TABLE OF CONTENTS

Live Balanced Features
• Celebrations ................................................................................................................. 3
• Cool Stars ....................................................................................................................... 4
• New Vendors to Make Your Life Easier ....................................................................... 5
• Onsite Conveniences to Increase Your Work Life Balance ....................................... 5
• More Savings to Stretch Your Paycheck Even Further ............................................. 6

The Box Office - Local Entertainment for You and Your Family
• Work Perks ..................................................................................................................... 7
• Hot Ticket ....................................................................................................................... 8
• Girls’ Night Out ............................................................................................................. 8
• Guys’ Night Out ............................................................................................................... 8
• Family Fun ....................................................................................................................... 9
• Date Night ..................................................................................................................... 9

More Resources to Help You Balance It All
• Healthy Living Resource Guide .................................................................................... 10
• Graduation Resource Guide ........................................................................................ 11
• 5 Ways to Use Your Concierge .................................................................................... 12
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.

- Autism Awareness Month
  (All of April)
- Occupational Therapy Month
  (All of April)
- March for Babies
  (All of April)
- World Health Day
  (April 7)
- Health Information Professionals Week
  (April 3 - 9)
- Healthcare Volunteer Week
  (April 9 - 15)
- Tax Day
  (April 18)
- Earth Day
  (April 22)
- Healthcare Administrative Professionals Week
  (April 23 - 29)
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 March.

**Cool Star: Kevin Jarzabkowski**  
Department: Materials Management  
Star Spotter: Bridget Stefanis  
We Care Value: Working Together  
Story: The pharmacy department needed a lot of medications, IV solutions, syringes, etc. collected and loaded for transport. I did not even have to ask, Kevin quickly saw that I needed a lot of help and jumped right in. Thanks Kevin!

**Cool Star: Cynthia Helm**  
Department: Nursing Unit RN or LPN  
**Cool Star: Karen Dise-Panek**  
Department: Nursing Unit RN or LPN  
**Cool Star: Jacquelyn Charbel**  
Department: Physician Clinic/Medical Staff  
**Cool Star: Lu-Ann Dixon**  
Department: Surgical Services  
**Cool Star: Cathy Gifford**  
Department: Surgical Services  
**Cool Star: Tina Sayan**  
Department: Health Information Mgt.  
**Cool Star: Jennifer Manzoni**  
Department: Surgical Services  
**Cool Star: Lynette Love**  
Department: Nursing Unit RN or LPN  
**Cool Star: Anne Cole**  
Department: Nursing Unit RN or LPN  
Star Spotter: Shirelle Carthan  
We Care Value: Customer Service  
Story: I was visiting Endoscopy and experienced a team who was dedicated to EXTRAORDINARY patient and guest care! Everyone I saw showed compassion and professionalism. THANK YOU Endoscopy team for living the We Care values.

**Cool Star: Beatrice Ruiz**  
Department: Transport Team  
Star Spotter: Leena Erskine  
We Care Value: Accountability  
Story: Bea takes such pride in her work and goes above and beyond! She is very knowledgeable and always helps the nurses.

**Cool Star: Carolyn Coffron**  
Department: Information Systems  
Star Spotter: Christine Jones  
We Care Value: Customer Service  
Story: I want to THANK Carolyn Coffron. She was in my office when I needed to reboot my computer. She saw how long it took for my computer to come back up and indicated it wasn’t right. She put in a ticket to have my computer serviced. After unneeded files were cleared off my computer it is so much faster. I really appreciate Carolyn going the extra mile for me.

