Night to Shine

On Friday, February 10, 2017, Geyer Springs First Baptist Church hosted Night to Shine, sponsored by the Tim Tebow Foundation, in Little Rock. It was a prom celebrating teenagers and adults with special needs. Attendees, including persons served by Goodwill Industries of Arkansas, got dressed to the nines for a Valentine's
weekend event where they enjoyed a night of food, fun and dancing. Goodwill staff members volunteered at the special event. Brittany Furhmann, Job Coach, said, "[The attendees] were treated like Kings and Queens of the night. They were lavished with sashes, crowns and flowers. This night was centered around them and for them."

**Pictured Above:** Goodwill team members and individuals served posing at Night to Shine.

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**Books for Kids™**

On Thursday, February 16, 2017, Mabelvale and Chicot Elementary Schools were presented 968 books for their volunteer efforts. THV 11 Anchor Craig O'Neill was in attendance, and Mabelvale students enjoyed his help in picking out their books from the shelves. Valerie Nix, Program Manager, said, “It was a great experience working with both Chicot and Mabelvale Elementary Schools. They were both amazing groups, and we’re happy that their students received these books.” For every 10 books sorted, 1 book goes to a school of the volunteer’s choice. If you know anyone who would love to help their school earn free books, please contact Valerie Nix at vnix@GoodwillAR.org.

**Pictured Above:** Chicot Elementary School staff and family with Valerie Nix and Brian Itzkowitz. Inset: Mabelvale Elementary School students with THV Craig O’Neill.

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**ANNIVERSARIES**

15 Years
Larry Smith
Michael Stewart

10 Years
Terry Deal

7 Years
Kristy Campbell

5 Years
Beth Johnson
Valerie Nix

4 Years
Erin Hay
Jenny Morris

3 Years
Stephanie Barker
Goodwill Turns 90! Let's Party!

This Friday, we’ll be celebrating our 90th anniversary with a party! Many of you may have noticed a big purple box at your stores. We are excited to open them together to find a special gift for each team member inside. Let’s celebrate with some cupcakes and a special video presentation from the President & CEO Brian Itzkowitz! The video will be emailed and uploaded to the employee portal on Friday, February 24, 2017, for your viewing. In addition, please send your celebration day photos to marketing@GoodwillAR.org so we can upload them onto Facebook. The store/team photo with the most likes will win a pizza party!

Pictured Above: Springdale Team Members celebrating our 90th anniversary!

Goodwill Employee Donation Drive

In honor of our 90th anniversary, Goodwill is having an employee donation drive! Our goal is to raise 9,000 pounds of donations statewide! Donations are the lifeblood of our organization. They begin the cycle that allows us to change lives with job training.

John Crihfield
Steven Fulbright
Timothy Green
Tommye Richard
Glenda Rodriguez

2 Years
Earslyn Hardnett
Kimi Roy
Carlos Wilson

1 Year
Jennifer Hay
Jennifer Miranda
Joel Robertson

BIRTHDAYS

2/20
Rebecca Perkins
Branndii Peterson
Charlotte Rallings

2/21
Marcus Meredith
Brittany Patton
Earnest Thomas

2/22
William Rhoney

2/23
Jessica Talbert

2/24
Sarah Kelley
Regina McGinty
Scott Worth

2/25
Keshawn Harrison
programs and services that help individuals find jobs and support their families. Leslie Heizman, Vice President of Community Engagement, said, "We are who we serve. Let's demonstrate our organization's commitment to the community." As you clean out your closets and garages this spring, donate gently used items to Goodwill to help a fellow neighbor. You can drop off your donations at the nearest donation center. When you drop off your gently used donations, please let the donation attendant know that you are an employee of Goodwill so that they can keep track of our progress throughout the month!

Integrity

“Integrity, the choice between what’s convenient and what’s right.” – Tony Dungy

Integrity means doing the right thing at all times and in all circumstances, whether or not someone is watching. Earlier this month, there was a large spill on the floor at the Goodwill Resource Center in Little Rock. When an employee arrived at work, he noticed the spill on the floor. Instead of walking by it and going right to his office, he cleaned it up so that no one would slip and fall as they entered the building. There was no one watching, yet he did what was right to ensure everyone’s safety. This is a perfect example of integrity. Thank you, Dyer, for practicing ACE by providing a safe work environment. With every action you take, ask yourself, is this the easy choice or the right choice?

HR Challenge

At this month’s employee meeting at the Goodwill Resource Center, Ricky Mills, Training Manager, challenged employees to branch out and meet a fellow coworker they do not know. At next month’s meeting, employees will share one fact about the new person they met. While
not everyone can attend the employee meeting, join in on this challenge and meet someone outside of your circle—if you’re a donated goods team member, meet someone from career services and vice versa. It is a great way to get to know each other better!

