

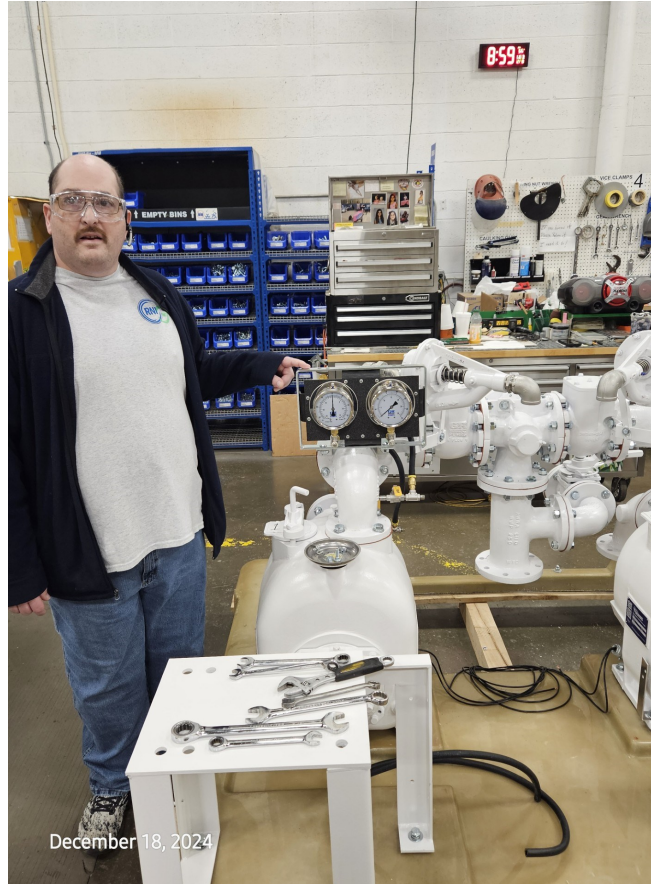


RNI Chatter

Volume 7 Issue 3

Benson pays a visit to Gorman Rupp

One of the jobs that Mick Benson does at RNI, Inc. is building gauges at the Gorman Rupp Company, Inc. Mick recently had the opportunity to visit Gorman Rupp with his father, Dennis. Mick was able to see how the gauges (that he assembles) are mounted on the pumps that are shipped all over the world. He watched the employee connect the gauge to the pump, then the pump was ready to ship to the awaiting customer.



