

# The Helping Hand

NEWSLETTER OF THE  
**MAXIM CHARITABLE FOUNDATION**  
JANUARY • 2021



**2021 - CELEBRATING A NEW BEGINNING - THE MCF WAY**

## *The Safer-At-Home Editions*

### **Bringing In the New Year with A Shout Out!**

From Deborah Carroll, Echocardiographer

Over the past few years, Deborah Carroll has experienced and overcome many challenges. In October 2018, while on a Maxim assignment, her Panama City, FL home was destroyed following Hurricane Michael, the first Category 5 hurricane to strike the United States since Hurricane Andrew in 1992. Deborah, an Echocardiographer and 30 year veteran in the Healthcare field has been with Maxim since 2017 and is the primary "bread winner" of her family. Her strength and determination allowed her to push through the devastating event as she kept things moving forward.

In February 2020 Deborah recovered from a 90% blockage/carotid surgery that was discovered while on assignment during a training session at McLeod Health Cheraw, SC. Within a month, she was back on contract helping the community in Gridley, California. Deborah's passion to serve had also helped her to heal.

Later that year in October 2020, Deborah needed another unexpected surgery. This time, without her knowledge, her recruiter and friend, Brendon Porges submitted an application to MCF for assistance on her behalf. After receiving the help she needed, Deborah was so excited and extremely grateful. **"We've worked so close together for so long and I thank you for all you do"**, Deborah mentioned in a thank-you letter that she had written to Brendon and MCF. **"Brendon didn't even ask me if I needed anything, he just knew I needed help and applied on my behalf to MCF. My new year wouldn't be what it is going to be without MCF."** She mentions how she feels "appreciative" to work with a recruiter and organization that really care about "people". In that same letter, Deborah went on to express full gratitude to the entire MCF family - **"I give thanks to so many people that work with Maxim Charitable Foundation for being there for me financially, and being personally supportive. Everyone truly cares and I've seen this on more than one occasion."**

*"Debbie has consistently contributed to, and actively lived out, Maxim's Purpose Statement of Caring, Serving and Enriching Lives. I know that she has enriched mine". - Brendon Porges, ROM*



A proud member of the Maxim family, Deborah states **"Having MCF and the company behind me and supporting me during this time makes it easy to be connected with Maxim and stay with Maxim. I want to retire from Maxim"**.

In a recent interview, we asked Deborah about her feelings in regards to the new COVID vaccine. **"I am ready to get it as quickly as possible. I don't want to wait and see what happens to others, I want to get it as soon as it's available. It can't hurt, it can only help."**

The MCF family take pride in improving the lives of Maxim Heroes as well as serving the community. We are looking forward to assisting more families in 2021 and continuing to spread positivity throughout this year and in the future. **#TheMCFWay**

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).*

# 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



Burpee Exercise

### Burpees

Start in a squat position with knees bent & back straight. Lower your hands to the floor slightly inside of your feet. Keeping your weight on your hands, kick your feet back so that you are in a pushup position. Bring your feet back to their starting position and stand up returning to your starting position. Repeat the movement for a set number of reps or for time. Make the movement more challenging by performing a pushup while in the pushup position and/or by raising your hands when you return to the starting position and jumping into the air. You can also step your feet back as opposed to jumping if needed.

**Modification:** Start by standing on a padded surface. Slowly lower to belly-side flat on ground. While laying on your belly with toes pointed, reach arms overhead. Slowly raise arms and legs 2 inches parallel to the ground, and hold for 5-15 seconds (modify for your comfort level). Once flat on the ground again, slowly move to standing position and reach arms overhead. Repeat the movement for a total of 2 sets of 10 reps, or 2 sets of 60 seconds.

Learn the proper way to do a Burpee (even for beginners) as well as additional modifications, breathwork and more with fitness expert [Charlie Atkins!](#) **CLICK HERE**



Wall Sit Exercise

## FAMILY FITNESS

### 7 Exercises for Kids to build Strength, Coordination and MORE!

with Dr. Anthony Balduzzi, Founder of Fit Mother Project and Fit Father Project

**CLICK HERE**

### Wall sit

Lean against a wall and slide your back down until your thighs are parallel to the floor. Keep your knees above your ankles with your back flat against the wall. Hold for time. Challenge yourself by increasing the amount of time. Adjust the exercise for comfort by keeping your thighs above parallel.

**Modification:** Lean against a wall and slide your back down until you've found a comfortable midway point between standing and thighs parallel to ground. Adjust the exercise for comfort by keeping your thighs above parallel. Keep your knees above your ankles with your back flat against the wall. Ensure your knee stays behind your toes while putting most of your weight in your heels. Hold for 15-20 seconds. Challenge yourself by increasing the amount of time.

