



*"To provide a safe, happy, healthy living environment for our clients"*

December 2018

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## **JP's Corner**



### Walking the Halls

Several times a day I am faced with the choice of sitting at my desk and doing meaningful work or wandering the hallways looking for someone to engage in meaningless conversation. Some days this can be a real challenge. Just the other day I made two laps around the office and could find no one to bother. [\*\*Read more...\*\*](#)

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## **When Work Works**



*Accepting Cardinal's When Work Works award for workplace flexibility are Sam Hauck, Cardinal Recruiter/HR Assistant (second from left) and Sara Collison, Director of Human Resources. They are flanked by representatives from the When Work Works coalition.*

*When Work Works is a national initiative led by the Society for Human Resource Management (SHRM) to help businesses of all sizes and types*

become more successful by transforming the way they view and adopt effective and flexible workplaces. [Read more...](#)

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## Fall Ball



The Fall Ball is an event that I look forward to all year. I begin thinking about my dress, jewelry, and how I will do my hair and my nails months before it even gets here. I love going shopping to get a new dress.

[Read more...](#)

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## Meet The Office Staff

**Name:** Bandi, Receptionist/Fleet Manager

**Explain what you do and why people should call you:** That's a loaded question as I do a little bit of everything. The main things that I take care of are ordering supplies for the office, fleet management, auto losses, assist others with projects, answer the phone, teach CPR as well as assist Nick with IT related issues when needed. [Read more...](#)



## Mental Health First Aid

Mental Health First Aid USA is a nationally accredited course sponsored by the National Council for Behavioral Health. This course teaches participants how to help someone who is living with a mental health issue.

[Read more...](#)



*Cardinal of Minnesota Director of Training, Kate Smith, and Trainer, Amy Blackstad, are both certified instructors for Mental Health First Aid.*

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# Our Blog



The Big Red Bird Blog, named in honor of our giant 6' avian mascot, is a great place to view photos and read about events put on or attended by the Cardinal family and clients. Read a few (or read them all!) and see if you can count the smiles!

Read our blog [Here](#)

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