoying Conversation Hearts is reading the cute little messages that are printed on them. For a much healthier option, you could try creating these conversation cuties for your kids. This is a great idea for Valentine's Day but also a cool idea all year round!

This idea is simple but your kids will still love it. Simply write a loving little message on a clementine and send it in your kid's lunch box or keep in a bowl on the dining table. Your children can read their message and then enjoy a naturally sweet treat!

Idea borrowed from [forkly.com](http://forkly.com)



Where MCF Kids Shine!

# MCF KIDS DOING WHAT THEY LOVE



Kids Corner Valentine MVP!

Kambree Diehl (8) was featured in her local newspaper for not only writing but also delivering Valentines to essential workers! [CLICK HERE](#) to read the story. Kambree, YOU ROCK!



Amelia (10) and Wyatt (7) love snow tubing with their mother, Talya Rosander - FSS



Just a girl and her pup - Sasha (9) and fur brother Bailey (3) love relaxing and spending time. Daughter and fur baby of Shawn Dean - Sys. Admin. II



Seth (17mo) love helping out with yard work! Son of Tara Campbell - Asst Contr.



Budding actors - 6 year old twins Alan and Philip LOVE playing dress up and getting into their characters! Sons of Maria Abellar - MSN,BSN, RN, CM



The best way to enjoy winter! Kambree (8) loves to swim with her grandparents. Granddaughter of Jody Wedebrook - On Call Corr.



3 yr old old Amari loves to play in the snow and built his first snowman! YAY! Grandson of Aisha Jacobs - Team Lead., Admin Svc.



Teagan (9) and Jake (12) pose for a photo while snowboarding. Children of Nikki Burn - Travel & Meetings Coord.



Serenity (9) and Brock (4) love tending to all the animals on their family farm! Children of Illora Reed - FSS



HEY MCF KIDS! SHINE

IN OUR NEXT NEWSLETTER?

Do you have a lucky hat, toy, blanket, pet, etc? Share them with us!! We are looking for photos or artwork of your lucky charms!

Submit your artwork or photo by March 19th!

maximcharitablefoundation@maxhealth.com

MCF

# HEROES

ON THE FRONTLINE

Let's take a moment to celebrate a few Maxim employees who continue to battle the front line in the office during the fight against COVID-19. While some of us work safely from our homes, caregivers and those who continuously report into Maxim offices risk exposure everyday.

Thank you for your excellent and brave service!

**#MCFHeroes**



**Cheja Tucker - Corp Recruiter I**  
Location: HQ



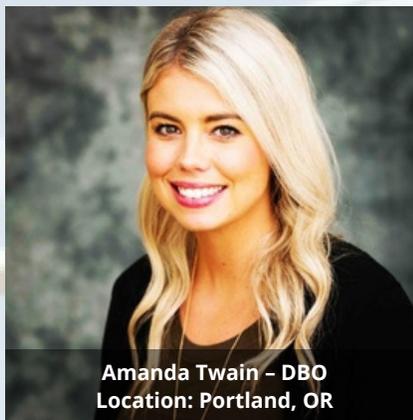
**David Coats - VP of Strategic Staffing and Business Lines**  
Current Remote Location: Tampa, FL



**Hanh Nguyen - BDM**  
Location: Gardena, CA



**Kurt Sigler - DBO**  
Location: Spokane, WA



**Amanda Twain - DBO**  
Location: Portland, OR

**KEEP THE SUBMISSIONS COMING!**

**Would you like to spotlight a Maxim team member on the front line?**

Send a photo along with the team member's name, title and location to  
[MaximCharitableFoundation@maxhealth.com](mailto:MaximCharitableFoundation@maxhealth.com)

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



# Masks

## & HEARING LOSS

**As we continue to live safely through the Covid-19 pandemic**, the Centers for Disease Control and Prevention (CDC) continues to recommend cloth face coverings for everyone when out in public. Adjusting to the new normal of face masks may be difficult for all of us, but it may be especially challenging for individuals with hearing loss. As critical as they are to our collective health, face masks can make conversation a little harder — or at least less comfortable — for everyone. But those with hearing loss face greater communication challenges when facial expressions disappear under two layers of cotton and lip-reading becomes impossible.

