

# recipe



## CHICKEN STUFFING CASSEROLE

Submitted by:  
Sue Worrell

### DIRECTIONS

#### STEP ONE

Preheat oven to 375 degrees. Prepare stuffing mix according to box directions.

#### STEP TWO

Place Chicken Breast in a 13 x 9 pan. Combine Cream of mushroom soup and sour cream and cover chicken. Top with Cheese and Stuffing Mix.

#### STEP THREE

Bake for 1 Hour.

### INGREDIENTS

- 4 Chicken Breasts
- 1 Box Stuffing mix
- 1 Can of Cream of Mushroom OR Cream of Chicken Soup
- 1/4c Milk OR Sour Cream
- 3/4 c Cheddar Cheese
- 1/4 tsp Salt
- 1/4 tsp Pepper

# nurse's notes

By: Marilyn West

## Gifts That KEEP Giving

**Physical activity.** Moving more opens the door to longevity – healthy body and mind.

**Healthy choices.** As the year comes to a close, it's a good time to lay to rest bad habits like tobacco and alcohol. Treat your body well, and get your daily dose of vitamins and minerals by eating lots of wholesome fruits, vegetables and whole grains.

**Mental activity.** Puzzles, classes, new interests – keep challenging yourself to keep your mind sharp.

**Optimism.** Remember that bright side.

**Meaningful connections.** A network of supportive people fosters a happy heart and helps you weather the storms.

# in the know

## THANK YOU

To all of the HCBS staff that completed their training before we submitted the Self-Assessment. - Anne Bottesini

## WELCOME

To the Work Center Tasha Burns. She was working at PKV homes bldg 3 and started as a Work Center Assistant on 11/26 - Clndy Henkel

Have something to share?  
email [amhawkins@midstepservices.com](mailto:amhawkins@midstepservices.com)

## CHRISTMAS RULES

1. Don't go into debt trying to show people how much you love them.
2. Don't go visit your family if it compromises your mental health.
3. If someone comments on your weight... Eat them.

# stepping stone



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## Supportive Employment Success

By: Terry Loutsch

Mid-Step Employment Services currently has 9 people employed in the community with 6 people being employed over a year and two have been recently employed in the last month. Currently we are actively looking for the right fit jobs for 4 other individuals. Over the last year raises have been given out to those hard working individuals to show appreciation for their work.

Supportive Employment is fairly new but is growing in leaps and bounds. I want to THANK everyone for their thoughts, ideas, and input. It is greatly appreciated. The more we know about something or someone the more we understand it or them. So if you have any questions please ask.

I appreciate the extra effort that is made by Housing staff, parents, and friends at making Supportive Employment a success. I know it involves sacrifices, hard work, planning, and lots of communication. Then there is the headache of transportation. LOL.

Last month close to 200 hours of job coaching was performed for Supportive Employment but it was well worth it for two new people are adding to previous success stories.

I would like to challenge those reading this to give me a name of a business that I can look into for future employment possibilities. If you know a contact name please include it and if not then that is ok as well. You can stop me as I am going by, put it in my mailbox, or leave a note on my desk if I am gone.

The best was saved for last. This month we had a person get Employee of the month from her respective place of work making her the second supportive employment employee to achieve this. The first was at a different business. A Supportive Employment employee also won a contest and got to throw a pie in her manager's face. Don't get any ideas to do this to your Supervisor. LOL.



# Holiday Shopping Reminder

DON'T FORGET! Support Mid-Step Services by shopping on Amazon with Amazon Smile! Just Visit : [smile.amazon.com](https://smile.amazon.com) and choose Mid-Step Services as your charity!



**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.

### Christmas Word Scramble

Unscramble the letters to find words which have to do with Christmas. Some of the words have religious meanings, others are secular in nature.

- Groceos \_\_\_\_\_
- Naclorig \_\_\_\_\_
- Rats \_\_\_\_\_
- Scunttshe \_\_\_\_\_
- Porduhl \_\_\_\_\_
- Naast \_\_\_\_\_
- Skagceap \_\_\_\_\_
- Dressephh \_\_\_\_\_
- Gramen \_\_\_\_\_
- Galen \_\_\_\_\_

- Limesotte \_\_\_\_\_
- Vaniyitt \_\_\_\_\_
- Gotscink \_\_\_\_\_
- Virasou \_\_\_\_\_
- Traweh \_\_\_\_\_
- Gisehl \_\_\_\_\_
- Wamsonn \_\_\_\_\_
- Ejuss \_\_\_\_\_
- Stranneom \_\_\_\_\_
- Scamsthir \_\_\_\_\_

## employee spotlight

### NICHOLE ZEMAN

*Nicole Zeman is a 1st shift Supervisor at Courge Homes, House 3 She has been with MSS for 16 years*

What facility or building did you work at and position did you have when you first came to MSS?

**CH2 - 2nd Shift**

What are some activities that you have participated in with members or at the agency that you have really enjoyed?

