

Mid-Step Market

Wanted: 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.

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

In September, Life Enrichment 4 took donations to the Ronald McDonald House. The same area has been curling ribbons for the Siouxland Society Valentine fundraiser. The areas are continuing with their recycling projects and making charitable donations.



The Salad, Salsa and dip Contest was held on Sept. 13. Winners were: 1) **Sylvia Flowers** with her Spicy Cajun Gumbo Dip. 2) **Lisa Hollowell** with a Cheesy Bacon Corn Dip and 3) **Life Enrichment 4 (Lisa Heineman's area)** with a Chocolate Covered Strawberry Dip. Congratulations to the winners. Thank you to everyone who participated.

Thank You

A huge thank you to **Cari Kellen** and **Todd Nielsen** for taking over the print shop load while I was off on medical leave. I am back at work part-time currently (hoping for full time next week). Cari has been a tremendous help with keeping up with her job and assisting with Todd at the same time.

I want to thank everyone for their well wishes, thoughts and prayers. Special thanks to **Gary and Jan Turbes, JoEllen Puttmann, Cindy Henkel, Todd Nielsen and Deanna Luhr Rodriguez** for coming to see me during my hospital stay. I didn't realize how important my MSS family and friends are to me. I am so grateful to be back at work.

Judy Morton, Impressions

Does An Apple A Day Keep The Doctor Away?

There are definitely different foods that help to build your immune system which in return helps you fight off illness. Foods that help boost your immune system have antioxidants, vitamin C, vitamin E, Zinc, Selenium, and many more nutrients. Below is a list of some foods you may want to consider adding into your diet if you are looking for an immune system boost.

- Berries – Blueberries, Raspberries, Strawberries.
- Yogurt.
- Green tea.
- Leafy vegetables such as Kale or Spinach.
- Broccoli, Cauliflower, Carrots or Brussels Sprouts.
- Grapefruit or Oranges.
- Wheat Germ (sprinkle on your yogurt, cereal, fish, or add it into baking recipes)
- Cinnamon.
- Garlic.
- Fish.
- Whole Grains.

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



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FLU SHOTS AVAILABLE
October 10th, 12th, 17th, and 19th



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October 2016

LIVE UNITED



Mid-Step Services, Inc. We partner with United Way of Siouxland every year and appreciate any donation you can give, no matter how big or small. Your donation helps thousands of people right here in Siouxland. Employees may use payroll deduction to make a one time donation of \$25.00. Please give the completed forms (and a check if you want to do a one time donation) to your administrator before October 14th.

Employees who donate at least \$20 or more to United Way are eligible for a chance to win a Mid-Step Services Hoodie.

United Way Agencies do a lot of good work in our community and will help many people. Any donation made will benefit someone

in our community.

Breast Cancer Awareness "Pink Days"

This year we are going to have two "Pink Days" in honor of Breast Cancer Awareness Month. Wednesday, October 5th at the Main Office. (Marilyn will be at the Main Office 11:00 a.m. - 4:30 p.m. and Friday, October 7th at South Gate from 12:30 to 2:00 p.m.

Supervisors will send a list of employee and members who wear pink but were unable to come to the Main Office or South Gate on the dates listed. Names will be entered into a contest for prizes. Marilyn must have the list of those participating by Friday, October 10th.

Ladies—if you have not had a mammogram, please call your doctor and get one scheduled.

Halloween Dance!

Friday, October 28, 2016
5:30 - 8:30 p.m.
Sgt. Bluff Community Center
903 Topaz Drive
Sergeant Bluff, Iowa
Hosted by Mid-Step Services

Welcome

The Work Center would like to extend a warm welcome to **Jane Stephenson** as the new coordinator at Just Because Bal-loons.

We would like to welcome **Terry Loutsch** as the new Job Developer/Job Coach to the Work Center.

Welcome back to work at Impressions to **Judy Morton**, who recently has been off due to brain cancer.

Our Sympathy

Our condolences to **Kea Malloy**, staff at Park View Homes, on the loss of her great-grandfather on Thursday, September 1, 2016.

Our deepest sympathy to **Michelle Schonrock** from Courage Homes on the recent loss of her father.

DIVERSITY CORNER



You are the only one who sees the world through your eyes. When you look at others through your eyes you see them as different, when you look at others through your heart, you know they are the same.

Did you know?

Iowa has seven home and community based services (HCBS) waivers; physical disabilities, health & disability, children’s mental health, elderly, **intellectual disability**, and brain injury.

