

Mid-Step Market

Wanted: Magazines, an outside **Basketball pole** with hoop for our Day Hab program, along with any **games** you can use outside, and **exercise equipment** – ex: **small hand weights, bike etc.** Please contact Liz at South Gate or JoEllen, Work Center Director.

For Sale: Coca-Cola Items
Variety of items: lamp, radio, magnets, glasses, etc. See Todd at Impressions. 274-7261

For Sale: Oval Wood Glass TV stand. OBO See Cari Kellen at the Main Office.

Shirts Sale

We have Mid-Step Poker Run souvenir t-shirts and tank tops available for \$10 each. If you would like one, see Cari at the Main Office.

A shirt sale is also going on at Impressions. Plain shirts, sweatshirts and a few polos only. Prices will vary on type of shirt.



Come check out **REPLAY**
Sat., November 11th
at the Huddle and
The Ickey Nickel
Sat., December 3rd

Work Center Highlights *Submitted by Sylvia Flowers and Cindy Henkel*

The Life Enrichment Areas made and delivered Fall and Halloween Decorations to residents living at Countryside Nursing Home. They went to the Ronald McDonald House on 10/20/16 and packaged up dozens of bags of candy for the families living there and for those spending time in the ICU waiting rooms. They are continuing with Recycling and making charitable donations.



Buried In Clutter? Fall is a great time to "Clean Out"

Feeling overwhelmed with your "stuff" and looking for ways to throw "things" away?

Sort it out. Begin by sorting, room by room, into the following piles (label a box or laundry basket for each category): keep, donate, sell, trash, and recycle. Focus on the end result and go with your gut when deciding what to do with an item.

Get rid of it! Purge items in the recycle and trash piles so they no longer take up space in your home. Consumers spend one year of their lives looking for lost items, according to the National Association of Professional Organizers. Having more space in your home makes it easier to organize and find the things you keep.

Make a little cash. List items for sale on Craigslist or eBay, or take them to a thrift store. Give yourself a deadline to sell everything, and whatever has not sold by that date, donate.

Give back to the community. Goodwill, Salvation Army, and Habitat for Humanity are just a few options to consider when donating your household goods. Not all items may be accepted, so check with your local charity if you are planning on donating furniture or any larger items. Many will send a truck if you call them for pickup.



Mission Statement: At Mid-Step Services, we are dedicated to providing residential, vocational, educational, and recreational services to people with intellectual disabilities in a caring, supportive environment where each individual is encouraged to reach his or her highest potential.

Vision Statement: Mid-Step Services, Inc. will be the most respected service provider in the state; known for the opportunities we provide to consumers, employees, and families.



Stepping Stone

Volume 7, Issue 11

November 2016

Appreciating Caregivers

More than 60 million North Americans are caregivers in any given week. They help an elderly relative, disabled child, a close friend or neighbor complete daily activities such as washing, bathing, shopping, visiting doctors, or managing finances. Sometimes the people they care for are unable to express their thanks for the vital roles they play. If you have a friend, coworkers or family member who is taking care of someone, take a few minutes to thank them. Let them know that their hard work and dedication have not gone unnoticed. Take a caregiver out to lunch, buy them some flowers, offer them a few hours of respite, or send a thoughtful card and note. Your kindness can go a long way in energizing them to continue to do this important work. We at Mid-Step Services, offer our thanks and gratitude to all of our employees who do a great job at providing care to all of the members providing services.

Submitted by on-site Mercy Nurse, Marilyn West, R.N.



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A dish of ice cream

In the days when an ice cream sundae cost much less, a 10 year old boy entered a hotel coffee shop and sat at a table. A waitress put a glass of water in front of him. "How much is an ice cream sundae?" "50 cents," replied the waitress. The little boy pulled his hand out of his pocket and studied a number of coins in it. "How much is a dish of plain ice cream?" he inquired. Some people were now waiting for a table and the waitress was a bit impatient. "35 cents," she said brusquely. The little boy again counted the coins. "I'll have the plain ice cream," he said. The waitress brought the ice cream, put the bill on the table and walked away. The boy finished the ice cream, paid the cashier and departed. When the waitress came back, she began wiping down the table and then swallowed hard at what she saw. There, placed neatly beside the empty dish, were 15 cents – her tip.

Author Unknown
Moral: don't judge the book by its cover!



Our Sympathy

Our condolences to **Laura Bos**, administrator at Bluff View Homes, on the recent loss of her father.

Our deepest sympathy **Kristine Sibert** on the loss of her grandfather.

Hello -

I'm Arlene Shockman, new coordinator at Leech. I've enjoyed getting to know the ladies and the staff. Everyone enjoyed the Halloween dance on Friday evening. Everyone had a costume and were anxious to show them off.

In my short time here, we have gone to Scarecrow Farms to enjoy the pumpkin patch, hayride and jumping pillow. We also just enjoyed a wonderful meal as served at Kiwanis Club. Thank you!

Arlene



CPR will be offering classes two times per month starting in January 2017.

DIVERSITY CORNER

Diversity is not a characteristic of life; it is a condition necessary for life.....like air and water.



In 1985 Mid-Step Services opened Courage Homes, Mid-Step Services first ICF/ID facility. Parkview Homes opened in 1987 followed by Bluff View Homes in 1991.

Stopping the Spread of Germs at Work

Submitted by on-site Mercy Nurse, Marilyn West, R.N.

How Germs Spread

Illnesses like the flu (influenza) and colds are caused by viruses that infect the nose, throat, and lungs. The flu and colds usually spread from person to person when an infected person coughs or sneezes.