\*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.

## BREAKFAST EGG MUFFINS

Want an easy-to-make meal low in carbs and filled with protein? Check out these delicious and versatile egg muffins. Load up on your favorite veggies for maximum flavor. Try them for breakfast, brunch, lunch or a great snack!

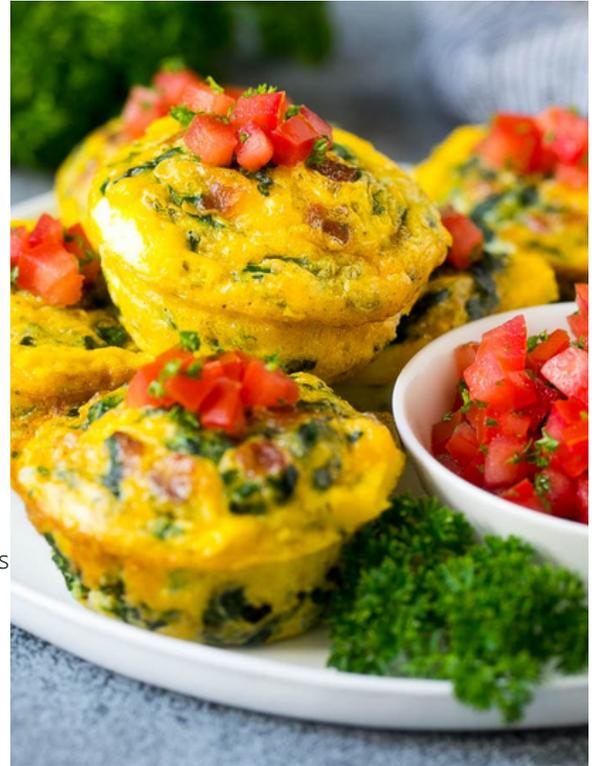
**Prep Time:** 5 min **Cook Time:** 15 min **Total Time:** 20min. **Yield:** 6 Muffins

### INGREDIENTS :

- cooking spray
- 6 eggs
- salt and pepper to taste
- 1/2 cup cooked chopped spinach excess water removed
- 1/3 cup crumbled cooked bacon
- 1/3 cup shredded cheddar cheese
- diced tomatoes and chopped parsley (optional garnish)

### INSTRUCTIONS :

- Preheat the oven to 375 degrees.
- Coat 6 cups of a muffin tin with cooking spray or line with paper liners.
- Crack the eggs into a large bowl.
- Use a hand mixer or a whisk to blend the eggs until smooth, this will take less than a minute.
- Add the spinach, bacon and cheese to the egg mixture and stir to combine.
- Divide the egg mixture evenly among the muffin cups.
- Bake for 15-18 minutes or until eggs are set.
- Serve immediately or store in the refrigerator until ready to eat. Top with diced tomatoes and parsley if desired.



Egg Muffins

### EGG MUFFIN VARIATIONS:

**Protein:** Ham, pork/turkey sausage, chicken, chorizo, ground beef

**Cheese:** Monterey Jack, swiss, mozzarella, fontina, pepper jack, feta

**Veggies:** Mushrooms, bell peppers, onions, kale, broccoli, artichokes

### NUTRITION

Calories: 129kcal | Carbohydrates: 1g | Protein: 10g | Fat: 10g  
Saturated Fat: 4g | Cholesterol: 200mg | Sodium: 220mg



### TIPS FOR EGG MUFFINS

- This recipe can easily be doubled to feed a larger crowd.
- To save on prep time, buy pre-cooked bacon and pre-shredded cheese.
- Use fresh spinach that's been cooked and then squeezed to remove excess water.
- When using thawed frozen spinach, just be sure to drain all of the water out.
- Be sure to grease your muffin tins well so that your egg muffins don't stick to the pan. Alternatively, you can use silicon cupcake liners in your pan.
- Looking to save a few calories? Use 4 egg whites and 3 whole eggs rather than 6 whole eggs.

### REFRIDGERATOR / FREEZER STORAGE:

- These egg muffins keep in the fridge for 3-4 days. If you have any left over, you can always freeze them for another day, then reheat in the microwave when you're ready to enjoy them. Egg muffins will keep in the freezer for up to 2 months.
- Store them in individual airtight containers and when ready, reheat for 25 seconds in the microwave.

