

"Life is 10% what happens to you and 90% how you react to it."
-Charles R. Swindoll

STRAWBERRY BREAD



- INGREDIENTS**
For the Bread:
 3/4 cup granulated sugar
 1/2 cup milk
 1/2 cup oil
 1 large egg
 1 teaspoon vanilla extract or almond extract
 2 cups all-purpose flour
 2 teaspoons baking powder
 1/4 teaspoon salt
 2 cups diced strawberries
 2 tablespoons all-purpose flour
For the Glaze:
 2 cups powdered sugar
 2 tablespoons melted butter
 1/3 cup finely diced strawberries
 1/2 teaspoon vanilla extract or almond extract
 1-2 tablespoons heavy cream or milk

DIRECTIONS
 Preheat the oven to 350 degrees.
 In a medium bowl, stir together the sugar, milk, oil, egg and vanilla. In a separate bowl, combine the flour, baking powder and salt. Add the dry ingredients to the wet ingredients and stir until just combined.
 In a small bowl, toss together the strawberries and the 2 tablespoons of flour to coat the strawberries. Fold the floured strawberries gently into the batter. Pour the bread batter into a greased 9"x5" bread pan. Bake at 350 degrees for 50-55 minutes. A toothpick inserted in the center of the bread should come out clean. Allow the bread to cool for 10 minutes, then remove the bread to a wire rack to cool completely.
 To make the glaze, combine the powdered sugar, melted butter, diced strawberries and extract in a small bowl. Mix until it is smooth.
 Once the bread is cool, spread the glaze on top of the bread. Slice and serve.

JANUARY 2020

January is named after the Roman god Janus, who was always shown as having two heads. He looked back to the last year and forward to the new one. The Roman New Year festival was called the Calends, and people decorated their homes and gave each other gifts.

BIRTHSTONE: Garnet

FLOWER: Carnation

FEDERAL HOLIDAYS:

- January 1 New Year's Day
- January 21 Birthday of Martin Luther King, Jr.

FUN FACTS:

January 1st is both the furthest away and closest day to December 31st. Because of time zones, the first person born in a year can be born before the last person of the previous year.

1622 - January 1st became the start of the "New Year" (it was March 25 for a long time prior)

1818 - Mary Shelley's novel Frankenstein, or The Modern Prometheus was published (anonymously) in London. (500 copies were made)

1863 - The 'Emancipation Proclamation' issued by Abraham Lincoln

1886 - 1st Tournament of Roses took place in Pasadena, California

1896 - German scientist Wilhelm Röntgen announced his discovery of X-rays.

1908 - 1st New Year's ball drop at Times Square, NYC

1910 - The Hydrox "biscuit bonbon," a chocolate sandwich cookie with creme filling, was introduced. Oreos came out in 1912.

1948 - The first motion picture 'newsreel' in color was taken at the Tournament of Roses and the Rose Bowl Game, Pasadena, California.

1966 - "Caution Cigarette smoking may be hazardous to your health" warning started appearing on cigarettes.



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JANUARY 2020

CONGRATULATIONS
Melissa Klein & Tameka Williams
 Human Resources Coordinator Human Resources Assistant
ON THEIR NEW POSITIONS WITH MSS

Thank You to all the employees who helped put together the Christmas Extravaganza and the Winder Wonderland Extravaganza for our members.



IN THE KNOW

Thank you!
 To Kim Wood's Sister, Tamme Saul for donating Christmas Ornaments for the members to paint and decorate.
We will miss you!
 Tameka Williams will be missed by Courage work area.
Congratulations
 to Dawn Hysell on joining the Work Center team!!
Reminder
 We are still collecting HyVee Receipts!
Condolences
 Condolences to Cherokee HCBS Assistance Brenda Schwebach for the recent loss of her sister on 12/19/19 and her mother on 12/21/19. Our thought and prayers are with you and your family at this difficult time.

Thank you for 33 Years Jan Hackett!

YOU WILL BE MISSED!

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.

JANUARY Happy Anniversary! MID-STEP MILESTONES

ONE YEAR

Ahmednoor Abdullahi, 7th
Isabel Gonzales, 14th
Hailey Simmons, 14th
Felisha Ibarria, 21st
Laura Trudell, 28th

TWO YEARS

Latasha Burns, 2nd
Silvia Topete Leon, 8th
Claudia Hanna, 24th
Alyssa Reed, 24th

THREE YEARS

Ethan Jones, 9th
Toni Bolles, 19th

FOUR YEARS

Travis Collyns, 6th

FIVE YEARS

Kimberly Pittman, 5th
Traci Llanos, 5th
Patricia Barnes, 26th
Malissa Pierce, 26th

