

"I'm a success today because I had a friend who believed in me and I didn't have the heart to let him down." -Abraham Lincoln

BACON-BLUE CHEESE STUFFED BURGERS



INGREDIENTS

- 1-1/2 pounds lean ground beef (90% lean)
- 3 ounces cream cheese, softened
- 1/3 cup crumbled blue cheese
- 1/3 cup bacon bits
- 1/2 teaspoon salt
- 1/2 teaspoon garlic powder
- 1/4 teaspoon pepper
- 1 pound sliced fresh mushrooms
- 1 tablespoon olive oil
- 1 tablespoon water
- 1 tablespoon Dijon mustard
- 4 whole wheat hamburger buns, split
- 1/4 cup mayonnaise
- 4 romaine leaves
- 1 medium tomato, sliced

DIRECTIONS

Shape beef into 8 thin patties. Combine the cream cheese, blue cheese and bacon bits; spoon onto the center of 4 patties. Top with remaining patties and press edges firmly to seal. Combine the salt, garlic powder and pepper; sprinkle over patties. Grill burgers, covered, over medium heat or broil 4 in. from the heat on each side until a thermometer reads 160° and juices run clear, 5-7 minutes. Meanwhile, in a large skillet, saute mushrooms in oil until tender. Stir in water and mustard. Serve burgers on buns with mayonnaise, romaine, tomato and mushroom mixture.

FEBRUARY 2020

The Name of The Month: Februa was a Roman purification ritual and was considered as early Rome Spring Cleaning Festival. Februs, the Roman god was named after this festival.

BIRTHSTONE: Amethyst

FLOWER: Violet

HOLIDAYS:

February 14th - Valentines Day

February 17th - President's Day

FUN FACTS:

- 1690 - The first paper money in America was issued today, in the Colony of Massachusetts.
- 1620 - Popcorn was introduced to the English colonists by an Indian named Quadequina.
- 1692 - The first witches were arrested in Salem Massachusetts.
- 1789 - George Washington was elected as the first president of the United States by the Electoral College.
- 1876 - Both Alexander Graham Bell and Elisha Gray applied for a telephone patent. Alexander's was later approved.
- 1884 - The Oxford Dictionary debuted
- 1887 - The area known as Hollywood was founded.
- 1898 - Travelers Insurance Company began issuing car insurance.
- 1922 - Ford Motor Company acquired the failing luxury automaker Lincoln Motor Company for \$8 million.
- 1925 - Sears & Roebuck opened their first retail store, in Chicago.
- 2004 - Mattel officially announced the split of Barbie and Ken
- 2005 - Youtube.com was launched.



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.

VOLUME 14, ISSUE 2

STEPPING STONE

MID-STEP SERVICES EMPLOYEE NEWSLETTER

INSIDE:

- Milestones, Birthdays, New Hires 2
- Employee Spotlight 3
- Puzzle 3
- Nurses Notes 3
- Recipe 4
- February Interesting Facts 4

EARN MORE rewards!

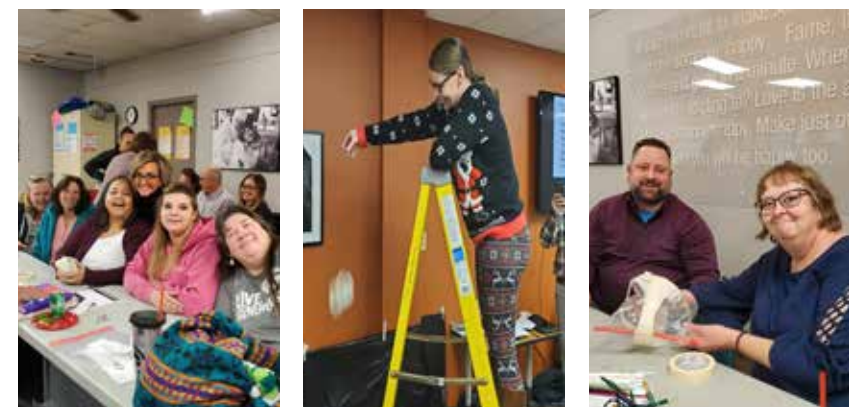
You **love** working for Mid-Step Services because your job is important and rewarding. You feel good that you are involved with the care of others. So spread the word! If someone you recommend joins Mid-Step Services for our **2nd shift**, you will receive a **\$100 gift card** after that person has been here for one week. 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 week. 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.

FEBRUARY 2020

Open to the public! Payroll deduct available for MSS Employees!



December Leadership Training Egg Drop Challenge
Teams had to construct a vessel that would safely secure an egg that was dropped from a ladder.



