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CONTACT INFO | www.covenant-cares.com | 989.583.CARE (2273) | c3@chs-mi.com
Your Covenant Cares team will help you celebrate the following healthcare and seasonal events throughout the month. Submit a request at www.covenant-cares.com or call us at 989-583-2273 to assist with ordering treats, lunch, gifts, and more. We are here to help increase your work life balance.

National Nutrition Month  
(All of March)

Brain Injury Awareness Month  
(All of March)

National Kidney Month  
(All of March)

Professional Social Work Month  
(All of March)

Workplace Eye Wellness Month  
(All of March)

National Women’s History Month  
(All of March)

Reading Month  
(All of March)

Patient Safety Week  
(March 12 - 18)

St. Patrick’s Day  
(March 17)

First Day of Spring  
(March 20)

Doctor’s Day  
(March 30)
Cool Line is now “Cool Stars!” Now you can submit your Cool Star entry at covenant-cares.com anytime from work or from home. Simply click on the recognition star in the middle of the home page and select Cool Star. All stories and stars will be listed under the Stories Tab on covenant-cares.com and the winners of the monthly drawing for a $25 Kroger card will be announced in Covenant Connections. Please contact C2 with any questions regarding this update or for assistance entering a Cool Star.

Below are the Cool Stars submitted in February

**Cool Star: Patrice Lanczak**
Department: Emergency
Star Spotter: Sheri Short
We Care Value: Customer Service
Story: We were walking out of Andersen Hall and a female approached us and asked if we knew where HR was. Patrice immediately smiled and said “come with me I will walk you there.” This is not the first time I have seen this from Patrice. She walks and talks our values everyday!

**Cool Star: Jeffery Doan**
Department: PT, OT & Speech
Star Spotter: Nancy Kwiatkowski
We Care Value: Working Together
Story: Jeff is always positive. He greets patients as they come to the department. He is friendly with all the staff and is an asset to Covenant.

**Cool Star: Brett Alfano**
Department: Informaiton Technology
Star Spotter: Terri Peterson
We Care Value: Excellence
Story: Brett came and fixed our scanners that have not worked correctly for a long time, this makes our jobs so much easier and more efficient. Thank you for taking the time to fix this for us.

**Cool Star: Margaret Hall**
Department: PT, OT & Speech
Star Spotter: Trisha Varvel
We Care Value: Working Together
Story: Margaret is a great team player! She saw that I was feeling a little overwhelmed one day and took it upon herself to pick up lunch trays for me. Then she asked if she could pass waters for me. She asked how to do it and then she did it with such pride. Margaret is a great person to work with. Very compassionate and caring. I’m glad to call her a co-worker and friend.

**Cool Star: Ashley Piwarski**
Department: Nutrition Services
Star Spotter: Gail Dupuis
We Care Value: Working Together
Story: Ashley is knocking it out of the park here at Mackinaw Cafeteria! She makes great salads, always has a smile and keeps everything so clean and organized. We appreciate everything you do, keeping up the great food and customer service with a smile, no matter how busy it gets down there!

**Cool Star: Brett Alfano**
Department: Informaiton Technology
Star Spotter: Debbie Anderson
We Care Value: Working Together
Story: He made my day by fixing my scanner that had not been working correctly for over a year. Kudos to Brett!

**Cool Star: Ryan Davis**
Department: Nursing Unit RN or LPN
Star Spotter: Sarah Garner
We Care Value: Customer Service
Story: Ryan is a pleasure to work with and to be around. He is a team player, hard worker, and he strives to make everyone of his patients stays at TCU a positive experience. He constantly continues to take time to talk to and get to know his patients. Cool Stars to Ryan for going above and beyond in patient care and Customer Service. He has been spotted putting smiles on his patients faces everyday.
You make such a difference in the lives of others through the patients you care for; let us help make a difference in yours! Take advantage of C2 today and start increasing your work life balance. We will arrange everything from automotive services onsite to meals delivered and so much more. Submit a request today on our 24/7 portal at: www.covenant-cares.com or call us at 989.583.CARE (2273).

HAPPY DOCTOR’S DAY!

Doctor’s Day is March 30!
**New Vendors**
to make your life easier

✅ **BAJ Glass** works onsite at Draper Auto to provide convenient automotive glass services such as deductible discounts on insurance work orders, pick-up and delivery of vehicles, and discounted glass replacement services for non-insurance work orders. Covenant employees receive free pick-up and delivery of vehicle when you book your auto glass service in conjunction with vehicle service at Draper.

✅ **Heritage Home Inspection LLC**: Count on the certified professional inspector at Heritage Home Inspection, LLC to thoroughly inspect the property you’re buying or selling. Sellers can use a home inspection to prepare their house for sale, and buyers can use an inspection to determine if a home is worth the investment. Show Your Badge & Save 10% on all services.