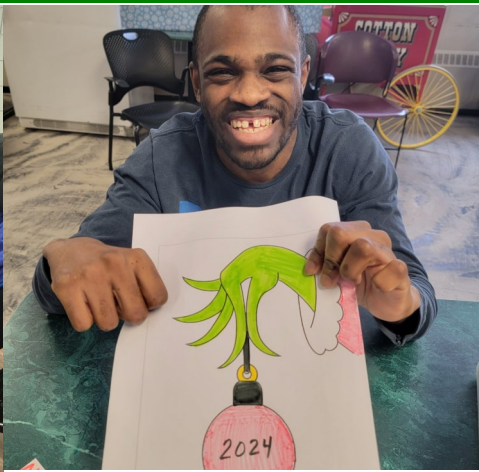
December 18, 2024

JANUARY 2025

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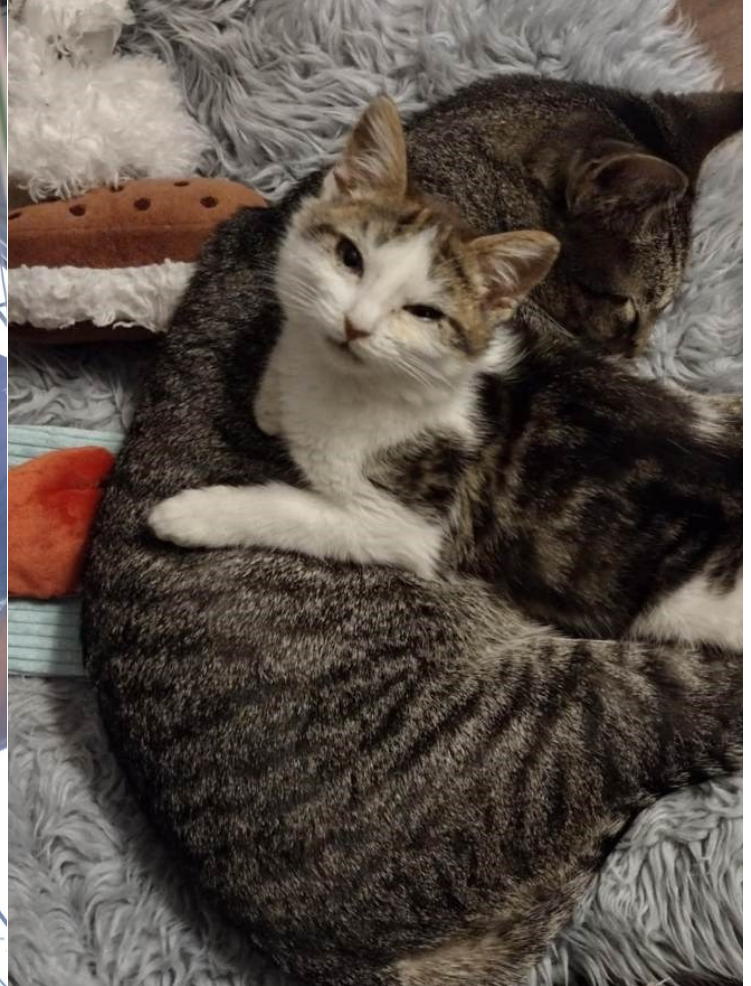
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Personal and Social Services Holiday Party



Arnold saves a kitten at Fed-Ex

Patrick Arnold didn't expect to find a kitten in the back of the FedEx truck he was unloading, but he did! With no idea where the kitten came from, Patrick and his mom knew they couldn't leave her behind. Patrick tucked her into his hoodie to warm her up and she went home with him. The sweet little stowaway is now named Hazel, and she is a purr-fect fit for the family.



Additional custodial help at Trillium Event Center

Mikel and Mitchel Ackerman have been cleaning our RNI, Inc. facility and FC Bank in Bucyrus. The pair just recently began their training with Event Coordinator, Maggie Dean. Maggie is training them to clean, vacuum, set up, tear down, etc. When the Chatter asked Event Coordinator Maggie Dean about the duo, she stated, "I am delighted to have them both and they are doing a wonderful job so far!" A big thank you to Mikel and Mitchel for providing excellent service to RNI, Trillium and our local customers.



January Employee Anniversaries

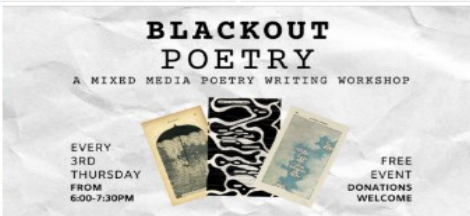
Jessica Isabel	01/01/2016	8 Years
Heather McLaughlin	01/05/2016	8 Years
Cathy Carroll	01/28/2017	7 Years
David Nead	01/30/2019	5 Years
Ashley Watkins	01/06/2022	2 Years
Sadie Kyler	01/12/2022	2 Years
Mike Majors	01/26/2023	1 Year

THANK YOU for your years of service to RNI, Inc!

Element of Art Studio/Gallery Schedule of Events

Element of Art is open to the public Monday-Friday 8:30am-3pm. Classes with our contracted artists are currently in session. To schedule a class, give us a call at 419.522.2965, or email gyockey@rniinc.com

Sign up for February Community Classes at the Element of Art



FOR MORE INFORMATION ABOUT OUR WEEKLY CLASSES, UPCOMING EVENTS AND WORKSHOPS PLEASE VISIT OUR FACEBOOK EVENT PAGE OR OUR WEBSITE!



SAFETY starts with S, but begins with YOU...

RNI Safety TOPIC for January is: Maybe it's not the Winter Blues

Seasonal affective disorder (SAD) is a type of depression that's related to changes in seasons — SAD begins and ends at about the same time every year. If you're like most people with SAD, your symptoms start in the fall and continue into the winter months, sapping your energy and making you feel moody. These symptoms often resolve during the spring and summer months. Less often, SAD causes depression in the spring or early summer and resolves during the fall or winter months. Treatment for SAD may include light therapy (phototherapy), psychotherapy and medications. Don't brush off that yearly feeling as simply a case of the "winter blues" or a seasonal funk that you have to tough out on your own. Take steps to keep your mood and motivation steady throughout the year.

Symptoms:

In most cases, seasonal affective disorder symptoms appear during late fall or early winter and go away during the sunnier days of spring and summer. Less commonly, people with the opposite pattern have symptoms that begin in spring or summer. In either case, symptoms may start out mild and become more severe as the season progresses.

