

## The Training Post – Spring 2023 QC Responses

### **Question Corner: Tell us about a time you paid it forward?**

I have been with the Department of Labor for 21 years. During this time period, I have worked in many different positions and a way that I like to pay it forward is to share my knowledge and experience with the colleagues that have newly joined the Department of Labor, when the opportunity presents itself. Some things that you learn along the way from being in various positions are just not covered in trainings. Not only are you sharing information when you pay it forward, but you are mentoring and fostering good workplace relationships. Sharing is caring and transparency is key!

**Echnamy Vasquez**

**DOL**

[echnamy.vasquez@dol.nj.gov](mailto:echnamy.vasquez@dol.nj.gov)

I gave away a free ticket to a kid at a concert in the summer of 2013. Needless to say the kid was stoked!

**James Lessard**

**OIT/Treasury**

[james.lessard@tech.nj.gov](mailto:james.lessard@tech.nj.gov)

While at the drive through at Dunkin Donuts I paid for the order for the car behind mine.

**Deborah Wines**

**DOH, Ancora Psychiatric Hospital**

[Deborah.wines@doh.nj.gov](mailto:Deborah.wines@doh.nj.gov)

Once a month, I pay for breakfast or coffee at the Dunkin Donuts drive-thru. I think is a simple way to help others.

**Amarilys Serrano**

**CSC**

[amarilys.serrano@csc.nj.gov](mailto:amarilys.serrano@csc.nj.gov)

My co-worker is doing a magnificent job in her position with helping our boss and being a great team member. She multi-tasks daily and I try to be not only her co-worker, but her mentor. Instead of adding more responsibilities to her plate, I try to assist her in the way that she assists others by "pulling up a chair." I made sure that she knows that I fully support her and to view me as her "cheering section" because I am so proud of her accomplishments. I want her to maintain her self-confidence, to reduce her stress and to inspire her to keep achieving.

**Caroline Hill**

**Department of State, Division of Elections**

[caroline.hill@sos.nj.gov](mailto:caroline.hill@sos.nj.gov)

Every month I enjoy spending a Sunday afternoon at a local boarding home with a group of friends. We meet in the dining room, where we serve the residents bagels, cake and other snacks, then play games with them for a few hours. Of course, there are prizes! All of us appreciate our time together.

**Jackie Chadwick**

**DOH**

[jacqueline.chadwick@doh.nj.gov](mailto:jacqueline.chadwick@doh.nj.gov)

I was at WaWa buying a coffee and the person in front of me paid for my coffee. So there was an older gentlemen behind me counting his change to pay for a coffee and donut. I paid for his coffee and donut to pay it forward after someone was so kind to me

**Tammy Perilli**

**MVC**

[tammy.perilli@mvc.nj.gov](mailto:tammy.perilli@mvc.nj.gov)

One day I went to one of the local Sandwich shops to pick up my take-out order. I was using a prepaid card that the sandwich shop did not accept. I told the clerk I would go out to my car and get cash. As I was sitting in my car, a lady who I had not noticed in the store, came over to my car and said here is your order, I took care of it. I offered to pay her and she said just pay it forward. Several days later, I was waiting in line at Rita's Italian Ice. A man and his child were placing their order and I told him that I would take care of the bill. He said it wasn't necessary, I told him what had happened with me earlier, and how sometimes it just makes you feel good, to show someone kindness. I told the cashier I was taking care of his order, and told him to pay it forward.

**Edna Daniels**

**DDS**

[daniels.edna@ssa.gov](mailto:daniels.edna@ssa.gov)

There are times that I find myself thinking about how grateful I am for anyone who looked out for me, whether it was during my school years, professionally, or anywhere in between. I think back to an evening in October when I noticed what appeared to be an elderly couple enjoying their time together during dinner. It was something that I equate to the character, Carl Fredricksen and his wife, in the movie "Up". The two shared moments of laughter and genuinely care for one another. I approached the management team and asked if I could pay the couple's bill, but I did not want to make it about me, so an anonymous attempt. While it made me feel good that I had a positive impact on someone's life that day by "looking out" for them, it made me curious how many have done the same throughout our state. What's the general message? Be a practitioner of inspiration for the next person and lend a hand to help "look out" for others in the community.

**Karl Miller**

**MVC**

[karl.miller@mvc.nj.gov](mailto:karl.miller@mvc.nj.gov)