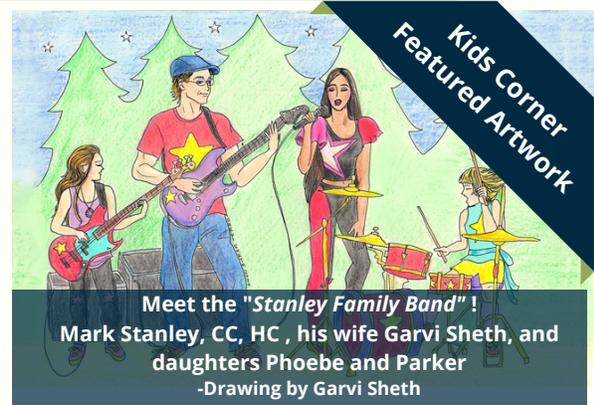
For the full recipe and demonstration video [click here](#)



Where MCF Kids Shine!



MCF KIDS



# THE HOLIDAYS & WINTER PLAY



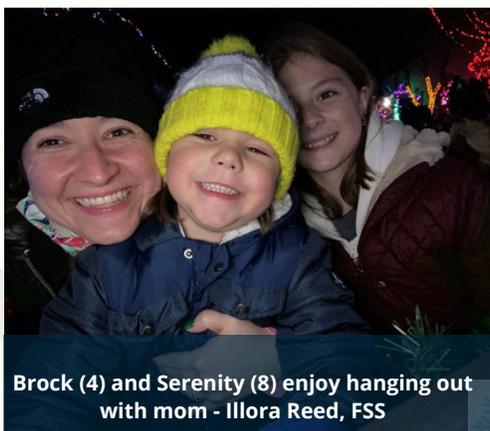
**HEY MCF KIDS!  
WANT TO  
SHINE  
IN OUR NEXT NEWSLETTER?  
SHOW SOME LOVE!**

♥ ♥ ♥

We are looking for fun photos or artwork of you and your favorite toys or playing your favorite sport.

**Submit your artwork or photo by February 12th!**

[maximcharitablefoundation@maxhealth.com](mailto: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 during the fight against COVID-19. While some of us work safely from our homes, caretakers and those who continuously report into the office risk exposure everyday.

Thank you for your excellent and brave service!

**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)



Patricia Gurule LPN and Silena Foley RN, CS  
Location: Pueblo, CO



Edison, NJ  
SUPERSTARS!



Carlos Delgado, LPN  
Location: Edison, NJ



Uloma Iheanachor, LPN  
Location: Edison, NJ



Adriana Podhajeczky, LPN  
Location: Edison, NJ



Majory Guerrier, LPN  
Location: Edison, NJ

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

RESISTING

*Virtual Meeting*

FATIGUE



Are you beginning to feel more exhausted at the end of the workday? You may not be alone. Due to increased daily virtual meetings, our bodies may seem drained at the end of the day. Why are video calls so draining? In part, it's because they force us to focus more intently on conversations in order to absorb information minus the physical interaction you may receive from an in-person meeting. It is also very easy to lose focus during a video call. At home, you may become distracted by your children, pets, or a delivery person. Our attention may also become diverted by an object on the wall in the background of the speaker or another attendee, technical issues or by multitasking. Long stares at a computer screen can become draining on the eyes and back to back business calls may leave little time to complete other much needed tasks. For those of us who do not have a quiet place to work, that's another challenge in itself.

If this all sounds like bad news, don't despair. Here are five research-based tips that can help make video calls less exhausting.

### Establish 'No Meeting' Time Blocks

This works best if your calendar is set up so that your team can see when you're busy or free. Go to your calendar tool and book blocks of time for working. If you like, you can label these according to what you plan to do during them. Simply naming them "No Meetings", "Do NOT Book", or "Break" tends to work well as it's pretty unambiguous. Another way to approach this meeting-reduction method is to set aside half of your day for meetings and the other half for deep work.

### Punctuate longer meetings with small breaks

When scheduling a meeting lasting more than 60min. Include a short break to allow attendees to refresh and re-focus. Those few minutes will give your team a chance to get up and stretch, grab a coffee, grab a quick snack, or take that much-needed bathroom break.

### Avoid Multitasking

The cognitive workload associated with video calls is so much higher than with in-person meetings, so trying to do something else (like check your email) at the same time will only exacerbate the issue. Whenever possible, minimize other tabs, your email program, and your chat platform so you won't be tempted to do anything other than focus on the video call.

### Create an agenda beforehand and share it with all participants

Meetings that meander from topic to topic without purpose are exhausting and a waste of time. Before every meeting, create an agenda listing the important topics you want to touch on and the meeting's overarching goal. Creating an agenda beforehand will help ensure that your meetings are purposeful, on target, and don't last any longer than they need to. And of course, don't forget to send this agenda to all of the participants beforehand. This allows them to prepare questions, ideas, or concerns they'd like to surface during the meeting.

### Designate a Meeting-Free Day

If your work week allows, designate one day where you decide not to book any meetings. You may decide to block the entire day in your calendar as "busy". This day can be placed aside to catch up on tasks and help you to prepare for future meetings and projects.