**Onsite Conveniences**
to increase your work life balance

✅ **C2** is hosting a continuing education event featuring Saginaw Valley State University, Davenport University, Ohio University, Chamberlain University, and Spring Arbor University. Learn about onsite and online class options that will help you reach your career goals. Stop in and speak with admission representatives to learn about tuition assistance for Covenant HealthCare employees on Wednesday, March 8 from 11:00 AM to 1:00 PM at Cooper Campus in Doud Conference Room or Thursday, March 9 from 11:00 AM to 1:00 PM at Harrison Campus in Siderooms C&D. All employees who attend are eligible to register to win one of five prize packs donated by the universities that are participating in the event. Contact C2 with any questions.

✅ **Wacky Watch Wednesday** returns to the Cooper Campus on Wednesday, March 15. Bring in your watches for a new battery at this event and pay only $5.00 per battery. Neuchterlein’s Watch and Clock will be available in the Executive Conference Room from 11:00 AM to 1:00 PM. If you are unable to attend but would like to take advantage of this money and time saving service, you can drop off your watch with payment at the Cooper or Harrison C2 desks before the event.

✅ Receive a no-obligation automotive insurance quote with **Kenosha Insurance Agency** and receive a $20 Visa Gift Card. Stop by and speak with their representatives and see if Meemic Insurance can save you money at one of 4 events this month. Representatives will be at Michigan Campus at the C2 desk on Wednesday, March 22 from 8:00 AM to 10:00 AM then at Mackinaw Campus at the C2 desk the same day from 11:00 AM to 1:00 PM. This event will be at Cooper in Doud Event Center on Wednesday, March 29 from 10:00 AM to 12:00 PM and at Harrison in Sideroom A from 12:30 PM to 2:30 PM. Visa Gift Cards will be mailed to your home and are limited to one card per household. Submit any questions to the C2 team at www.covenant-cares.com.
More Savings
to stretch your paycheck further

- It’s CSA time again and Ma Tilger has an exclusive offer for Covenant Employees who sign up for a share by Wednesday, March 15. All employees who sign up for a Full Share will receive 2 pasture-raised chickens absolutely free. A Half Share sign up will receive 1 pasture-raised chicken free. This is a limited time offer.

- Healthy Habitz 4 Life promotes Michigan vendors in March. Save 10% on all local, Michigan-made products, from food to body care to handcrafted gifts. Support the local economy while treating yourself to great products.

- Ana Luis invites you to try the new Restore Spa Package. Experience a detoxifying sauna, 30-minute aroma massage, introductory facial, and deep conditioning and blow dry hair styling at $50.00 off the regular price of $150.00. Purchase this package in March, and use it or gift it to someone who can redeem it anytime in 2017 or 2018.

- Save 20% on two great shows at Temple Theatre this month! Enjoy Rock Stars and Stripes - The American Rock Experience on March 4, 2017 at 7:30PM or Taj Express: The Bollywood Musical Revue on March 17, 2017 at 8:00 PM. Tickets are discounted to $28.00 to $76.00 each.

- Comfort Inn of Saginaw has a special offer for Covenant employees to enjoy a staycation in March. Book your Sunday night stay with C2 and receive early check-in and late check-out on Monday for just $70.00.

- Order tickets to The Detroit Zoo in March and take advantage of BOGO pricing all month long. Purchase an adult or child ticket and receive one of the same for free. The free ticket must be used by April 2, 2017 and the full price ticket is good for an entire year! For assistance in ordering these tickets, submit a request at www.covenant-cares.com.

- Are you buried in debt? Saginaw Medical Federal CU makes it easy to dig out! Consolidate into one simple payment with rates as low as 4.90% APR* up to 48 months! Visit smfcu.com/holidaydebt or call the loan department at 989.791.7070 x3501. *APR= Annual Percentage Rate. Interest rate and term are based on credit worthiness and loan guidelines. 48 monthly payments of $22.98 per $1,000 borrowed based on best rate.

- Thelen Honda of Bay City has a great lease offer for Covenant employees. The new 2016 Honda Fit EX Automatic is only $139.00 per month with a 36-month lease with 12,000 miles per year and a $2000 down payment. Can’t make it to Bay City? Thelen will drive the vehicle to any Covenant location for you to test drive!

- Winter clearance at the The Cobbler’s Bench Foot Health Center in Frankenmuth runs March 1 through 25. Stop in and save 30% to 50% off fall and winter products. Show your badge and receive 15% off new spring styles!