October’s Diversity Corner

Diversity is the one thing we all have in common.

Did you know?

Emotional intelligence refers to your ability to motivate yourself, to keep going in the face of frustrations, to control you impulses, to regulate your emotions and to keep distress from swamping your ability to think, function, empathize and hope. **What you your emotional intelligence score?**

Top Six Things Everyone Needs to Know about AZIKA

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

- 1. Zika primarily spreads through infected mosquitoes. You can also get Zika through sex.** Many areas in the United States have the type of mosquitoes that can spread Zika virus. These mosquitoes are aggressive daytime biters and can also bite at night. Zika can be passed through sex from a person who has Zika to his or her sex partners.
- 2. The best way to prevent Zika is to prevent mosquito bites.** Use insect repellent. It works! Wear long sleeved shirts and long pants. Stay in places with air conditioning or window and door screens. Remove standing water around your home.
- 3. Zika is linked to birth defects.** Zika infection during pregnancy can cause a serious birth defect called microcephaly that is a sign of incomplete brain development. If you have a partner who lives in or has traveled to an area with Zika, do not have sex, or use condoms every time you have sex during your pregnancy.
- 4. Pregnant women should not travel to areas with Zika.** If you must travel to one of these areas, talk to your healthcare provider first and strictly follow steps to prevent mosquito bites during your trip.
- 5. Returning travelers infected with Zika can spread the virus through mosquito bites.** If you get infected with Zika and a mosquito bites you, you can pass the virus to the mosquito. The infected mosquito bites other people, who get infected. Returning travelers should also use condoms or not have sex if they are concerned about passing it to their partners through sex. *As of 8/24/16, 17 people in Iowa have been diagnosed with the Zika virus.*
- 6. Zika Symptoms** Many people infected with Zika won’t have symptoms or will only have mild symptoms. The most common symptoms are fever, rash, joint pain, or red eyes. Other common symptoms include muscle pain and headache. Symptoms can last for several days to a week. People usually don’t get sick enough to get the hospital, and they very rarely die of Zika. Once a person has been infected with Zika, they are likely to be protected from future infections.

Once again, our On-Site Mercy Nurse Marilyn West is promoting the **Maintain Don’t Gain Program** to help us get through the holiday season without a lot of weight gain. Initial Weigh-In – October 24th and 26th. For questions, please contact Marilyn.



Halloween Word Search



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

- APPLES
- BAT
- BLACK CAT
- BOO
- CANDY CORN
- COSTUMES
- GHOST
- GOBLIN
- HALLOWEEN
- HAUNTED HOUSE
- JACKOLANTERN
- MASK
- MOON
- MUMMY
- NIGHT
- OCTOBER
- PIRATE

Mid-Step Milestones September and October

Congratulations

One Year

Tracy Queen, 9/28th
Terry Brewer, 9/ 8th
Melany Johnson, 9/28th
Jammie Ballard, 9/21st

Two Years

Ashley Lorimor, 9/8th
Marci Hullinger, 9/29th
Michael Jenkins, 9/15th

Three Years

Teresa Rausch, 9/23rd
Jackie Reller, 9/9th
Trina Kennelly, 9/16th
Victor Gonzalez, 9/16th
Jessica Schrauth, 9/30th
Lisa Hollowell, 9/23rd

Five Years

Cari Sonney, 9/19th
Kelsie Monk, 9/19th

Eight Years

Karen Mathisen, 9/2nd
Monica Walsh, 8th

Four Years

Marisa Rossi, 27th
Lynette Bartolozzi, 20th

Nine Years

Maria Reyes, 9/10th
Anthony Smith, 9/4th

Ten Years

Andrea Thompson, 8th

Fourteen Years

Melissa Klein, 9/20

Fifteen Years

Lorna Goetschius, 9/21

Sixteen Years

Janice Nelson, 9/1st

Eighteen Years

Dawn Miller, 9/25

Twenty Years

Jane Stephensen, 9/20

Twenty-two Years

Barbara Thomas, 9/2

Twenty-eight Years

Tamra Villegas, 9/2

Thirty-nine Years

Gary Turbes 9/26

October Anniversaries

One Year

Tesa Schmid, 10/19
Maria Garcia, 10/12
Isabel Gonzales, 10/12
Cheryl Girard, 10/26