### VIRTUAL MEETING

Audio only   With Video



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!



Anthony Kostyo RN, BSN / CM and his fur baby LiLu taking a relaxing drive



Kallie Archer, FSA and her 3 1/2 yr old walking partner and fur baby - Riley



A cool selfie from Kelsey Prew, FSS and her rescue fur baby Lillie



Fur Flower Girl Layla stole the show at her human parent's wedding! Congratulations to Megan Blaszkiwicz, Instr. Designer and her husband Will.



Meagan McCutcheon, SFSS and her handsome fur baby King



Brittany Bing, Client Coordinator and her feisty-but-chill fur baby, Luna



Dana Lunkenheimer, RS shows off her new fur baby, Dixie (who just happens to match her shirt) #furbabycoordination

## 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 Rosie, the Fabulous Fashionista Kitty! She's the fur baby of Olivia Miller, RS II Nice t-shirt Rosie!

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



**Service Day** : To benefit Ronald McDonald House – The Maxim Government Services Team, led by MCF Board Members Chelsea Hagerty and Patricia Lange, created 60 toiletry bags, 20 lunch bags, and over 100 hand written cards to be provided to families, and delivered several boxes of food items to Helping Up Mission  
#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](#)

## 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](http://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](http://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!



# HOW WE HELP



Click on the video below to watch a short **"Thank You"** message from CAC students. *(You must open the link in Chrome)*

**Feel free to leave a comment in the comment section!**

*(You must have a Dropbox account to leave a comment)*



**With your donations,** MCF was able to assist The Community Action Council of Howard County with purchasing coats for 32 Early Childhood Education students. CAC serves low-income Howard County, MD residents through four core program areas: food assistance, energy and weatherization assistance, housing assistance and early childhood education. CAC's mission is to diminish poverty, enable self-sufficiency and advocate for low-income families and individuals.

**Thank you for supporting MCF and our partners!**



*Congrats* to the winners of our **Virtual Donation Station Winter Raffle!**

Bryant Moshang GoPro Hero7	● Shawn Dean Bose Soundsport Wireless Earphones	● Laura Hughes Samsung Galaxy Tablet A7
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**SUPPORT OUR MCF VIRTUAL DONATION STATION!**  
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, Baltimore Animal Rescue and Care Shelter, and Ronald McDonald House Charities of Baltimore.

Simply place your order to be delivered to Maxim Charitable Foundation, where a member of the team will deliver the items directly to our charitable partners!

**#SupportingourCommunities #TheMCFWay**

## MCF TEAM SPIRIT!

### Meet our new Social Justice Committee!

Last year the Jim Davis Foundation and Maxim Healthcare Services, Inc. jointly made a commitment of donation monies to be distributed by Maxim to support social justice causes. Maxim formed a Social Justice Committee to be a part of The Maxim Charitable Foundation, an already formed 501c3 non-profit organization.

The Social Justice Committee has been tasked with reviewing non-profit organizations for potential donations. In addition, the Committee will establish a scholarship program. It is their intent that this two fold approach will help create as big of an impact as possible, as they invest in work both locally and nationally, as well as through non-profit missions and individuals.

Late last year, the SJC announced the first three organizations to receive a formal vote. The organizations are representative of the types of organizations and causes MCF is interested in. We look forward to formally announcing these organizations publically soon, and hope that this initiative will enable us to continue the work of social justice in our communities.

If you haven't met them already the Social Justice Committee members are comprised of the following Maxim team members; Chairperson Latrice Cowart, Secretary Kate Hills, Elle Arruda Hackney, Camika Washington, Adetoyi Olatilo, Cheryl Ndukwe, Madeline Michaels, Rynell Parson, Anthony Mcgilveary, Cassandra Smith, Chuck Schevitz and Mary Dieng.



**MARK YOUR CALENDARS!**  
World Day of Social Justice - February 20, 2021

### The MCF Finance Committee



Tara Campbell



Kelsey White



Jeff Forney

**The MCF Finance Committee** provides financial oversight for the organization. Task areas include record-keeping, financial reporting, and compliance with non-profit regulations. The Finance Committee's role is to ensure the records of the organization are accurate and complete. The committee provides relevant and accurate financials to the Board of Directors on a timely basis, allowing them to make decisions that positively affect the mission and operations of the organization.

The organization has federal and state reporting requirements, and the Finance Committee is responsible for making sure all requirements are met to preserve the organization's tax status and the eligibility for grants and contributions.

**Contact the Social Justice Committee and the MCF Finance Committee at  
[maximcharitablefoundation@maxhealth.com](mailto:maximcharitablefoundation@maxhealth.com)**

# 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.**

