

"There is joy in work. There is no happiness except in the realization that we have accomplished something." -Henry Ford

CORNER BEEF AND CABBAGE SLIDERS



- INGREDIENTS**
 1 **tblsp. olive oil**
 1 **head cabbage, cut into small wedges**
 1 **bottle Guinness (or other beer)**
 8 **ciabatta rolls (or potato rolls)**
 1 **jar dijon mustard**
 1 **lb. corned beef**

DIRECTIONS
 Preheat the oven to 350°F. As it heats, place a skillet on medium-high heat, getting it warm. Add the olive oil and sear the cabbage wedges on both sides (about 1 minute each).
 Place a cooling rack on top of a baking sheet. Place the cabbage wedges on the cooling rack, then pour the Guinness through the holes of the cooling rack so it fills the bottom of the baking sheet. Carefully place the baking sheet in the oven and cook cabbage for about 20-22 minutes, or until the edges have browned a bit.
 Assemble the sandwiches: Slice the ciabatta rolls in half. Spread dijon mustard on one side, top with slices of corned beef and cabbage. Serve.

MARCH 2020

The Anglo-Saxons called the month Hlyd monath which means Stormy month, or Hraed monath which means Rugged month.

The word 'March' comes from the Roman 'Martius'. This was originally the first month of the Roman calendar and was named after Mars, the god of war. March was the beginning of our calendar year. We changed to the 'New Style' or 'Gregorian calendar in 1752, and it is only since then when we the year began on 1st January.

BIRTHSTONE: Aquamarine

FLOWER: Daffodil

HOLIDAYS:

- 8th - Daylight Savings - Spring Ahead!
- 17th - St. Patrick's Day
- 19th - Spring Equinox

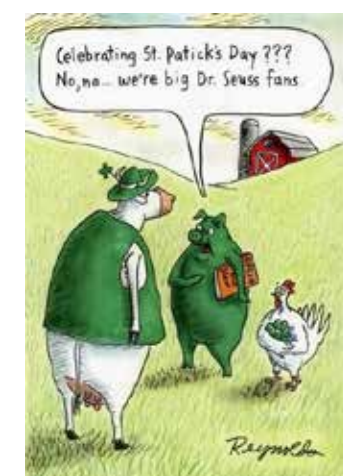
FUN FACTS:

- 105 - Ts'ai Lun invented paper, in China.
- 1692 - In Salem Village in the Massachusetts Bay Colony, Sarah Goode, Sarah Osborne, and Tituba, an Indian slave from Barbados, were accused of witchcraft, beginning the Salem Witchcraft Trials 19 innocent women and men were killed as a result of the trials.
- 1789 - The federal government under the US Constitution began, replacing the Articles of Confederation.
- 1872 - Congress made 1,221,773 acres of public land in the area of what were later the states of Wyoming, Montana, and Idaho as America's first national park - Yellowstone National Park. Yellowstone National Park spans an area of 3,468.4 square miles.
- 1876 - Alexander Graham Bell received his patent for (#174,465) the telephone.
- 1894 - Coca-Cola bottles were sold to the public for the first time, in Vicksburg, Mississippi.
- 1930 - General Foods put the first individually packaged frozen foods - "Birds Eye Frosted Foods" on sale in Springfield, Massachusetts
- 1959 - Barbie debuted. Barbie's appearance was modeled on a doll named Lilli, which was based on a racy German comic strip character.
- 1995- Latina singer Selena was murdered and the live coverage of the crime drew in over 3.2 million views to CBS.
- 1998 - Titanic became the first film to gross over \$1 billion worldwide.



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MARCH 2020



Mid-Step Services took 22 ladies to the Miss Amazing pageant in Des Moines February 21-23. The ladies have become a part of the Iowa Miss Amazing traditions. The Sassy Steppers, the dance group is always a show stopper and Miss Amazing looks forward to seeing their dance routine. This year they danced to the Song "The Git Up" which they learned with the help of a few members from the Heelen Dance Team. Once again they did an amazing job! The Sassy Steppers were recognized for their fundraising for Miss Amazing. We would like to thank everyone that helped support the Indian Taco, Bake Sale, and Rada Fundraiser. Miss Amazing is made possible solely from donations. This year all of the ladies came home as princesses, even though we did not have a queen, the experience and confidence that the ladies get is the most valuable outcome.



Gail Rowland!

Gail Rowland, a 25 year employee at Cherry House in Cherokee is retiring. Mid-Step Services would like to extend a our gratitude to Gail for her dedication and her dependability over the years. The members knew they could always count on Gail. Cherry House will not be the same without you Gail, but we wish you a happy retirement. Come back and visit!

We will be having a formal retirement party March 20th at Danny's Sport Spot in Cherokee starting at 5:30 pm. Buffett is \$12.00 or you can order off the menu.

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.