**For those of us with better hearing, wearing a face mask can attenuate sound by up to 10 decibels.** That's a lot, especially when there's ambient or background noise. Whether we realize it or not, we all rely on facial cues, expression, and emotion to help us understand spoken conversation. **"Speakers often naturally try to compensate by projecting, but a more effective approach is to speak more clearly, with greater enunciation,"** explains [Nicole Marrone, PhD](#), associate professor in Speech, Language, and Hearing Sciences at the University of Arizona. The potential fallout is significant, especially because **"about 70 percent of people over 70 have some hearing loss, whether or not they own it,"** says [Jan Blustein, M.D.](#), a professor of health policy and medicine at New York University's Robert F. Wagner Graduate School of Public Service, who notes that many were struggling to communicate at the grocery store or in social situations before masks were introduced.

**Wearing hearing devices along with a mask during covid has been a greater challenge.** Many hearing aid users have a behind-the-ear (BTE) style hearing aid, where the processor sits behind the pinnae. That space behind your ear can get pretty crowded, especially if you also wear glasses or an oxygen tube. We find that many BTE-wearing hearing aid patients are hesitant to wear their hearing aids while wearing a mask because they are concerned that the hearing aids might fall out and become lost or damaged as they take their face mask on and off.

**If you're worried about losing your BTEs while you wear a mask, consider purchasing a face mask that ties behind the head and neck.** If you prefer the masks with ear loops, you can also purchase an ear saver that rests on the back of your head and provides a location besides your ears to hook the mask onto. These are typically made out of fabric or plastic. If you're looking for a fun quarantine project, you can even make the face mask or ear saver yourself!

**Another option for the hearing impaired is to download a speech-detection app (such as Otter.ai, Google Live Transcribe or Interact-Streamer) for your smartphone or tablet** that transcribes what's being said into text in real time. If someone who's wearing a mask is talking to you, use your device to capture their voice (while following social distancing guidelines), then read what the person is saying on your smartphone screen. This is similar to the closed-captioning feature on your television.

**We are in this together!** Follow these tips, or pass them along especially when talking to someone with hearing loss, to improve communication:

- **Reduce the room's noise and get the person's attention.**
- **Ask if the person can hear you.**
- **Speak slowly and clearly.**
- **Do not shout.**
- **Make sure hearing aid wearers are using them.**
- **Consider using a portable hearing aid amplifier, especially if you're in a medical setting where communication is very important.**
- **If you're not understood, try to rephrase what you said with different words.**
- **Take turns while speaking.**
- **Do not talk while walking or looking away.**

**[Click Here for more Tips!](#)**

Working remotely with hearing loss:  
Tips for virtual meetings

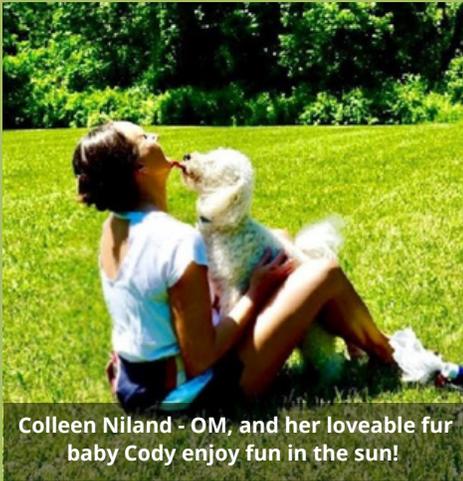
Pets are a very important part of our lives. They are our beach playmates, our walking partners, our cuddle buddies and our best friends.

