



"When we connect, we all succeed." Good Vibes Only: Building Better Bonds at Work

Building great relationships with your coworkers doesn't just make the office a friendlier place—it boosts your whole outlook. When you enjoy the people you work with, you'll feel more motivated, start your day with a smile, and find more satisfaction in your job. Plus, the perks don't stop there:

10 Tips for Building Better Relationships at Work

1. Start connecting from day one

The first impression matters. As soon as you begin a new job, focus not just on learning your role but also on introducing yourself to teammates. Join in on group lunches or casual gatherings to show interest in becoming part of the team.

2. Take interest in others

Show curiosity about your coworkers' lives to build rapport. Simple questions about hobbies, weekend activities, or favorite books can help create bonds and demonstrate that you're open to friendship.

3. Practice respect, even when it's hard

You won't always get along perfectly with everyone, but showing respect maintains a professional and positive environment. Courtesy allows you to work smoothly with people, even when personalities clash.

4. Keep personal sharing in check

It's fine to be open, but avoid going into too much personal detail unless you have a close relationship. Keeping conversations light and positive helps maintain professionalism while still being friendly.

5. Stay positive in conversations

Complaining or gossiping can damage workplace relationships. Instead, keep discussions encouraging and constructive. This not only improves morale but also helps create a healthier work atmosphere.

6. Welcome newcomers

Remember how challenging it felt to be the new person? Help ease that transition by introducing yourself, inviting them to lunch, or including them in group activities. It makes them feel valued and strengthens the team.

7. Prioritize your responsibilities

Fulfilling your own duties helps everyone. When you manage your workload, you prevent others from picking up the slack, which builds trust and respect among your peers.

8. Be approachable

Make it easy for coworkers to talk to you. Keep your office door open when possible, limit headphone use, and be available for casual interactions. Approachability signals that you are supportive and collaborative.

9. Collaborate with different teams

Expand your network by working with groups outside your usual circle. This gives you fresh perspectives, introduces you to new colleagues, and can lead to stronger workplace friendships.

10. Follow workplace etiquette

Respectful behavior matters. Being punctual, dressing appropriately, silencing your phone, and using polite language all contribute to smoother interactions. Small acts of professionalism show consideration and strengthen coworker relationships.

- Cristina Blasoni, Secretary

It is almost October and it seems like time is flying. With the end of the year right around the corner, be sure to keep an eye out for information for our Holiday party. We have heard your concerns regarding Holiday parties in the past and we want to make sure that you have the chance to participate and party, should you choose to do so! Speaking of the Holiday season, it can also be one of the most stressful times, especially if you have lost a loved one. Please be reminded that you are not alone and that there are support services available to make the season as peaceful as possible. Be sure to go to hpae.org to find resources available to assist you through any challenges you may be experiencing. Hope to see you at the PIC conference on October 15! Stay safe.

- Corinne, V.P. of Non-Nursing Professionals.

We are 2 weeks away from our annual PIC conference, don't miss the opportunity to attend. Register today

HPAE 2025 PIC-Professional Issues Conference Bringing Our Professional Values into the Transformation of Health Care

October 15, 2025 8:00 AM-4:45 PM

East Brunswick Hilton Hotel —3 Tower Center Boulevard
East Brunswick, NJ 08816

Up to 6.5 Contact Hours may be awarded for successful completion of this program.

If you register and do not receive the autogenerated registration confirmation email within an hour, please check your spam folder. If you are experiencing trouble registering for this event, please contact lespinales@hpae.org.

HOLIDAY PARTY -Save the date - DECEMBER 18TH 2025

We're excited to see everyone there! Space is limited so if you have not paid your deposit do so by October 15th and save \$20 off the total price to pay only \$52

 **Little Italy**
The Shops at Riverside Square
Hackensack, NJ 07601

SIGNATURE FAMILY STYLE DINNER- Served Family Style or Buffet
\$72 per person | Ages 5–11 \$30 per person

Served with Freshly Baked Bread, Regular and Decaffeinated Coffee, Hot Tea, Iced Tea and Assorted Sodas.

First Course (Choose 3 Appetizers & 1 Salad)

- **Appetizers:** Calamari, Zucchini Fritt , Mozzarella, Bruschetta, Ricotta, Antipasto, Crab Cakes, Wagyu Meatballs, Stuffed Mushrooms
- **Salads:** Italian Chopped, Caesar, Maggiano's (GF)

Second Course (Choose 4: Pastas, Entr es, or Mix)

- **Pastas:** Spaghetti & Meatball, Fettuccine Alfredo, Rigatoni "D", Ravioli, Bolognese, Vodka Rigatoni, Lasagna, Stuffed Shells, etc.
- **Entr es:**
 - *Chicken:* Piccata, Parmesan, Marsala
 - *Seafood:* Grilled Salmon (GF), Blackened Salmon w/ Shrimp
 - *Beef:* Tenderloin Medallions*
- **Sides (add \$2 pp):** Garlic Mashed Potatoes, Truffle Mac & Cheese, Asparagus, Broccoli, Vesuvio Potatoes

Dessert :Chocolate Cake, Cheesecake, Apple Crostada, Tiramisu, Lemon Cookies, Fresh Fruit

Above prices do not include taxes and event fees. The Local will cover the Taxes, 20% Gratuity, Event Fees and DJ . Remember Space is limited DO NOT miss an opportunity to dress up , make up and spend time with your peers in a relaxed setting while dancing the night away

In Solidarity,

LEB