



recipe



IRISH POTATO CAKES

Submitted by:
Neil Petersen

DIRECTIONS

Combine 2 cups leftover mashed potatoes, a heaping 1/3 cup flour, 2 table-
spoons milk and 1 tablespoon chopped mixed herbs in a bowl; knead until
smooth. Season with salt and pepper. Divide into 4 balls on a floured surface
and flatten each into a 3-inch patty. Melt 1 1/2 tablespoons butter in a large
skillet over medium-high heat; add the patties and cook until golden brown,
4 to 5 minutes per side, adding more butter to the pan as needed. Season with
salt.

in the know

CONGRATULATIONS

Diana Valenzuela, CNA for earning Employee of the Month at
S. Cypress!

WELCOME

S. Cypress welcomes 2 new employees to our staff,
Willow Jordan, CNA and Christina Harris, RN.

OUR DEEPEST SYMPATHIES TO

Denna Schneider on the loss of her mother.
Kim Pittman on the loss of her grandmother.

DON'T FORGET

April 2nd is World Autism Day.
Wear Blue on April 2nd to support autism awareness!

nurse's notes

March: Eating Disorder Awareness Month

While many of us occasionally experience unusual behavior, or thoughts
about food, having too many of these symptoms too often may signal an
eating disorder. Eating disorders have warning signals and below is a short list

- Preoccupation with dieting or fasting
- Excessive exercise
- Secretive eating
- Intentional vomiting after meals
- Avoidance of eating with other people
- Frequent weighing
- Laxative and/or diuretic use
- Using body weight and being thin to measure self-worth
- Unusual or compulsive eating habit.
- Hiding food
- Ritualistic behaviors during meals (arranging food, dissecting food, etc.)

If you are concerned about your eating behaviors or attitude, a friend's or
family member's, consider talking to your personal health care provider or
counselor for more information and treatment options.

stepping stone

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Courage Homes went tubing at Cone Park. Everyone had a great time.

DONT MISS EARLY BIRD PRICING! VALID UNTIL 3/31/18



A BENEFIT FOR
THE PIER CENTER FOR AUTISM

May 5th 2018 - Doors Open 3:30 PM

NEW VENUE - Country Celebrations
5606 Hamilton Blvd. Sioux City, IA

TICKET \$65⁰⁰ PRICE AFTER 3/31/18 - \$75
TABLE OF 8 \$500⁰⁰ PRICE AFTER 3/31/18 - \$550

ENJOY

- Watching the "Running of the Roses"
- LIVE Music: Kisor Brooks and Dunn;
And Play it Forward
- Dinner - Provided by M's
- Best Hat Contest
- Live and Silent Auction
- Complimentary Beer and Wine
the first hour

To Purchase Tickets Contact
Mary Bertram - mbertram@midstepservices.com
712-274-2252 OR Visit Us on Facebook!



Miss Amazing Pageant - February 17th

20 girls attended The Miss Amazing Pageant in Council Bluffs, IA.
Thank you for your support at the Indian Taco Sale and the Bake Sale. Also to
everyone who donated time and/or money for the girls to have a great time!



4303 STONE AVE, SIOUX CITY, IA 51106 | 712-274-2252 | MIDSTEPSERVICES.COM



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.

impressions
PRINT SHOP

Graduation is approaching. We offer custom and choose a template designs.

Invitations and Announcements all at a affordable price. MSS Employee Discount!

Now through March 31, 2018 Order 20 or more 5x7 or 5x5 invitations/announcements and get 5 FREE! *not valid with any other offer - sale applies to graduation only*

Class of 2018
LA MAR UNIVERSITY
Graduate
SYLVANIA ROSE
CLASS OF 2018
HECTOR KORWANA
BISHOP BERLEN - SIOUX CITY, IA
CLASS OF
Twenty Eight
WINNY EASTWOOD
6.23.2018
ST. MONICA HIGH SCHOOL

Call Impressions:
712-274-7261

Or Email:
amhawkins
@midstepservices.com

employee spotlight

LONI STIEF

Loni Stief is a HCBS Assistant at Cherry House in Cherokee She has been with MSS for 2.5 Years

What do you enjoy most about your job? **Working with the Members**
 What are some activities that you have participated in with members or at the agency that you have really enjoyed? **Dances and Shopping**
 Where/what is your favorite hangout? **Home**
 Which restaurant or fast food establishment is your favorite? **Godfathers**
 What is your favorite movie or TV show? **The Voice**
 Do you have a favorite sports team? **Cowboys Football, Cubs Baseball**
 What is your favorite music or song? **Austin**
 Who is your favorite singer and/or band? **Blake Shelton**
 What do you enjoy doing when you're not at work? **Crocheting, Cross Stitch, Reading, Crafts**

employee spotlight

SHAWNTELL HAMMAN

Shawntell Hamman is a RLA #2 at Courage Homes House 2 She has been with MSS for 5 years.

