

The Goodwin Living Team Update

News You Can Use

April 26, 2024 | GoodwinLiving.org/StaffUpdate

Save Money on Prescriptions | Kaiser Permanente

Kaiser members! Are you getting your routine prescriptions through mail order? If not, you are missing out on saving money. To save money on the increased cost of medications, [consider the mail-order option](#). It is more cost-effective than purchasing your medications in person at a Kaiser Pharmacy. Enroll today to start saving! Contact your Kaiser Pharmacy or call [Health Advocate](#) at 866.695.8622 for assistance. (Anthem members are automatically enrolled in mail order). Please also see pages 10 through 12 of the Benefit Guidebook, available on the [ADP Homepage](#).



DEI Training Session with a Guest Leader

Belonging: Name It, Aim It, and Claim It!

Diversity research has proven that shared experiences, courageous conversations, and outcome-based interaction breaks down barriers and implicit biases.

In this dynamic training, we invite all members of the Goodwin Living community to bring relevant lived experiences, quotes, parables, current events, fortune cookies, Snapple caps, and whatever else it takes to feel like we belong in this shared space.

Wear comfortable clothes and bring your most flexible mindset. We've got some stretching to do!

GHA - Wednesday, May 8, 1:00 p.m. - 3:00 p.m.
or 3:00 p.m. - 4:00 p.m., Auditorium

TVA - Thursday, May 9, 3:00 p.m. to 4:00 p.m., Auditorium

GHBC - Thursday, May 9, 12:00 p.m. - 1:00 p.m.,
or 1:00 p.m. - 2:00 p.m., Top of the West

We welcome expert Christopher Ridenhour to facilitate this program for us. Christopher is a 30-year national DEI trainer with over 20 years of executive leadership experience. And in 2015, Christopher was named LeadingAge Facilitator of the Year.

Great News from Daily Pay

Daily Pay is now available to team members who earn up to \$750 per day. If you are interested in learning more about Daily Pay, [check out their website to learn more](#).



The Wellness Benefits of Herbs

This month, team members got hands on with fresh herbs and native plants to learn the amazing health and wellness benefits they provide to our ecosystem! All attendees took mint plant in a mini pot to home to care for. How fun!

Stay tuned for the next wellness events coming soon!