Signs and symptoms of SAD may include:

- Feeling listless, sad or down most of the day, nearly every day
- Losing interest in activities you once enjoyed
- Having low energy and feeling sluggish
- Having problems with sleeping too much
- Experiencing carbohydrate cravings, overeating and weight gain
- Having difficulty concentrating
- Feeling hopeless, worthless or guilty
- Having thoughts of not wanting to live



Fall and winter SAD: Symptoms specific to winter-onset SAD, sometimes called winter depression, may include:

- Oversleeping
- Appetite changes, especially a craving for foods high in carbohydrates
- Weight gain
- Tiredness or low energy

Seasonal changes and bipolar disorder:

People who have bipolar disorder are at increased risk of seasonal affective disorder. In some people with bipolar disorder, episodes of mania may be linked to a specific season. For example, spring and summer can bring on symptoms of mania or a less intense form of mania (hypomania), anxiety, agitation and irritability. They may also experience depression during the fall and winter months.

When to see a doctor:

It's normal to have some days when you feel down. But if you feel down for days at a time and you can't get motivated to do activities you normally enjoy, see your health care provider. This is especially important if your sleep patterns and appetite have changed, you turn to alcohol for comfort or relaxation, or you feel hopeless or think about suicide.

Highlights from recent Community Events



Kingwood Center Gardens



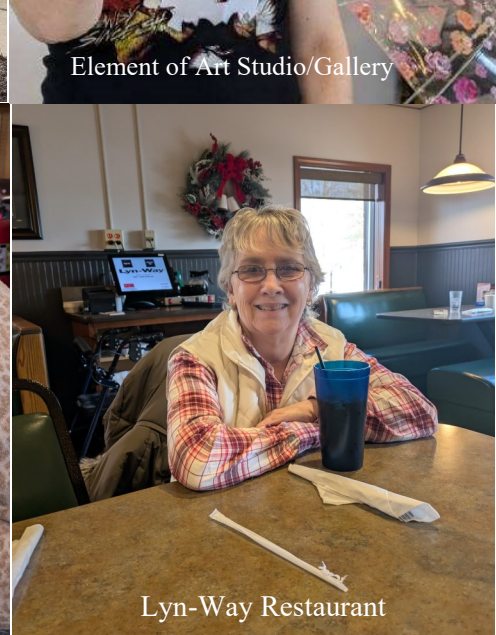
Richland Carousel Park



Tin Can Chandelier



Element of Art Studio/Gallery



Lyn-Way Restaurant

Please **LIKE, FOLLOW** and **SHARE** all of our social media pages!

RNI, Inc. (2 locations)

150 East 4th Street
Mansfield, OH 44902
419-774-4400

1650 East Southern Avenue
Bucyrus, OH 44820
419-563-2180



RNI, Inc. Friends: Let's increase our presence on social media and increase our LIKES on Facebook. LIKE, FOLLOW and SHARE us on Facebook to invite your friends to LIKE us too. *UPDATED 1/31/25:*

City Garden Café is at 689 FOLLOWERS, can we get to 800 FOLLOWS, 111 FOLLOWERS to go

Element of Art Studio/Gallery is at 2215 FOLLOWERS, can we get 2500 FOLLOWS, 285 FOLLOWERS to go

RNI, Inc. is at 2342 FOLLOWERS, can we get to 2500 FOLLOWS, 158 FOLLOWERS to go

Trillium Event Center is at 1214 FOLLOWERS, can we get to 1500 FOLLOWS, 286 FOLLOWERS to go

Help us increase our social media exposure by liking and sharing our four (4) Facebook pages. City Garden Café, Element of Art Studio/Gallery, Trillium Event Center and RNI, Inc!



WE ARE HIRING RICHLAND AND CRAWFORD COUNTY LOCATIONS



Locations:

150 East Fourth St. Mansfield, Ohio 44902
1650 E. Southern Ave. Bucyrus, Ohio 44820

Our Mission:

“Empower people with developmental disabilities to live their best life by fostering innovative opportunities through community engagement.”

Do you want to make a difference in people's lives?

Ready for a Change....Join our Team!

WE ARE HIRING

A listing of open positions can be found at

www.rniinc.com

or by stopping in at one of our locations



Benefits:

- Flexible Schedules!
- Health, Dental, and Vision (full-time positions)
- Life Insurance (full-time positions)
- Retirement Plan
- Paid Holidays, Vacation and Sick time
- Paid training including First Aid & CPR, Defensive Driving