FEBRUARY Happy Anniversary! MID-STEP MILESTONES

ONE YEAR

Montserrat Topete-Andrade, 11th
Libertee Simpson, 11th
Teresa Guzman, 25th
Isabel Lopez, 25th

TWO YEARS

Rubi Cancino, 5th
Jean Morehead, 5th
Ayaat Habad, 19th
Hawa Farah, 19th
Catherine Clark, 19th
Elizabeth Penyich, 19th

THREE YEARS

Ashley Loza, 6th

FOUR YEARS

Mark Koenigs, 1st
Jennifer Brainerd, 19th
Jacqueline Cancino, 29th

FIVE YEARS

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

SIX YEARS

Kea Malloy, 3rd

SEVEN YEARS

Jennifer Hoover, 25th

EIGHT YEARS

Lauri Iddings, 20th

THIRTEEN YEARS

Alejandra Lopez-Rocha, 12th

FIFTEEN YEARS

Amanda Fitzgerald, 7th

TWENTY SIX YEARS

Laura Bos, 18th

TWENTY SEVEN YEARS

Teresa Honeycutt, 26th

THIRTY YEARS

Darwin Boisen, 27th

THIRTY THREE YEARS

Scott Dean, 24th

EMPLOYEE SPOTLIGHT

Kaylee Mateo



Kaylee Mateo is a QIDP at Courage H1
She has been with MSS for 4.5 Years

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

HCBS Asst. at Springhill Apts.

What do you enjoy most about your job? **Being in a administrative position while still being able**

to work directly with members.

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

Special Olympics and Cone Park

What is your favorite color? **Pink**

Which restaurant or fast food establishment is your favorite? **Chick-Fil-A or Monja Blanca**

What is your favorite movie or TV show? **American Horror Story**

What do you enjoy doing when you're not at work? **Traveling and spending time with family and friends**

Do you have children, grandchildren, spouse or pets you would like to mention? **Rescue pup named Minnie, a Jack Russel mix.**



IN THE KNOW

Thank you!

Thank you to all who helped with putting Gary Vorbeck's Memorial together and thank you to those who attended the Memorial. It was a wonderful turn out! Gary was loved very much and will be missed greatly.
Leslie Ritchie, Administrator - Park View Homes

NURSE'S NOTES

National Wear Red Day ... Friday February 7th.

Simple Heart Helpers
Heart Health 101

Cholesterol Control ... Excess saturated fat in the diet is a likely suspect when it comes to high cholesterol Two ways to cut fat: **1. If you like to eat out, stick to one restaurant or fast-food meal per week. 2. At meals, fill up on plant-based foods. Keep meat servings small, and eat fruit for dessert. More tips: Substitute fish for meat twice a week, eat more beans, and choose foods low in saturated fat.**

Healthy Blood Pressure ... You can control or even prevent high blood pressure with lifestyle. Your best defenses: a healthy diet, daily exercise, no smoking and limited alcohol (if you drink); and medication if you already have hypertension.

Regular exercise ... It's easy to make excuses for not exercising. Fact is, raising your heart rate above its resting rate is key to a strong heart and clear arteries. Healthier cholesterol and blood pressure may follow.

Valentine's Day Word Search

c	g	f	l	o	w	e	r	s	i	p
j	s	w	e	e	t	h	e	a	r	t
e	f	p	a	c	u	p	i	d	a	e
v	h	o	i	k	a	c	p	s	r	t
a	o	g	u	y	h	e	a	r	t	s
l	o	v	e	r	r	d	e	g	o	f
e	k	r	a	p	t	r	r	o	w	r
n	r	i	r	o	s	e	s	p	x	i
t	o	h	s	d	r	d	e	i	r	e
i	s	u	h	s	p	i	n	n	h	n
n	r	g	a	r	e	l	k	t	d	
e	o	s	c	h	o	s	r	o	s	h
s	w	e	e	r	t	s	f	r	i	e
v	c	h	o	c	o	l	a	t	e	k

valentine	red	roses
arrow	fourteenth	friend
cupid	hugs	flowers
hearts	chocolate	sweetheart
love	pink	kisses

FEBRUARY BIRTHDAYS WELCOME NEW HIRES

Alejandra Lopez-Rocha, 22nd
Karlie Hagund, 3rd
Laura Trudell, 4th
Samantha Juhl, 5th
Mohamed Osman, 5th
Jose Jimenez Lupercio, 6th
Dana Brummond, 6th
Kristina Mothershead, 6th
Larry Walters, 7th
Jean Morehead, 8th
Lia Hansen, 8th
Jordan Peterson, 9th
Maria Reyes, 10th
Jessica Schrauth, 10th
Shannon Graves, 12th
Amanda Hawkins, 12th
Lilian Miller, 13th
Michael Peters, 13th
Laura Bos, 14th
Brett Johnson, 14th

Scott Elgert, 14th
Jacey Hanna, 16th
Rick Kretlow, 16th
Kendra Jackson, 16th
Teresa Guzman, 16th
Ayor Achichol, 17th
Marisa Rossi, 18th
Montserrat Topete-Andrade, 18th
Marissa Haire, 19th
Galilee Gomez, 19th
Thomas Hutcheson, 20th
Jayne Koch, 22nd
Makenzie Bates, 22nd
Kaitlin Clark, 24th
Makayla Mullally, 25th
Nyathal Deng, 27th
Kristina Mckinley, 27th
Crystal Thompson, 27th

SOUTH CYPRESS

Orlando Clemente Amaya, LPN
Susanne Boose, RN
Kelsey Abramo, CNA

STONE RIDGE

Heather Hembd, HCBS Asst.

BLUFF VIEW

Kass Kunze, RLA

PARK VIEW

Kristen Smith, RLA
Vanessa Hoffmeier, RN
Matthew Mann, Res Super
Leslie Delao, RLA

COURAGE

Beverly Morris, Diet Aide
Robert Rieken, RLA

Submissions needed for

STEPPING STONE

Email content, ideas, and feedback to

amhawkins@midstepservices.com