Two Years

Lori Schmidt, 10/6
Suzanne Whitmore, 10/06
Dennis Allen, 10/20
Nicole Bacon, 10/1
Janet Turbes, 10/1
Tina Cobbs, 10/23
Angela Dunlop, 10/27

Three Years

Claudia Cavaos, 10/28
Alyssa Muller, 10/21
Dawn Lindeman, 10/14
Larry Walters, 10/7

Four Years

Heidi Pry, 10/8
Amanda Owen, 10/29

Five Years

Rosa Mendoza, 10/3

Seven Years

Cheryl Cale, 10/12

Eight Years

Linda Klemmenssen, 10/20

Twelve Years

Susan McIntosch, 10/18

Thirteen Years

Julie Vanderham, 10/27
Nicole Stansbury, 10/6

Fifteen Years

Mary Sprenger, 10/19

Nineteen Years

Paige Reinking, 10/2
James Struthers, 10/3

Twenty-Two Years

Gail Rowland, 10/1

Twenty-Six Years

Kim Wood, 10/1

Twenty-Seven Years

Ruth Satterwhite, 10/9
Judy Morton, 10/9

Twenty-Eight Years

Bonnie Jones, 10/18

Thirty-One Years

Nancy Mullally

September and October Birthdays

September Birthdays

Maria Lopez, 1st
Susan Worrell, 2nd
Kea Malloy, 3rd
Gayle Maney, 4th
Ashley Lorimor, 7th
Nicole Bacan, 7th
Aboudou-Tahilo Songai, 9th
Sarah Hackett, 9th
Kori Fleming, 11th
Tesa Schmid, 11th
Marci Hullinger, 15th
Diann Grillet, 16th
Shane DeVries, 16th
Katzia Guerrero, 16th
Angela Dunlop, 17th
Melissa Vande Pol, 17th

Lanye Favors-Manley, 17th
Patricia Kann, 18th
Rachel Norton, 19th
Wesley Lauer, 19th
Katelyn Jackson, 20th
Paige Reinking, 20th
Terry Brewer, 20th
Cheri Reynolds, 23rd
Harley Kraai, 23rd
Kimberly Pittman, 24th
Margaret Ramirez, 24th
Nicole Zeman, 25th
Brooklyn Farrell, 25th
Janet Turbes, 26th
Keesha Parker, 27th
Kristina Miller, 27th
Lisa Eidenshink, 28th

Darwin Boisen, 29th
Carla Hanner, 29th
Rachel Adkins, 30th

October Birthdays

Leslie Warr, 1st
Amanda Hayes, 3rd
Bonnie Jones, 4th
Steven Bourk, 4th
Travis Collins 5th
Vivian Lopez, 6th
Theresa Turner, 10th
Dianna Chase, 11th
Judy Morton, 13th
Lisa Hollowell, 16th
Nancy Mullally, 16th
Mary Sprenger, 17th
Ashley Bradbury, 18th
Milagros Gutierrez 18th

Ray Cota, 20th
Jodi Roling, 20th
Hannah Oakland, 22nd
Gary Smith, 23rd
Tricia Woods, 23rd
Thomas Hackett, 24th
Virginia Wacheldorf, 24th
Tiffany Bruntz, 25th
Kathy Thompson, 26th
Andrea Prior, 26th
Michael Jenkins, 26th
Tracy Queen, 26th
Karla Olis, 28th
Atayaeh Erickson, 28th
Kimmarie Ritchie, 29th
Paige Tadlock, 29th
Rebecca Warren, 29th
Mark Wood, 31st

New Employees

Cypress Apts.

Diana Valenzuela, CAN

Maple View Homes

Tammy Marquis, HCBS Asst.

Cheyenne

Sara Garcia, HCBS Asst.

So. St. Mary's

Andrea Vogel, HCBS Asst.

So. Rustin

Jessica Demey, HCBS Asst.
Aaron Widjaja, HCBS Asst.

Park View Homes

Genelle Schronrock, RLA
Krysta Hesse, RLA

Work Center

Terry Loutsch, Job Coach

Pier Center

Jennifer McCormick, Beh Tech
Eric Reynolds, Beh Tech

Courage Homes

Margaret Ramirez, RLA
Karla Olis, BS Tech
Barbara Blan, RLA
Alyssa Boisen, Diet Aide
Jordan Godfrey, RLA

Courage Homes - cont

Joslyn Bulizak, RLA
Lisa Eidenshink, RLA
Amanda Isner, RLA

Welcome!