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February 2022 Newsletter



New Vitae Wellness and Recovery is proud to announce that it has been awarded an additional \$500,000 in state grant funding. The funding will be utilized to further improve services for Veterans and other individuals who have experienced traumatic brain injuries. Learn more about the grant funding and how it will improve [housing options](#).



New Vitae has promoted Samara Speakes, MEd, to Assistant Administrator for our services located in West and South Philadelphia.

The programs, providing support to individuals referred from forensic services, offer gradual transition to community living. Samara ensures the effective operation of the programs and supervises staff to deliver high quality services. We invite you to learn more about Samara and her [recent promotion](#).



2021 Employee Awards

Each year, New Vitae celebrates its employees in a variety of ways, commemorating birthdays, anniversary dates, and offering a variety of wellness and interactive opportunities. Additionally, we identify exceptional employees to be honored as our Employees of the Year. See our 2021 winners and our special Iris and Pride Award winners [here](#).



HAPPY
HOLIDAYS

designed by Ben D., Pathways program



designed by Cedar B., Mt. Trexler Manor and Erin V., Action Recovery

New Vitae is happy to invite our residents to participate in our annual contest to design our holiday greetings!

We had so many fantastic submissions for 2021 that we needed to be sure to share all our winners with you! Learn more about our contest and see all the recent [winners](#)!



Using Food as Medicine to Enhance Your Overall Wellness

On Oct. 19, 2021, New Vitae President and CEO Judith Yanacek presented to Harvest Full of Hope participants and attendees. The discussion, titled, "Using Food as Medicine to Enhance Your Overall Wellness," offered practical advice on using nutritional choices as one step toward our holistic health. View the full presentation and learn more [here](#).



Employee Feature: Michelle Beck, MBA

Michelle graduated from Penn State University with a bachelor's degree in health policy and administration and holds an MBA from Lehigh University. She has worked in the healthcare field since 1990, working as a home care and hospice business director and automating business and clinical processes for a variety of departments in an extensive health system. Michelle has worked on several projects to incorporate technology into patient care, including telehealth in the home, electronic health records in the hospital and physician practices, and working on a state-wide health information exchange with the Commonwealth of Pennsylvania.

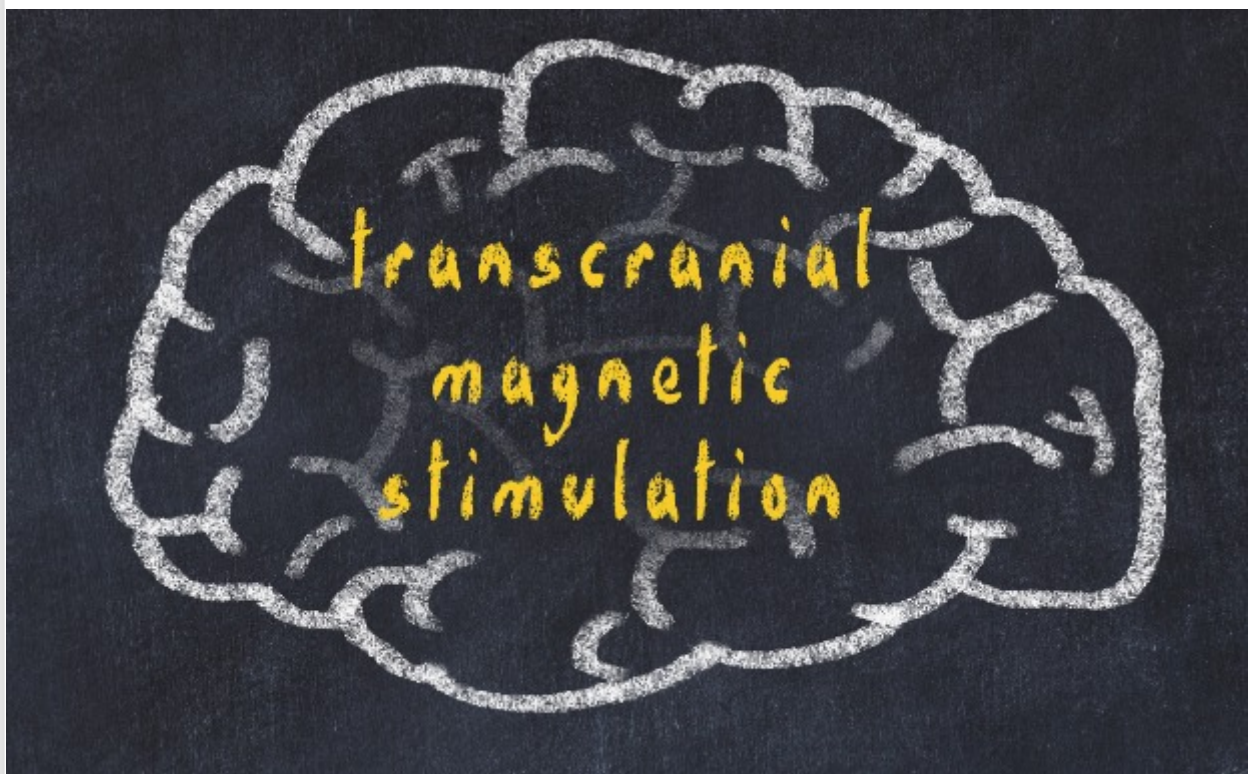
Michelle joined New Vitae Wellness and Recovery in 2016 as Vice President, Business Operations, responsible for financial services and information technology. Since joining New Vitae, Michelle has played a big part in automating several processes and documentation systems, including personnel files, employee timecards, clinical records, billing, fleet

management, and invoice processing. Along the way Michelle has enjoyed getting to know many residents and their families.

When out of the office, Michelle enjoys spending time with her family and pets and volunteering with animal rescues to transport dogs from high-kill shelters in the south to forever homes in the northeast.

Michelle plans to continue to find ways to use technology to help staff and residents. She hopes to implement smart home technology to help staff and residents to communicate more efficiently and help residents live more independently.

Learn more about New Vitae Wellness and Recovery's Executive Team [here](#).



Deep Transcranial Magnetic Stimulation Service

New Vitae Wellness and Recovery is pleased to offer additional recovery options for men and women who encounter symptoms of depression. Brainsway's Deep Transcranial Magnetic Stimulation, or dTMS, is an evidence-based support that can be utilized in conjunction with or without antidepressants and other medication therapies. The treatment utilizes electromagnetic fields to stimulate the inner workings of the brain and alleviate depressive symptoms. Learn more about one person's experience with dTMS at New Vitae [here](#).



Did You Know?

February 17 is commemorated as **Random Acts of Kindness Day**! Celebrate the day by being kind to those around you and enjoy the kindness that returns your way! The scientific benefits of being kind can include:

- **Reduced stress**
- **Increased endorphins and neurotransmitters that result in well-being**
- **Reduced anxiety**
- **Reduced blood pressure**

How will you plan to celebrate the day?

We wish you a very happy month filled with kindness!

Do you know someone who could benefit from the supportive services at New Vitae?

Please contact our admissions department at **610-928-5200**

for additional information or review our website at **www.newvitaewellness.com**.