Insurance Open Enrollment

Open enrollment meetings for employee health, dental and voluntary insurance products will be conducted around the state.

Full-time employees are eligible to participate in health, dental, and voluntary insurance products.

Part-time employees are eligible to participate in dental and voluntary products.

This is a mandatory event. All employees should plan to attend at least one open enrollment meeting to update coverage elections or to decline coverage. If you have any questions, please contact Linda McCollum at (501) 372-5100 x1122 or lmccollum@GoodwillAR.org.

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<tr>
<th>Date</th>
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<td>Rogers</td>
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<td>Fort Smith 74th</td>
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<td>El Dorado</td>
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NEW TEAM MEMBERS

Loss Prevention Manager
Laura Richardson | LR GRC

Manager In Training
Necole Burton | LR GRC

Retail Key Holder
Jazmin Austin | LR Markham

Retail Store Associate
Lisa Bolda | Fayetteville College
Cana Bradley | Fayetteville MLK
Santha Hackler | Fayetteville
Alberto Hernandez | Bentonville
Tashiro Hughes | Newport
Jrey Kent | Fayetteville MLK
Brittany Lee | Paragould
Antwon Mayhan | LR Markham
Ebony Moore | Jonesboro
Matt Thomsen | Fayetteville MLK
Linda Turnbeaugh | Rogers
Ashley Williams | LR Markham

JOB OPENINGS

Career Specialist | Newport
Director of Education | Little Rock
Director of Performance Excellence | Little Rock
Donation Center Associate | Statewide
Executive Assistant | Little Rock
HR Director | Little Rock
Retail Assistant Store Manager | Benton & Conway
Retail Key Holder | Statewide
Top Ideas for Your Tax Refund

If you are expecting a tax refund this year, you need to have a good plan for your money. You may already have the funds earmarked for some spending. Remember, though, that the government is not sending you a bonus check, but money that should have been yours all along. Do not get caught treating your refund check any differently than you would treat your weekly or monthly paycheck, so give your money a purpose. Think about your personal financial situation, and determine your needs. Here are some top ideas for your tax refund:

1. Start or increase your emergency fund.
2. Pay off high-interest debt.
3. Start itemized savings accounts, such as for traveling, purchasing a new car or home, Christmas and birthday gifts, etc.
4. Invest in a college savings plan for your child(ren).
5. Invest in your retirement account.
6. Purchase a savings bond.

If you have not filed your taxes yet, there is still time! The deadline is Tuesday, April 18. For those with household incomes less than $54,000, you can get free tax help with a trained and IRS-certified volunteer at the Goodwill Resource Center in Little Rock. Call the Central Arkansas Development Council at (501) 320-1908 to schedule an appointment. If you are too busy during the week, you can walk-in without an appointment on Saturday, March 11, from 10 a.m. – 3 p.m. to receive free tax preparation. If you do not live in the Greater Little Rock Area, you can find a free Volunteer Income Tax Assistance (VITA) site near you by visiting IRS.treasury.gov/FreeTaxPrep. You can also receive free tax help over the phone by calling (855) 698-9435. For information on what to bring to your appointment, visit GoodwillAR.org/taxes to download a reference list.

Taxpayers with incomes below $64,000 can also file their taxes online for free! Visit IRS.gov/FreeFile or MyFreeTaxes.com for more information.
Heart Healthy Foods

February is Heart Health Awareness Month making this a great time to commit to a healthy lifestyle and to make small changes that can lead to a lifetime of heart health. According to the Centers for Disease Control and Prevention (CDC), heart disease is the leading cause of death for men and women. Making small changes can make a big difference. This week, let’s focus on heart-healthy foods that are good for your heart as well as your waistline.

Avocado
Add a bit of avocado to a sandwich or spinach salad to up the amount of heart-healthy fats in your diet. Packed with monounsaturated fat, avocados can help lower LDL levels while raising the amount of HDL cholesterol in your body.

Nuts
Walnuts are full of omega-3 fatty acids and, along with almonds and macadamia nuts, are loaded with mono- and polyunsaturated fat. Plus, nuts increase fiber in the diet.

Berries
Blueberries, raspberries, strawberries—whatever berry you like best—are full of anti-inflammatories, which reduce your risk of heart disease and cancer.

Salmon
Super-rich in omega-3 fatty acids, salmon can effectively reduce blood pressure and keep clotting at bay. Aim for two servings per week, which may reduce your risk of dying of a heart attack by up to one-third.

Spinach
Spinach can help keep your ticker in top shape thanks to its stores of lutein, folate, potassium, and fiber.

Flaxseed
Full of fiber and omega-3 and omega-6 fatty acids, a little sprinkling of flaxseed can go a long way for your heart. Top a bowl of oatmeal or whole-grain cereal with a smidgen of ground flaxseed for the ultimate heart-healthy breakfast.