How To Help Stop The Spread Of Germs

Take care to:

- Cover your mouth and nose, when you sneeze or cough
- Clean your hands often
- Avoid touching your eyes, nose or mouth
- Practice other good health habits
- Stay home when you are sick and check with a health care provider when needed

Cover Your Mouth And Nose When You Sneeze Or Cough

Cough or sneeze into a tissue and then throw it away. Cover your cough or sneeze if you do not have a tissue. Then, clean your hands, and do so every time you cough or sneeze.

Clean Your Hands Often

Wash your hands — with soap and warm water — then rub your hands vigorously together and scrub all surfaces. Wash for 15 to 20 seconds. It is the soap combined with the scrubbing action that helps dislodge and remove germs. When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be used. You can find them in most supermarkets and drug-stores. If using a gel, rub the gel in your hands until they are dry. The gel doesn't need water to work; the alcohol in the gel kills germs that cause colds and the flu.

Avoid Touching Your Eyes, Nose, Or Mouth

Germs are often spread when a person touches something that is contaminated with germs and then touches their eyes, nose, or mouth. Germs can live for a long time (some can live for 2 hours or more) on surfaces like doorknobs, desks, and tables.

Stay Home When You Are Sick And Check With A Health Care Provider When Needed

When you are sick or have flu symptoms, stay home, get plenty of rest, and check with a health care provider as needed. Your employer may need a doctor's note for an excused absence. Remember: Keeping your distance from others may protect them from getting sick.

Thanksgiving Word Search



R E L A T I V E S T I F S M F
 P N R E U K S S N C H A O E A
 X I E F B O B E T I L A A O S
 O B L Z Y O L T U R K S N T D
 W R Y G I C E T R E T P U K Y
 T S E V R A H L K N Y F M L S
 Y V A R G I M E E N F T I U N
 S Q U A S H M R Y I W M A R P
 F A L L P R A S N D A L O B A
 R M H T N B A G C F A C E K I

- Cook
- Corn
- Dinner
- Fall
- Family
- Feast
- Food
- Gravy
- Harvest
- Maize
- Pilgrims
- Pumpkin
- Relative
- Settlers
- Squash
- Stuffing
- Thanks
- Turkey

Mid-Step Milestones November Anniversaries

One Year

Aboudou-Tahilou Songai, 2nd
 Mindy Cline, 16th
 Whitney Gill, 23rd
 Ubah Aden, 2nd
 Breana Angelle, 30th
 Yazmine Heiskell, 16th

Two Years

Claudia Schmidt, 10th
 Krystina McKinley, 3rd
 Kendra Davis, 10th
 Natasha Weltz, 3rd

Three Years

Viviana Lopez, 4th

Five Years

Brittney LaFleur, 21st
 Irma Gomez, 21st
 Harley Kraai, 14th

Six Years

Eva Rudinger, 8th

Seven Years

Davina Desy, 4th
 Christy Jessen, 9th
 Toni Lauer, 2nd
 Miranda LeClair, 16th

Eight Years

Cheri Reynolds, 3rd
 Jill Flynn, 25th

Fifteen Years

Bill Carey, 23rd

Twenty Years

Tammy Brown, 8th

Twenty-three Years

Susan Worrell, 19th
 Tracy Bertrand, 28th
 Timm Banks, 22nd

Twenty-six Years

Kevin Snieder, 26th

Twenty-seven Years

JoEllen Puttmann, 27th

Thank you
 for your
 service

Congratulations

November Birthdays

Ubah Aden, 1st
 Elsie Hines, 1st
 Carolyn Niemeyer, 3rd
 Jasmine Burks, 3rd
 Donna James, 6th
 Allison Langley, 6th
 Sheri Huss, 7th
 Toni Lauer, 7th
 Wendi Keokenchanh, 8th
 Amy Cook, 8th
 Aurelie Karagi, 9th
 Tameka Williams, 10th
 Dorothy Hanslip, 10th
 Sarah Cotter, 11th
 Juana De Landeros Cisneros, 11th

Angelina Brewer, 11th
 Dawn Hysell, 12th
 Malissa Pierce, 13th
 Gabrielle Rydstrom, 13th
 Olivia Borjorquez, 13th
 Vaunda Klink, 15th
 Trina Kennelly, 15th
 Sherry Roling, 17th
 Jessica Dietschy, 18th
 Lynsi Albright, 18th
 Kaylee Mateo, 21st
 Melissa Klein, 22nd
 Davia Mothershead, 22nd
 Sarah Sands, 24th

Barbara Blan, 27th
 Dawn Miller, 28th
 Breana Angelle, 30th
 Amber Albers, 30th
 Braekuan Minor, 30th

Happy Birthday!
 Enjoy your day!

New Employees

Spring Hills Apts.

Ailyn Bolanos 24th

South Westcott

Kayla Koenig, HCBS Asst.

Leech

Ruqiyo Abdirahman, HCBS Asst.

Mulberry

Harley Clark, HCBS Asst.

Maple View House

Maryan Mohamed, HCBS Asst.
 Tamara Doyle-Tieck, HCBS Coord

Park View Homes

Tanya Reyes, Diet Aide
 Meghan Bock RLA
 Braekuan Minor, RLA
 Tessah Sheridan Diet Aide
 Harvena Brown, Cook
 Amanda Ceasar, RLA
 Jeremonte Lyons-Strickland, RLA
 Breanna Hayes, RLA

So Royce

Christina Martin, HCBS Asst.

Courage Homes

Alissa Andersen, RLA
 Markeitha Allen, RLA
 Kaitlyn Rausch, Diet Aide
 Malissa Mason, RLA

So. Maple

Justyce Tieck, HCBS Asst.

Moville

Brandi Adams, HCBS Asst.

Bluff View Homes

Ashlee Broker, RLA
 Shai Webster, RLA

Welcome!