- Pit and Balcony Theatre presents Of Mice and Men in March. Tickets are $18.00 each. Show your badge and save half-off the second adult ticket when purchasing one adult ticket at full price. This offer is limited to one discount per badge.
WORK PERKS

Cool2Duel: Come experience the energetic show of Cool2Duel, one of the state’s top dueling piano acts. Combine two sharp witted, incredibly talented musicians with two pianos on stage and add fun people. The result is an evening of fast, funny, unforgettable interactive entertainment. The show is Wednesday, April 26 at 7:30 PM at the Temple Theater. C2 has secured a discount of $3.00 per ticket. Would you like reserved seating in the front two rows? Contact C2 today!

Erth’s Dinosaur Zoo Live: Kids will observe, meet, and interact with an eye-popping collection of amazingly life-like dinosaurs and other creatures presented in a theatrical performance that will thrill and entertain while stimulating their imaginations in way that will forever connect them to their world. The show is brought to life by a team of skilled performers and puppeteers on Tuesday, April 25 at Midland Center for the Arts. C2 has secured a discount of $6.00 off each pack of tickets.

One Man Star Wars Show: Charles Ross is a hysterical one-man Star Wars trilogy, where he single-handedly plays all the characters, sings the music, flies the ships, fights the battles, and condenses the plots into one hilarious show! If you have seen the movies, read the books, and named your first born Skywalker, Ross’s zany take on Star Wars is right up your alley. Catch the show at the Midland Center for the Arts on Saturday, March 18 at 3:00 PM. Tickets are available in sets of twos with a savings of $7.00 per set of tickets. Register for your tickets at C2’s website at www.covenant-cares.com.
Save the long bus trip by visiting Shipshewana on the Road at the Birch Run Expo Center on Saturday, March 4 and Sunday, March 5. This gift, food, and craft show is a weekend of fun where you'll find anything and everything under the sun! Adult admission is $4.00 and children 12 and under are free of charge.

The Bay City Players present: Steel Magnolias March 17 through 19 and 24 through 26. The ladies who visit Truvy's beauty parlor may seem as delicate as magnolias, but they are as strong as steel when helping each other through the tough times in life. Adult tickets are priced at $18.00.

Pit & Balcony Community Theatre will feature Of Mice and Men, John Steinbeck's classic tale of friendship faced with a heart wrenching moral dilemma, March 24 through 26 and March 31 through April 2. Tickets are available as a buy 1 get 1 at 50% off discount for C2 members, with a limit of one offer per member.

Disney's beloved musical Beauty and the Beast returns to Center Stage Theatre at Midland's Center for the Arts, March 25 through April 2. Ticket prices begin at $28.00 for adults and $18.00 for students.

Thoughts of summer fun begin at the Mid-Michigan Outdoor & Boat Show at the Birch Run Expo Center. The event runs March 10 through 12, adult admission is $7.00, veterans are $5.00 and children ages 3 to 17 are admitted for $3.00.
FAMILY FUN

Check out Chippewa Nature Center for their annual Maple Syrup centered events in March. March 4 and 5, and 11 and 12 feature An Afternoon at the Sugarhouse from 1:30 PM to 4:30 PM with free admission. On March 18 enjoy Maple Syrup Day at CNC featuring fun activities for all ages. Adult non-member admission is $4.00. Additional charges for pancake meal for adults and children.

Break out your green and head to Bay City for the annual St. Patrick’s Day Parade on Sunday, March 19. The annual parade honors St. Patrick, the Irish Community, and all those who wish they were Irish! The parade begins at 2:00 PM at Center and Park Streets.

DATE NIGHT

Rock music loving couples should check out Rock Stars and Stripes - The American Rock Experience at the Temple Theatre on March 3 at 7:30 PM. C2 members save 10% off regular ticket prices at the Temple when showing their ID badge.

Looking for a night of humor? The State Theatre of Bay City presents: Comedy Night with Rocky LaPorte at 7:00 PM on March 10. Rocky appeared on the Tonight Show with Jay Leno as well as in his own Comedy Central special. Ticket prices start at $25.00.
Covenant cares about your health and well-being. In addition to the C2 work life benefits we are also providing a resource guide for healthy living.

**Wee Stroll**
When: Friday, March 10, 9:30 AM to 10:30 AM
Where: Chippewa Nature Center, 400 South Badour Rd., Midland
Admission: Free
Description: This program is designed for parents to take a guided walk with their child, learn about the outdoors, and learn ways to introduce children to the natural world around them. Ages: 6 months to 2 years, under18 w/adult.

