



CHOCOLATE-COVERED STRAWBERRY PUPPY CHOW

Submitted by: Neil Petersen

- STEP 1**
In a large ziploc bag, add the cake mix and powdered sugar; set aside.
- STEP 2**
In a large microwave-safe bowl, heat the candy melts in the microwave until smooth. Add the chex cereal and sprinkles, and stir until evenly coated.
- STEP 3**
Pour chex mixture into the large ziploc bag, seal, and shake to coat. Discard excess powder, then pour puppy chow onto large baking sheet and scatter into an even layer. Sprinkle the optional wafer cookies over the puppy chow.
- STEP 4**
Heat the chocolate in the microwave until smooth, then use a fork or spoon to drizzle over the puppy chow. Allow chocolate to set up before transferring puppy chow to a large bowl for serving.
- STEP 5**
Store puppy chow in a sealed airtight container at room temperature for up to 2 weeks.

- INGREDIENTS**
- 1 1/2 cups strawberry cake mix
 - 1/4 cup powdered sugar
 - 1 (12 oz) bag pink Candy Melts
 - 6 cups chex cereal squares
 - 2/3 cup sprinkles*
 - strawberry wafer cookies (optional)
 - 2 ounces semi-sweet chocolate

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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.

in the know

CONGRATULATIONS

Dawn Lindemann, RLA in Courage, House 2, second shift, on the arrival of her grandson, Samuel on January 22nd

Heather Todd (DeWolf) and Keith on their marriage, January 12th.

THANK YOU

Life Enrichment Areas for volunteering at the Gospel Mission

Park View staff that came to work on January 22nd during blizzard conditions. Your dedication to the members is appreciated. It would have been easy to call and say "I won't be in", but you didn't!!! This group of people "get it", we are a 24/7 operation and the members need all of us to provide the services they need. This includes our Residential Living Assistants, Dietary staff, Housekeepers, Nurses, Maintenance and Administrative staff! I am very proud of your efforts, if you were one of the majority of Park View employees that came to work, again thank you!!!! Karen Scroggin, Administrator

To the following Coordinators: Tamra Villegas, Crystal Thompson, Ann Schmidt, Lauri Iddings, Brandi Wheeler, Terry Strim and Dana Brummond for always helping with the movie nights. Thanks to all the Coordinators and staff for bringing the girls down for dance practice. I am very glad that everyone is working together as a team, we have started out 2018 very strong. - Nancy Mullally

Housekeeping: Thank you to the staff that had to work extra hours during the snow storm, you all did amazing staying positive, Remember to stay on top of your Casper Training. Please keep getting in your documentation at the end of your shift, and document goals according to action steps. I enjoy watching the staff getting the members engaged in their homes. Keep up the great work! -Nancy Mullally

WELCOME

Skyler, Germaine, Kelsey, and Katrina to Courage 2 Second Shift and to Shandra on First Shift

Have something to share?
email amhawkins@midstepservices.com

stepping stone



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You **love** working for Mid-Step Services because your job is important and rewarding. You feel good that you are involved with the care of others. So spread the word! If someone you recommend joins Mid-Step Services for our **2nd shift**, which is any shift that begins in the PM, you will receive a **\$100 gift card** after that person has been here for one month. You will also earn **\$500** (if that person is full-time) or **\$250** (if part-time) after that person has been here for 3 months. If it is any other shift, you will receive a **\$25 gift card** after that person has been here for one month. You will also earn **\$500** (if that person is full-time) or **\$250** (if part-time) after that person has been here for 3 months.

Well it is an exciting time of the year for our members!

Lots of things going on. We have the Night to Shine at Sunnybrook Church sponsored by Tim Tebow. Also the Sassy Steppers are getting geared up for the Miss Amazing Pageant in Council Bluff's on February 17th. This year we have 17 girls participating in the dance "The Lazy Song" the Megan Nicole version. And we have 20 in total attending. We have been doing all kinds of things to help raise money for this adventure.

We will be having a Bake Sale February 13th and 14th and a Indian Taco Sale February 9th - both at the main office.



nurse's notes

When caring for people who have the flu:

- Avoid being face to face with the sick person. If possible, it is best to spend the least amount of time in close contact with a sick person.
- When holding sick children, place their chin on your shoulder so they will not cough in your face.
- cdc.gov/handwashing - Wash your hands often and right way.
- If soap and water are not available, use an alcohol-based hand rub.
- Make sure to wash your hands after touching the sick person. Wash after handling their tissues or laundry.
- Avoid touching your face. Germs from your hands can enter your body through your eyes, nose, mouth.

Get immediate medical care if the sick person experiences:

- Difficulty breathing or shortness of breath
 - Purple or blue discoloration of the lips
 - Pain or pressure in the chest or abdomen
 - Sudden dizziness
 - Confusion
 - Severe or persistent vomiting
 - Seizures
 - Flu-like symptoms that improve but then return with fever and worse cough
- If you or someone you know, 18 years old or older, desires to get a flu vaccination, please contact your onsite nurse, Marilyn, at the Main Office.