**Cool Star: Elizabeth Scott**  
Department: Health Information Mgt.  
Star Spotter: Carrie Ludlum  
We Care Value: Excellence  
Story: Beth has the answer to every question ever asked, if she doesn’t know the answer off hand she always gets back to you in a timely matter to tell you what the answer is! She never “loses her cool” or gets frustrated. She is always happy to help with a smile on her face and a giggle in her explanation! She’s one of a kind and irreplaceable and she’s made learning this new job a breeze! Beth is an extraordinary lady that deserves a star gram every day of the week! Thanks Beth!
New Vendors
to make your life easier

✓ All My Dawgs Dog Walking LLC is a dog walking and pet sitting service available to those living in Midland, Saginaw, Hope, Sanford, Freeland, and Auburn. They are your pet’s best friend when you can’t be there! Show your Covenant ID Badge and save 10% on all services.

✓ Berkshire Hathaway: Whether it’s a buyer or seller, achieving the highest level of satisfaction is the number one goal, including diligence in the area of communication, staying up to date in technology, providing excellent marketing, and honesty in representation. Covenant employees receive a waived technology fee of $295 when they list a home with Monique Gilbert of Berkshire Hathaway.

Onsite Conveniences
to increase your work life balance

✓ C2 is hosting a Spring Home and Garden Vendor Fair on Thursday, April 6 at Harrison in Siderooms C&D and Tuesday, April 11 at Cooper in Doud and Executive Conference Rooms. Stop in and meet with representatives from O’Connor’s Carpet One, Westside Decorating Center, Space Within, Parson’s Family Flooring, All Star Power Washing, Monique Gilbert - Berkshire Hathaway Realtor, and Ma Tilger’s Family Farm. Enter to win a $100.00 gift certificate from All Star Powerwashing, a gift card from O’Conners, or an “Everything Kitchen gift basket” from Monique Gilbert from Berkshire Hathaway!

✓ C2 will be at eCovenant and VNA on Wednesday, April 12 with Create Your Own Getaway raffle tickets! Purchase these United Way of Saginaw fund-raiser raffle tickets at eCovenant between 11:00 AM and 12:00 PM near the front desk or 12:30 PM to 1:30 PM in the lobby of VNA. The United Way brings you a chance to win a three-night stay at a Marriot Hotel anywhere in the 48 contiguous United States, and coach-class, round-trip airline tickets for two people to/from the Marriot Hotel location. Tickets are $10 and can be purchased with cash or check made payable to United Way of Saginaw County. If you would like to purchase from another location, please contact C2 at 583-2273.

✓ From Scratch Catering has partnered with C2 to offer Fresh Meals From Scratch. Stop by the Harrison C2 desk between 11:00 AM and 1:00 PM on Thursday, April 20 for a pre-sale tasting event. From Scratch will be offering fresh meals ready for the oven or stove top with convenient delivery to Cooper and Harrison C2 desks once a week. Ordering options include Chicken Stir Fry, Carnitas & Tortilla Shells, Braised Beef & Egg Noodles, Barbecue Pulled Pork & Buns, Meatballs Marinara & Penne Noodles, and Roasted Vegetable Lasagna.

✓ Meet with Lori’s Travel Depot at the Travel Tuesday event on Tuesday, April 25 and pick up information on top travel destinations or receive a free, no obligation price quote on the vacation you’ve been dreaming about. Lori will be in Sideroom A at Harrison from 11:00 AM to 1:00 PM. If you can’t attend, but would like information for a specific destination, please call C2 at 583-2273.
More Savings

to stretch your paycheck further

✓ Save on a great show at Temple Theatre this month! Enjoy 20% off adult tickets for the following shows when you order through C2 or show your badge at the Temple Box Office:

Jack Hanna’s Into the Wild LIVE!: Sunday, April 9 at 3:00 PM
Reserved seating ranges starting at $16 after discount is applied. Children 2 to 15 are $12.50.
The Time Jumpers: Saturday, April 29 at 7:30 PM
Reserved seating begins at $36 after the discount is applied.

✓ Bicycle Village has everything to get you and your bike ready for riding season. Bike tune-ups are just $50 in April (a $65 value). Take 15% off accessories such as helmets, seats, child carriers, baskets, and bags.