**Be Greater Race Prep Series**
When: Wednesday, March 15 through Wednesday, May 17 at 6:00 PM
Where: Midland Community Center, 2205 Jefferson, Midland
Admission: $35.00
Description: Although the series is designed to train participants for the 5K and 10K walk/run events at the Dow Run/Walk, everyone is welcome to participate. Each session of the 10-week series includes classroom instruction and walking or running time. Topics include preparing your body, mind and spirit, preventing injury, selecting the right shoes and gear, protecting your hips and knees, strength and resistance training, yoga for athletes, nutrition, hydration and supplements, and race strategy and etiquette. Speakers include registered dietitians, fitness specialists, physical therapists, and physicians specializing in sports medicine and sports psychology.

**St. Patrick’s Day Races**
When: Saturday, March 18 at 10:00 AM
Where: Downtown Bay City, Third Street, Bay City
Admission: $25.00 - $35.00
Description: Originating in historic downtown Bay City, this event offers something for everyone, whether it is the Leprechaun Run for the youngsters or the challenge of a 5K Run, 8K Run, Irish Double, or 5K Walk. The St. Patrick’s Day Race has become a staple for Midwest runners and is a perfect way to celebrate the return of another beautiful Midwest spring. The course is flat and fast and has over 5,000 participants and continues to grow every year. A marathon quality medal is awarded to all finishers of the 5K and 8K Run and 5K Walk. The Irish Double receives a special finisher’s medal too. Race starts and finishes in downtown Bay City at the corner of Center Avenue and Washington.

**Healthy Living Vendor Spotlight:** *Touch of Light Therapeutic Massage*

Touch of Light Therapeutic Massage offers Covenant Employees a 20% discount on an hour long massage and 10% off a half-hour massage. Packages for multiple visits are also available. If you suffer from low back pain, a stiff or painful neck, frozen shoulder, carpal tunnel, migraines, frequent headaches, arthritis, or are rehabilitating from an injury or recent surgery, then you have taken a positive step in the right direction by seeking out Therapeutic Massage. Massage therapy can effectively address all of these ailments plus many more. Often times the body needs the guidance of a knowledgeable therapist to gently bring the body back into a structurally sound, pain-free state. Hours of operation are Monday 9:00 AM to 6:00 PM, Tuesday 9:00 AM to 7:00 PM, Wednesday 10:00 AM to 6:00 PM, Thursday 9:00 AM to 7:00 PM, Friday 9:00 AM to 6:00 PM, Saturday 9:00 AM to 4:00 PM, closed on Sunday.

**Health tip:**
Trying to reduce belly fat? Pay attention to your carbohydrate intake and avoid artificial sweeteners.
The growing season is quickly approaching, and it’s time to begin thinking about where your fresh produce will come from this year. Joining a CSA is a great option. Contact C2 for information about available CSAs in your area.

What is CSA?
Community Supported Agriculture, or CSA, is a direct “vegetable subscription” program that connects farmers and consumers just like you. Farmers receive funds from their “subscribers” early in the year to purchase materials to grow the crops; subscribers then receive the produce throughout the weeks of the CSA.

Below are some of the benefits of joining a CSA:

Ultra-fresh, locally grown produce
Farms give their members the very best of their produce, and many even offer flowers, honey, eggs, and more. Unique varieties are often given to CSA members before others, as well as test types of produce that the farmer is thinking of growing for a larger market. In short, CSA members get the best of the best that a farm has to offer!

Learn about new vegetables and fruits
You never know what might show up in your box. CSAs have a way of getting people to try new things simply because – wham – there it is in your kitchen!

Understanding of the seasons and what grows in your area
There is nothing like unpacking a weekly CSA box to get in touch with the seasons, and the weather of each particular season, in your area. Many CSA boxes come with newsletters, which often explain field conditions, why the farm is harvesting something early or late (or, sadly, not at all). It’s a connection to the land and the seasons that is rare for urban and suburban dwellers, and immensely satisfying.

Special events at the farm
U-pick events, barbecues, pot lucks, farm tours, and more. Different farms handle public events differently, from full-on harvest festivals to more modest farm tours, but these special events are a great bonus prize of CSA membership.

Saves time
What you give up in choice, you definitely gain in convenience. Picking up a box simply takes less time that going to the farmers market or choosing, bagging, and paying for produce at the store.
In addition to the full service menu and all the services provided by C2, here are 5 ideas to take advantage of this work-life benefit.

5 ways to use your concierge in MARCH

• Ask C2 to help you find local events (date night or for the family) for the weekend.

• Request age-appropriate ideas for your Spring Break stay-cation.

• Ask C2 for information to sign up for the 2017 season CSA (community supported agriculture) in your area.

• Let C2 make hosting a NCAA March Madness Party a snap by finding local catering or delivery options.

• Switch up your workout routine with help from your C2 team. Ask for information about which facilities offer discounts so you can try a new class.

MEMBER STORY

“The concierge got me tickets to a popular show in town. The play was absolutely fantastic, and not only that but our seats were in the second row! Those are the best seats I have ever had for a play! Thanks again!”