EIGHT YEARS

Thomas Hutcheson, 9th
Lauren Monk, 16th

NINE YEARS

Tricia Woods, 10th
Christen Williams, 10th
Scott Smith, 31st

ELEVEN YEARS

Tameka Williams, 12th

THIRTEEN YEARS

Aurelie Karagi, 2nd
Lorraine Anderson, 9th

FOURTEEN YEARS

Melanie Strong, 9th
Edward Van Etten, 27th

SIXTEEN YEARS

Dana Brummond, 19th

SEVENTEEN YEARS

Gary Smith, 20th
Elizabeth Smyser, 27th

EIGHTEEN YEARS

Jeremy Dittman, 18th

NINETEEN YEARS

Evelyn Chaney, 26th

TWENTY YEARS

Barbara Topf, 7th

TWENTY NINE YEARS

Joan Schneider, 16th

THIRTY FOUR YEARS

Mary Beth Keegan, 13th

JANUARY BIRTHDAYS

Nunow Bare, 1st
Madina Mahamed, 1st
Tammy Farrell, 1st
Tahmo Abshir, 1st
Asha Hussein, 1st
Katerina
Fondoulakis-Listamann, 1st
Kyla Barclay, 3rd
Ruth Satterwhite, 3rd
Shumbura Gameda, 4th
Mark Koenigs, 5th
Viridiana Leon Duenas, 8th
Shana Belfiore, 9th
Shannon Kurasz, 10th
Brooklyn Kennedy, 11th
Suzanne Whitmore, 12th
Hannah Barbee, 14th
Tammy Brown, 15th
Sydney Patten, 15th
Mary Beth Kirkegaard, 15th
Nancy Nelson, 16th
My N.T. Pham, 18th
Raylina Wimmer, 19th

Anne Bottesini, 19th
Loni Stief, 20th
Desirae Hanner, 20th
Jennifer Hoover, 24th
Brenda Schwebach, 24th
Edward Van Etten, 25th
Felisha Ibarria, 26th
Joann Spencer, 28th
James Struthers, 28th
Hadja Sylla, 29th
Shawntell Hamman, 29th
Constance Traum, 29th
Brianna Winbolt, 30th
Ailyn Bolanos, 30th
Lee Kunze, 30th
Cheyanne Dean, 31st
Cari Sonney, 31st
Teresa Mapes, 31st

WELCOME NEW HIRES

SOUTH WESTCOTT

Shania Rehmudin, HCBS Asst.
Tiale Ble, HCBS Asst.

SOUTH MULBERRY

Destinee Gray, HCBS Asst.

SOUTH RUSTIN

Susan Finch, HCBS Asst.

COURAGE

Roha Abera, RN

PARK VIEW

Breana Paronto, RLA
Ashley Pierre-Louis, RLA
Amber Pelsor, RLA
Andrea Estrada, Diet Aide
Arwal Andrews, RLA
Desirae Hanner, RLA
Margerite Spindler, RLA
Cristina Martine, RLA

PIER CENTER

Maise Hurd, Beh Tech

Submissions needed for

STEPPING STONE

Email content, ideas, and feedback to

amhawkins@midstepservices.com

EMPLOYEE SPOTLIGHT

Kim Wood

Kim Wood is a Work Center Assistant at the Main Office Work Center
She has been with MSS for 29 Years

What facility or building did you work at and position did you have when you first came to MSS? **Parkview H2- Dietary Aide**
What do you enjoy most about your job? **Seeing them do things on their own**
What are some activities that you have participated in with members or at the agency that you have really enjoyed?
Taking them to the park, Tulip Festival, Pumpkin Patch in Sioux Center
What is your favorite color? **Soft Pink/Mauve**
Which restaurant or fast food establishment is your favorite? **Outback or Iron Hill**
What is your favorite movie or TV show? **The Good Doctor**
Do you have a favorite sports team? **The Los Angeles Raiders**
What do you enjoy doing when you're not at work? **Shopping, catching up on all my recordings on my DVR**
Do you have children, grandchildren, spouse or pets you would like to mention? **Husband Jason - married almost 22 years. Daughter Samantha - 30 years old, Son Joshua - 27 years old. 4 Beautiful Grandchildren - Twins Jakoby and Ashlynn- 10 years old, Laken - 7 Years Old, Grayson - 2 1/2 Years old.**



NURSE'S NOTES

Tips for Making and Keeping Healthy New Year's Resolutions



- Don't abandon the idea of making New Year's resolutions even if past resolutions have failed. Simply readjust the goals you are making.
- Do be realistic. Pick a safe attainable goal with a realistic timeline.
- Don't make too many resolutions. Pick a few key areas such as stress management and exercise, and set a few attainable goals within these groups.
- Don't set resolutions whose success is based on factors outside of your control. Instead of focusing on outcomes such as a new job, focus on small activities such as applying to X amount of job positions.
- Do set goals based on your own wishes, desires, goals, and dreams. Goals set with firm personal commitment are more likely to succeed.
- Do plan intermediate goals if it helps you stay in control. Check your progress after a set period of time and evaluate your progress.
- Do use the buddy system. The support of family and friends can be a great extra motivator.
- Do plan a reward for yourself— when the goals or resolutions have been met.



Adapted from "8 Tips For Making and Keeping Healthy New Years Resolutions" by Melissa Conrad Stoppler, MD. Created by AmeriCorps member Amy Houser



Winter Word Search

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

BLIZZARD	FIREPLACE	FLOW
BOOTS	FROSTY	SCARF
COAT	HAT	SHOVEL
COCOA	ICE	SKIING
COLD	ICICLES	SLEDDING
DECEMBER	JANUARY	SNOW
EARMUFFS	MARCH	SWEATER
FEBRUARY	MITTENS	WINTER