✓ Go green this spring cleaning season with safe and effective soaps, sprays, and scrubbers that are easy on your body and the environment. Now they are easy on your wallet too! Save 15% on cleaning and laundry supplies, including recycled/sustainable paper products like tissues and paper towels at Healthy Habitz 4 Life in Frankenmuth when you show your Covenant ID Badge.

✓ Get your vehicle ready for spring with a full detail from Gary’s Auto Body and Detail. Covenant Employees can purchase a full detail for their car for just $100 and trucks, vans or SUV’s are only $10 more in April. Call C2 to book your appointment today.

✓ Great Lakes Yoga wants you to see what yoga can do for you! Try Gentle Flow, Candlelight Yin, Ashtanga, Slow Burn, Forrest Yoga, or Hot Vinyasa this spring with a “first week free coupon.” Stop by the Cooper or Harrison Concierge desk to pick up your coupon or request one be sent to you via interoffice mail today.

✓ Maria’s Mexican Restaurant is offering 10 tacos for $10 this month! Stop in and enjoy a meal, the buffet, or get an order to go and save 10% off your bill when you present your Covenant ID.

✓ Celebrate spring and the 1st anniversary of Pure-NRGY with a special open house event on Friday, April 28 from 6:30 PM to 9:00 PM. Stop in and enjoy mini classes, food samples from local vendors, and shop. 10 class punch cards will be discounted to $48 and hip skirts will be 20% off at this special event.
**Ana Luis Day Spa & Salon Gift Cards:** Treat yourself or someone special this month! Saginaw’s premier Hair Salon & Day Spa is offering their $100 gift cards to Covenant employees for just $75 each. Register today and save on services and products at Ana Luis all year long. Great gift idea for mom, dad, or grad!

**Great Lakes Loon’s Grass Passes:** Opening Day is Thursday, April 6! The Loons will be playing the Lansing Lugnuts at 6:05 PM that day. C2 will have Grass Passes available for purchase at the Cooper and Harrison desk at a price of $6.50 per pass. The passes are good for any regular season home game at the Dow Diamond in Midland.

**World Expo of Beer** returns to Frankenmuth’s Heritage Park on Friday, May 19 and Saturday, May 20. Enjoy samples from breweries offering beer, cider, and mead. Receive “Fast Pass” admission good for entrance to the Pre-Admission line, and pick up your pre-ordered beer tickets at the admission booth, eliminating the need to stand in the beer ticket line at the event! Buy your tickets through Work Perks and save $2.00.

**Walleye Fishing Trip:** Reserve your spot for the yearly Walleye fishing trip! This popular excursion leaves Linwood Beach Marina on Saturday, July 1 at 7:00 AM. There are 30 reserved spots for this 5-6 hour excursion. The cost of the event is $100 per person which includes the tip for the mate setting the trolling lines and cleaning of the fish.
HOT TICKET

If there's a wedding in your or a family member’s near future, check out Horizon’s Wedding Inspirations Bridal Expo on Sunday, April 9 from 1:00 PM until 4:00 PM at Horizon’s Conference Center. This is one of the largest wedding expos in the Great Lakes Bay Region and a fun and convenient way to explore everything needed for a dream event. Admission is $5.00 per person.

Get together for an evening of dueling pianos as Cool 2 Duel is back at the Temple Theatre on Wednesday, April 26 at 7:30 PM. The two sharp witted, incredibly talented musicians play requests in a fun and interactive evening of fun. Show your Covenant ID badge to save 20% on this performance at the Temple Theatre!

Looking for a fun way to celebrate April Fools Day? Dave Laundau and his Band of April Fools appear at the Temple Theatre on April 1 at 7:30 PM. Cutting his comedic teeth as a teenager in the Second City’s Conservatory, Dave Landau has risen to become one of the most in-demand headliners working today. Show your ID badge and save 10% off regular box office prices at the Temple!