**Special Olympics, and all the dances they enjoy.**

Where/What is your favorite hangout? **My house or my friend Heather's. With Family and Friends**

Which restaurant or fast food establishment is your favorite? **Outback and Famous Daves**

What is your favorite movie or TV show? **Criminal Minds**

What is your favorite sports team? **Iowa Hawkeyes**

What is your favorite music or song? **I listen to all music, but mostly country**

What is your favorite singer and/or band? **Luke Bryan**

What do you enjoy doing when you're not at work? **Spending time with family**

Do you have children, grandchildren, spouse or pets you would like to mention? **My husband Eric and my children Dakotah - 12 and Kaleb-11**

## employee spotlight

### JUDY HOUCK

*Judy Houck is an RLA at Courage She has been with MSS for 3-1/2 Years*

What do you enjoy most about your job? **How happy I can make the members and share holiday with them.**

What are some activities that you have participated in with members or at the agency that you have really enjoyed?

**Taking them on outings, and seeing how happy it makes them feel.**

Where/What is your favorite hangout? **Usually the mall or in springtime go mini golfing**

Which restaurant or fast food establishment is your favorite? **Olive Garden and Qdoba**

What is your favorite movie or tv show? **Supernatural, Vampire Diaries. My favorite movie is Dumb and Dumber**

What is your favorite music or song? **R&B and Rock**

Who is your favorite singer and/or band? **All that remains**

What do you enjoy doing when you're not at work? **Spending time with my 2 sons and sleeping**

Do you have children, grandchildren, spouse or pets you would like to mention? **I have 2 handsome sons and a loving husband.**



#### ONE YEAR

Alyssa Eberhardt, 4th  
Corrin Thompson, 18th  
Tammy Castle, 18th  
Shumbura Gameda, 18th  
Asha Hussein, 18th  
Skyler Tindle, 26th

#### TWO YEARS

Jessica James, 5th

#### THREE YEARS

Toni Gregg, 7th  
Katelyn Janett, 7th

#### FOUR YEARS

Buffy Tschampel, 8th

#### FIVE YEARS

Frances DeJong, 30th

#### SIX YEARS

Melissa Vande Pol, 31st

#### TWELVE YEARS

Kathy Thompson, 11th

#### THIRTEEN YEARS

Mary Jo Carnine, 19th

#### FIFTEEN YEARS

Melinda Alvarez, 8th

#### SIXTEEN YEARS

Leslie Ritchie, 9th

#### NINETEEN YEARS

Janette P-Chambers, 17th

#### TWENTY FOUR YEARS

Carla Hanner, 16th

#### TWENTY SIX YEARS

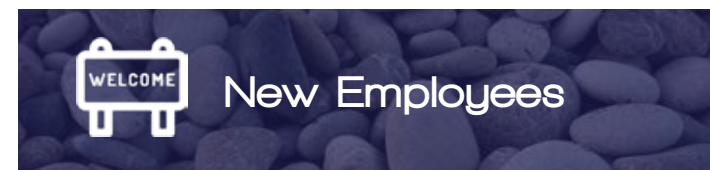
Jason Boyd, 18th

#### TWENTY EIGHT YEARS

Sandra Miller, 3rd

#### THIRTY YEARS

Susan Jones, 30th



#### PINNACLE APTS.

Dawn Flaugh, HCBS Asst.

#### SOUTH WESTCOTT

Melinda Devericks, HCBS Spec.

#### MAPLE VIEW

Hortu Tullu, HCBS Asst.

#### PARK VIEW

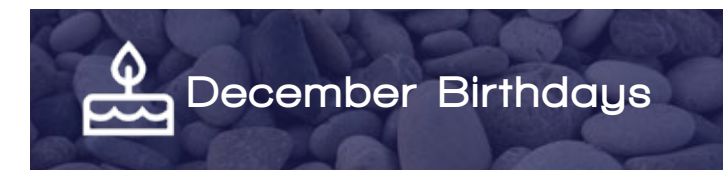
Jason Gladden, LPN  
Jasmine Lomeli, RLA  
Brittany Pritchard, RLA

#### COURAGE

Ryan Zeisler, RLA  
Tina Nguyen, RLA  
Vivian Sarceno Escobar, RLA  
Reagan Schonrock, Diet Aide

#### BLUFF VIEW

Daniel Kritzer, Diet Supv.  
Maria Gomez, RLA  
Cindy McCabe, LPN



Jamielee Thomas, 1st  
Jenny Bunce, 2nd  
Melissa Jones, 3rd  
Darien Lopez, 3rd  
Patricia Shuck-Norton, 5th  
Harley Clark, 7th  
Lisa Heinemann, 8th  
Lindsey Wichers, 9th  
Cheryl Cale, 10th  
Barbara Topf, 10th  
Josie Whitestar, 11th  
Ilhann Yusuf, 12th  
Sandra Miller, 15th  
Scott Dean, 15th  
Rocio Rodriguez, 15th  
Ashley Craig, 16th

Kelsey Hoffmeier, 19th  
Robin Schmidt, 19th  
Aimee Swanson, 20th  
Jane Stephenson, 21st  
Mary Lou Hanson, 21st  
Marcia Naberhaus, 22nd  
Amelia Pham, 22nd  
Melat Muzollo, 25th  
Eric Reynolds, 27th  
Pamela Mannion, 28th  
Priscilla Garcia, 28th  
Rachel Rogers, 29th  
Amber Pelsor, 29th  
Ludy Diaz Cedillo, 20th  
Claudia Hanna, 31st