Seven Steps To A Healthier Heart

1. Eat a heart-healthy diet.
2. Get active. Log 150 minutes of moderate intensity activity per week.
3. Control your blood sugar.
4. Watch your cholesterol.
5. Maintain a healthy weight.
6. Monitor your blood pressure.
7. Live smoke-free.

impressions
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employee spotlight

MICHELLE SCHONROCK

Michelle Schonrock is a RLA at Courage Homes, House 1 She has been with MSS for 2.5 Years

What do you enjoy most about your job? **The member's smiles**
 What are some activities that you have participated in with members or at the agency that you have really enjoyed? **Special Olympics, outings**
 Where/what is your favorite hangout? **Farmer's Market**
 Which restaurant or fast food establishment is your favorite? **Chinese Chef Food**
 What is your favorite movie or TV show? **Goldon Girls**
 Do you have a favorite sports team? **Indianpolis Colts**
 What is your favorite music or song? **Oldies/Country**
 Who is your favorite singer and/or band? **Taylor Swift**
 What do you enjoy doing when you're not at work? **Gamble**
 Do you have children, grandchildren, spouse or pet you would like to mention? **3 kids: Reagan, Isaiah, Jamison**

employee spotlight

CAROLINA PEREZ G.

Carolina Perez G is a Work Center Assistant at the Work Center She has been with MSS for 6 years.

What facility or building did you work at and position did you have when you first came to MSS? **Courage Homes, House 2 as an RLA.**
 What do you enjoy most about your job? **Everything - Being able to help teach my members. Love how they make me see life in a different way.**
 What are some activities that you have participated in with members or at the agency that you have really enjoyed? **Exercising, dancing with them, taking them out to do activities.**
 Where/what is your favorite hangout? **Outside, OTE, Dances.**
 Which restaurant or fast food establishment is your favorite? **Olive Garden , Juanitas**
 Do you have a favorite sports team? **Mexico**
 What is your favorite music or song? **Love all music**
 Who is your favorite singer and/or band? **Selena**
 What do you enjoy doing when you're not at work? **Spending time with my daughter**
 Do you have children, grandchildren, spouse or pet you would like to mention? **Daughter, Yari. Dog, Mimi.**



MID-STEP MILESTONES

February Anniversaries

ONE YEAR

Ashley Loza, 6th
 Gary Munson, 6th
 Skylar Sonksen, 13th
 Courtney Fletcher, 13th
 Susanne Boose, 20th
 Rachel Noske, 20th

TWO YEARS

Mark Koenigs, 1st
 Jennifer Brainerd, 29th
 David Medick, 29th
 Jacqueline Cancino, 29th

THREE YEARS

Brenda Schwebach, 9th
 Trudy Rants, 9th
 Rachel Rogers, 16th

FOUR YEARS

Kea Malloy, 3rd

FIVE YEARS

Katie Dailey, 4th
 Diann Grillet, 25th
 Jennifer Hoover, 25th

SIX YEARS

Lauri Iddings, 12th

ELEVEN YEARS

Alejandra Lopez-Rocha, 12th

THIRTEEN YEARS

Amanda Fitzgerald, 7th

FOURTEEN YEARS

Dana Brummond, 19th

TWENTY FOUR YEARS

Laura Bos, 18th

TWENTY FIVE YEARS

Teresa Honeycutt, 26th

TWENTY EIGHT YEARS

Darwin Boisen, 27th

THIRTY ONE YEARS

Scott Dean, 24th

WELCOME New Employees

MAPLE VIEW

Riley Roepke, HCBS Assist.

SOUTH RUSTIN

Jewel Parker, RLA

PARK VIEW HOMES

Latasha Burns, RLA
 Silvia Topete Leon, RLA
 Brandy Trowbridge, RLA
 Mickayla Rausch, RLA

PARK VIEW HOMES CONT.

Stephanie Campos, RLA
 Allissa Anderson, RLA
 Kourtney Wulff, RLA
 Carmela Canady, RLA
 Faith Robinson, RLA
 Tierra Johnson, RLA

MARSHALL

Alyssa Reed, HCSBS Assist.

LAWTON

Claudia Hanna, HCBS Assist.

February Birthdays

Anthony Smith, 1st
 Alejandra Lopez-Rocha, 2nd
 Randee LaClaire, 2nd
 Rafiq Amro, 3rd
 Margaret Putzier, 4th
 Ikram Omar, 5th
 Kristina Mothershead, 6th
 Dana Brummind, 6th
 Germaine LaClaire, 7th
 Larry Walters, 7th
 Buffy Tschampel, 7th
 Lia Hansen, 8th
 Maria Reyes, 10th
 Jessica Schrauth, 10th
 Shannon Graves, 12th
 Amanda Hawkins, 12th
 Thomas Howard, 13th
 Scott Elgert, 14th

Brett Johnson, 14th
 Laura Bos, 14th
 Leslie Carey, 16th
 Rick Kretlow, 16th
 Jacey Hanna, 16th
 Alicia Richard, 16th
 Kendra Jackson, 16th
 Marisa Rossi, 18th
 Galilee Gomez, 19th
 Thomas Hutcheson, 20th
 Gary Munson, 21st
 Sean Peterson, 21st
 Jayne Koch, 22nd
 Lacey Blunt, 25th
 Makayla Mullally, 25th
 Jewel Parker, 26th
 Krystina McKinley, 27th
 Crystal Thompson, 27th