Country music singer and song-writer Brantley Gilbert brings his “The Devil Don’t Sleep Tour” to the Dow Event Center on April 6 at 7:00 PM. Special guest artists include Tucker Beathard and Luke Combs. Ticket prices begin at $32.75.

Girls’ Night Out

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Guys’ Night Out

Great Lakes Loon’s Baseball is back at the Dow Diamond in Midland on April 6 for opening day vs. the Lansing Lugnuts at 6:05 PM. The first 1,000 fans to enter Dow Diamond will receive a commemorative 2016 MidWest League Championship Banner and as an added bonus, it’s Family Feast Night with many fan favorite foods priced at only a $1.00!

If the guys need a night of chuckles and guffaws, check out, “The Joke’s on You Comedy Tour” featuring Gallagher, Artie Felcher, and Bob Nelson at Bay City’s State Theatre on Saturday, April 29 at 7:00 PM. Gallagher became a household name by smashing watermelons and his hilarious insights, Artie F is NYC’s Bad Boy of Comedy, and Bob Nelson is a comedic chameleon. Tickets begin at $35.
FAMILY FUN

Take in Family Discovery Day at the Alden B. Dow Museum of Art & Science in Midland for Live Animal Encounter on Saturday, April 8 at 3:00 PM. Discover animals native to Michigan in this live animal show with animal ambassadors visiting from the Howell Nature Center. Admission is $9.00 per person.

Celebrate Earth Day at the Saginaw Children's Zoo at Celebration Square on April 22 at 10:00 AM. Admission price is $5.00 per person with train and carousel rides just $1.00 each! The first 400 people to bring in a recyclable container will receive free admission into the zoo!

DATE NIGHT

Country music fans will enjoy an evening of music by the Time Jumpers on Saturday, April 29 at the Temple Theatre at 7:30 PM. The group was established in Nashville in 1998 by an assemblage of studio musicians that wanted to spend their spare time jamming. Show your Covenant ID Badge and save 20% on tickets for this performance. Stop in for dinner at The Willow Tree at Fashion Square Mall before the show and save 15% on meals when you show your badge!

The fun of the 1980’s is back in Frankenmuth at Bringin’ Back the 80’s Fest at Heritage Park on Friday, April 28 and Saturday, April 29. The annual event is a fun way to pay tribute to the music and trends of the 80’s while raising funds for cancer related causes. Saturday night is a 21 and over event only. Before the fun, stop by SugarHigh Bakery in Frankenmuth for some sweet treats and save 15% when you show your badge at check out.
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.

Kowalski Brothers Polka Band – Polka Party
When: Friday, April 14 from 5:30 PM to 8:30 PM
Where: Krzysiak's House Restaurant, 1605 Michigan Ave., Bay City
Admission: Free
Description: Bring you dancing shoes and have fun!

Great Lakes Loons Pennant Race
When: Saturday, April 22 from 10:00 AM to 6:00 PM
Where: Dow Diamond, 825 E. Main St., Midland
Admission: $10.00 to $70.00
Description: Dive in to a new season of Loons baseball at the 2017 Loons Pennant Race on Saturday, April 22. Cheer on the Midwest League Champions after your morning 5K or 1 mile run. Game starts at 2:05 PM. Your registration supports Midland Public Schools track and field program to help with the purchase of new equipment for the spring season. Family registration discount available!

Go the Extra Mile Covenant Kids Half Marathon/5K
When: Sunday, April 30 at 8:00 AM
Where: Swan Valley High School, 8400 O'Hern Rd., Saginaw
Admission: $10.00 to $60.00
Description: Go the Extra Mile for Covenant Kids is one facet of ongoing philanthropic activities in our community that support Covenant Kids, a dedicated fund specifically intended to enhance the care of children faced with hospitalization at Covenant HealthCare and their families. Covenant Kids half marathon, 5K run/walk, and 1 mile will highlight several of the Bay Region’s nicest features. Both the half marathon and 5K are sanctioned by USA Track and Field, which means that not only are the courses certified by USATF as accurate, but the event management meets the gold standard as an Official USATF sanctioned event. Challenge yourself at Go the Extra Mile for Covenant Kids and change the lives of kids in our community!