# MCF'S *Pet Stop*

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



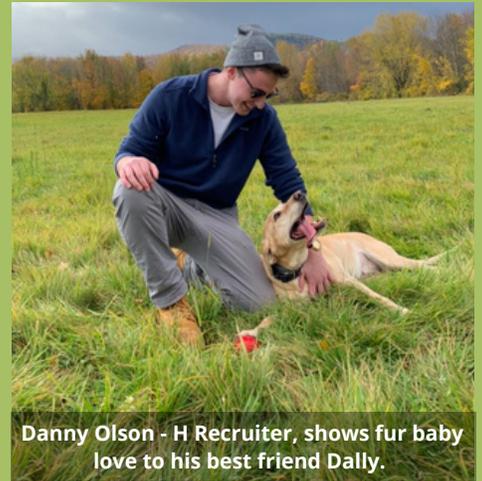
They are our family too!



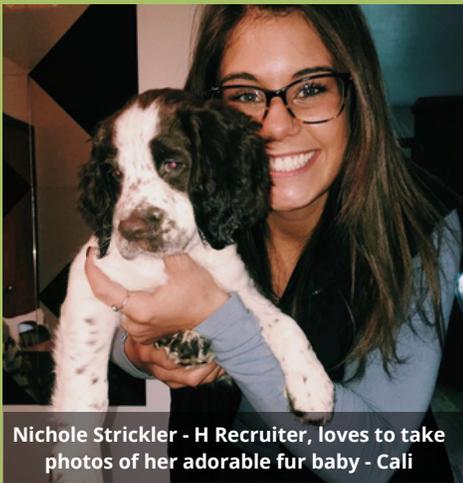
Colleen Niland - OM, and her loveable fur baby Cody enjoy fun in the sun!



Family time is everything! Alex Larson, Sr. - BDM, and his family love spending time with fur babies Kiowa and Piper



Danny Olson - H Recruiter, shows fur baby love to his best friend Dally.



Nichole Strickler - H Recruiter, loves to take photos of her adorable fur baby - Cali



Meet Gonk, this handsome fella is the 1yr old fur baby of Taylor Orendorff - Staffing Team Lead



Samantha's future is so bright - she has to wear shades! Fur baby of Bentley M. Skinner - RN/CM #LOVEIT



Jearlean Taylor - Receptionist, makes quarantining fun by entertaining her purr baby Tasha with funny faces.

## 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



Andrew Miles - DBD, loves to wear matching apparel with his fur baby Freckles

## HOW WE HELP



### VIRTUAL DONATION STATION RAFFLE

The first-ever **Virtual Donation Station Winter Raffle** was a success! With your generous contributions, we were able to deliver over eight boxes of desperately needed items to charitable organizations including **Helping Up Mission, BARCs** animal shelter, **Ronald McDonald House, Howard County Food Bank**, and more! While the raffle has come to a close, the needs of our charitable partners have not; please continue to support the virtual donation station whenever you can!

*"Thank you so much Jeff (and team)! "Recipient" was in tears of joy after learning the news and is extremely grateful, as am I." – Maxim BDM*

## amazonSmile 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!





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](#)

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

[Visit our donation page](#)

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

Follow the steps below to take advantage of this offering:



...from the office of Modesto, CA #TeamModesto

- 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.

## MCF SERVICE DAY PLAYBOOK

ON PULSE!

You will receive:

- X Service Day Suggestions
- X MCF Service Day Opportunities
- X Group Service Day Pair-Ups
- X Get MCF SWAG bags & Prizes

And Much More!

# COMING SOON!



[VISIT MCF ON PULSE!](#)

# MCF TEAM SPIRIT!

## The MCF Field Committee

The **MCF Field Committee** is a new committee formed in 2020. It was created to bring awareness of MCF within the field offices. The Field Committee partners with all Committees to successfully branch their ideas to the field offices. The committee also gather volunteers from the field to help better support MCF's mission across all offices.

Contact the Field Office Committee at [maximcharitablefoundation@maxhealth.com](mailto:maximcharitablefoundation@maxhealth.com)



Mike Champion



Bethany Fickle



Jeremy Vanleeuwen



Carrie O'Brien



Lakeisha Sneed



Sara Penniman

# MCF

love

Is in the AIR!

**CONGRATULATIONS** to MCF Vice President Bethany Fickle, who recently became engaged !

#MCFLove2021



# 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.**