MARCH Happy Anniversary! MID-STEP MILESTONES

ONE YEAR

Jaquelin Montiel-Gonzalez, 11th
Jada Jenkins, 18th
Michael Peters, 25th

TWO YEARS

Kayla Conner, 19th
Nancy Nelson, 19th
Heather Lindquist, 19th

THREE YEARS

Deborah Santi, 1st
Alexander Quinlain, 20th

FIVE YEARS

Brenda Dickey, 9th
Kaylee Mateo, 23rd
Michelle Schonrock, 9th

SEVEN YEARS

Shawntell Hamman, 11th

NINE YEARS

Rocio Rodriguez, 14th

ELEVEN YEARS

Misty Titus, 2nd
Jessica Halder, 16th

TWELVE YEARS

Sonya Powell, 3rd
Dorothy Johnsen, 17th

FOURTEEN YEARS

Rick Kretlow, 15th

FIFTEEN YEARS

Deanna Luhr-Rodriguez, 16th

EIGHTEEN YEARS

Cynthia Woodside, 1st
Lucja Orzechowski, 15th

TWENTY SIX YEARS

Vaunda Klink, 4th

TWENTY SEVEN YEARS

Patricia Tibboel, 1st

THIRTY THREE YEARS

Terry Strim, 31st
Wesley Lauer, 24th

EMPLOYEE SPOTLIGHT

Tasha Burns



Tasha Burns is a Work Center Assistant at JBB Work Center
She has been with MSS for 2 Years

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

Parkview House #3 RLA

What do you enjoy most about your job? **Working, spending time with members and painting the ladies nails.**
What are some activities that you have participated in with members or at the agency that you have really enjoyed?

Bingo, Outings, and rec activities

What is your favorite color? **Blue & Burgundy**

Which restaurant or fast food establishment is your favorite? **Firehouse, Texas Roadhouse, and Japanese Steak House**

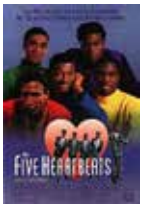
What is your favorite movie or TV show? **The five heartbeats**

Who are your favorite singer and or band? **Mary J Blige & Jennifer Hudson**

What do you enjoy doing when you're not at work? **Watching Netflix and reading**

Do you have children, grandchildren, spouse or pets you would like to mention? **I have 3 kids. Malik 23, Jasmine 17, and Aidan 13.**

I have 3 grandchildren Andre 4, Kylian 2 and Nova, 10months.



MARCH BIRTHDAYS

Isabel Lopez, 1st
Elizabeth Jones, 5th
Laurie Blakney, 6th
Jason Boyd, 6th
Tammy Jones, 7th
Tina Nguyen, 8th
Kandis Conrad, 8th
Emily Post, 12th
Isaac Alba, 12th
Michelle Schonrock, 17th
Madelynn Lillie, 18th
Shameka Hunt, 21st
Dossou Kouakpe, 22nd

Christen Williams, 24th
Jessica Wassgren, 25th
Jennifer Huseman, 25th
Haylee Lee, 26th
Jennifer Benjamin, 26th
Brenda Dickey, 26th
Jada Jenkins, 29th
Amber Ackerly, 29th
Claudia Solis-Medina, 29th
Jessica Rolfes, 30th
Carter Crum, 30th
Elizabeth Smyser, 30th
Robert Rieken, 30th

St Patrick's Day WORD SEARCH



WELCOME NEW HIRES

SPRING HILL APARTMENTS

Adela Morales, HCBS Asst.
Jenifer Manker, HCBS Asst.

SPRING HILL DUPLEX

Bih Ndifor, HCBS Asst.
Mustariya Kimbi, HCBS Asst.

MAPLEVIEW

Arminta Gilleland, HCBS Asst

ST. MARY'S

Brandolyn Bosma, HCBS Coord.

MAIN OFFICE

Schleena Jackson, AR Spec

PARK VIEW

Sela Ison, RLA
Robert Jacobson, RLA
Ceria Smith, RLA
Emma Mullins-Nepper, RN
Safia Jama, RLA
Miradiou Joseph, RLA
Justice Farley, RLA

COURAGE

Audrey Smith, RLA
Marcos Reyes, RLA
Isaiah Mickles, RLA
Mariah Franklin, RLA
Ronda Calvillo, RN
Jorge Hernandez, RLA
Manaath Deng, RLA

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Mid-Step is getting geared up for the Special Olympics and are beginning to practice for the event that will take place in Sioux Center April 18, 2020.



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QUESTIONS OR CONCERNS
Contact: Mary Bertram, 712-274-2252
mbertram@midstepservices.com

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All members must be checked out separately so they have individual receipts. All houses must have employees purchase individually.

We celebrated Jan Hackett and Patti Sullivan's Retirements with parties at the Main Office!



IN THE KNOW

The Circus is coming to town!
Ladies and Gentleman, Boys and Girls, The Circus is coming to town. April 1 to the 5th. The Members always look forward to the Circus!

Thank you!
I would like to Thank Tamra Villegas, Terry Strim, Dana Brummond and Crystal Thompson for their extra help with getting the girls ready for Miss Amazing and your help with putting together their uniforms for Dance and always being at Dance practice. I would Like to thank Tamra Villegas, Dana Brummond, Terry Strim, Crystal Thompson, Makayla Mullally, Gabby Pierce, Teresa Mapes, Ludy Diaz, Jonna Widjaja, Tammy Jones, Sandy Jones, Debra Ayodele, Dayo Aydole, for going to Miss Amazing and all your help on the trip! The ladies are lucky to have such wonderful support. - Nancy Mullally