Healthy Living Vendor Spotlight: Bicycle Village

Bicycle Village is one of the longest standing bicycle shops in the area. Under new management, they are still offering superior service and products. Stop in and check out the latest offerings in bikes, safety equipment, and clothing. Let them perform your tune ups and repairs to keep your bike in great shape. Bicycle Village offers Covenant Employees free pickup and delivery to the Covenant hospitals. Hours of operation are Monday through Saturday 10:00 AM to 6:00 PM, closed on Sunday. The store is located at 5675 Bay Rd. in Saginaw.

Health tip: Research suggests that honey may be more effective than over-the-counter cough syrup at quelling nighttime coughing.
Spring is here, and that means it’s graduation season! Whether you are planning a graduation open house or attending a party, C2 can help! Here are some tips to make hosting or attending graduation parties a little easier:

**Host a Joint Graduation Party**
Graduation is a momentous milestone — nearly everyone will be throwing a party. Guests might need to split time between multiple parties on a single day. Ask your grad to help you plan a joint event with close friends so party-goers will be able to stay and mingle instead of just dropping by for a few minutes.

**Plan a Simple Outdoor Buffet**
A simple buffet (with dishes prepared the night before) will satisfy hungry guest after a long graduation ceremony. Hosting an outdoor party can mean inviting more guests! Plus, it’s great to be outside in the late spring when the weather plays nice.

**Put Memories on Display**
Share fond memories and celebrate your grad’s achievements from kindergarten through graduation with a memory timeline. Attach important photos to construction paper and hang them from string or a clothesline using clothespins (if your party is indoors, attach to twine or ribbon and hang from a mantel or across a wall).

**Take Pictures**
After the ceremony and before the party, set up a time for your grad to take requisite pictures with immediate family and close relatives. During the party, ask a guest to handle the photography responsibilities.

**Gift Giving Tips**
Since both high school and college graduates are entering into new, unfamiliar stages of life, a thoughtful graduation gift to help them through this transition will be useful and much appreciated. The appropriate type of gift obviously depends on the graduate’s personality, but if you don’t know what he or she wants or needs, here are some gift-giving guidelines you can follow to ensure the present will be loved.

- Money and gift cards are always appropriate and welcomed. A few gift card ideas: gas, grocery, coffee, mega store, and even iTunes gift cards. Always include a card and a handwritten note with the gift card, check, or cash.

- Personalized gifts are a classic: a Kindle cover, travel bag or toiletry kit, monogrammed fountain pen and stationery, or a leather business card case are all good choices for the college graduate about to embark on his or her first job.

- For the graduate moving into his or her first dorm or apartment, choose something useful such as a coffee maker, iron and ironing board, sheet set, or other functional items that will be put to good use. When in doubt, ask his or her parents – or, better yet, ask the grad yourself for some ideas.

Let C2 make your arrangements, call for quotes, or help with gift ideas; we are here to help make Graduation easier for you!

*Source: bhg.com*
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 APRIL

- Ask for assistance in finding a vendor who can get your lawn in tip top shape this spring with landscaping and lawn mowing services.

- Request assistance in finding vendors who can facilitate your spring cleaning projects.

- Ask C2 for a list of vendors who offer discounts on carpet, flooring, paint, cabinets, and more so you can get the best price for your home remodeling projects.

- Looking for a way to give back to the community? C2 can help you find nonprofit groups in your area who are looking for volunteers.

- Ask C2 to research daycare or babysitter options in your area.

MEMBER STORY

“The concierge is one of the main reasons why my job satisfaction has been so high as I have transitioned into my new role. It has been incredibly stressful and overwhelming at times, but having this service has really helped me to keep some level of balance as I try to navigate into my new position.”