What do you enjoy most about your job? **The members, they are all different.**
 What are some activities that you have participated in with members or at the agency that you have really enjoyed? **The Ranch, and going to Clay County Fair.**
 Where/what is your favorite hangout? **Outside playing sports with my 3 girls.**
 Which restaurant or fast food establishment is your favorite? **Red Lobster**
 What is your favorite movie or tv show? **The Wedding Singer**
 Do you have a favorite sports team? **The Raiders**
 What is your favorite music or song? **Harper Valley PTA**
 Who is your favorite singer and/or band? **Creedence ClearWater Revival**
 What do you enjoy doing when you're not at work? **Taking naps**
 Do you have children, grandchildren, spouse or pet you would like to mention? **Three daughters, Ashlie, Maggie, and Leslie. Brad, my partner in crime. My two dogs.**

EARN MORE rewards!

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.

MID-STEP MILESTONES

March Anniversaries

- ONE YEAR**
Deborah Santi, 1st
Karen Paulsen, 1st
Courtney Podczerwinski, 3rd
Yameli Garza Contreras, 6th
Aurora Munoz, 6th
Alan Holton, 6th
Lacey Blunt, 13th
Alex Mendoza, 20th
Alexander Quinlain, 20th
Ashley Craig, 20th
Andrew Bonds Jr, 20th
- TWO YEARS**
Julie Jenkins, 7th
- THREE YEARS**
Brenda Dickey, 9th
Michelle Schonrock, 9th
Kaylee Mateo, 23rd
- FIVE YEARS**
Shawntell Hamman, 11th
Katie Welch, 25th
- SEVEN YEARS**
Rocio Rodriguez, 14th
- NINE YEARS**
Misty Titus, 2nd
Jessica Halder, 16th
- TEN YEARS**
Sonya Powell, 3rd
Dorothy Johnsen, 17th
- TWELVE YEARS**
Rick Kretlow, 15th
- THIRTEEN YEARS**
Deanna Luhr-Rodriguez
- SIXTEEN YEARS**
Cynthia Woodside, 1st
Lucja Orzechowski, 15th
- TWENTY FOUR YEARS**
Vaunda Klink, 4th
- TWENTY FIVE YEARS**
Patricia Tobboel, 1st
- THIRTY ONE YEARS**
Wesley Lauer, 24th
Connie Sherrill, 24th
Terry Strim, 31st

WELCOME New Employees

- SPRING HILLS APARTMENTS**
Jenifer Manker, HCBS Assist.
- LEECH**
Ariel Hellmann, HCBS Assist.
Stephany Olivares, HCBS Assist.
- SOUTH CYPRESS**
Willow Jordan, C.N.A.
- SOUTH RUSTIN**
Samantha Schoenherr, HCBS Assist.
- PARK VIEW HOMES**
Tracy Queen, RLA
Carrie Keating, RLA
Carrie Johnson, RLA
Cassidy Bornholtz, Dietary
Rubi Cancino, RLA
Jean Morehead, BS Tech 1
Angel Aldrich, RLA
Jacqueline Remmick, RLA
Larryce Harper, Dietary
Jaleesa Coleman, Dietary
- PARK VIEW HOMES CONT.**
Priscilla Garcia, Dietary
- COURAGE HOMES**
Nikita Molina, RLA
Alyssa Boisen, BS Tech 1
Steven Kayl, RLA
Tiffany Cole, LPN
Asha Osman, RLA
Yasmin Segundo, RLA
- BLUFF VIEW**
Tequila Edwards, RLA
Andrea Villeda, RLA
Ayaat Hobad, RLA
Hawa Farah, RLA
Abraxas Gomez, RLA
Lacey Wacheldorf, LPN
Alisia Loera, RLA
- PIER CENTER**
Catherine Clark, Behavior Tech
Elizabeth Penyich, Behavior Tech

March Birthdays

- Alyssa Boisen, 2nd
Lina Crow, 2nd
Stephany Olivares, 3rd
Angel Aldrich, 5th
Elizabeth Jones, 5th
Jason Boyd, 6th
Laurie Blakney, 6th
Demetris Jones, 7th
Wilma Mancilla, 7th
Dawn Heiden, 7th
Kandis Conrad, 8th
Katrina Miller, 10th
John Singer, 10th
Reagan Schonrock, 11th
Willow Jordan, 12th
Michelle Schonrock, 17th
- Tiffany Cole, 20th
Shameka Hunt, 21st
Jacqueline Remmick, 22nd
Yazmine Heiskell, 22nd
Hayley Lee, 24th
James Clark, 24th
Christen Williams, 24th
Haylee Lee, 26th
Brenda Dickey, 26th
Maria Villanueva, 36th
Madison Plantenberg, 27th
Emoney Blunt, 27th
Cory Harder, 27th
James Mascarello, 28th
Elizabeth Smyser, 30th
Alyssa Reed, 31st