

## SWEET AND SOUR GLAZED SHRIMP



## INGREDIENTS

1/4 cup Chinese plum sauce

1/4 cup ketchup

2 teaspoons soy sauce

1/4 teaspoon crushed red pepper flakes

1 1/4 pounds medium shrimp, peeled and deveined and tails removed

Kosher salt and freshly ground black pepper

1 tablespoon peanut oil

2 scallions, thinly sliced (white and green parts kept separate)

1 clove garlic, finely chopped

1 teaspoon finely chopped peeled fresh ginger

3 tablespoons unseasoned rice wine vinegar

Cooked white rice, for serving, optional

## DIRECTIONS

Stir together the plum sauce, ketchup, soy sauce and pepper flakes in a small bowl and set aside.

Sprinkle the shrimp with salt and pepper. Heat the oil in a medium skillet over medium-high heat. Add the shrimp to the skillet and cook, stirring occasionally, until just cooked through, 2 to 3 minutes. Transfer to a plate.

Add the scallion whites, garlic and ginger to the skillet and cook, stirring constantly, until soft, about 1 minute. Add the vinegar and scrape up any brown bits that cling to the bottom of the skillet. Add the plum-ketchup sauce and bring to a simmer. Return the shrimp to the skillet along with the scallion greens and give the skillet a swirl to bring everything together. Divide among 4 plates and serve with white rice if using.

## APRIL 2021

April was formerly the second month in the ancient Roman year, when March began the calendar. The "real" origin of its name has been lost. The most common theory is that Aprilis is derived from the Latin verb *Aperire*, to open, as the opening, or blossoming, of trees and flowers.

**BIRTHSTONE:** Diamond**FLOWER:** Daisy or Sweet Pea**HOLIDAYS/EVENTS:**

1st - April Fools Day

2nd - Autism Awareness Day

4th - Easter

22nd - Earth Day

**INTERESTING FACTS:**

"Sweet April showers do spring May flowers."

- Thomas Tusser 1557, (A Hundred Good Points of Husbandry)

1633 - Galileo was convicted of heresy, for announcing that the Earth revolved around the Sun.

1818 - Noah Webster published his American Dictionary of the English Language.

1867 - The Alaska Purchase - the United States bought Alaska from the Russian Empire for \$7.2 million, in a treaty ratified by the U.S. Senate

1882 - Tombstone reads, "Jesse W. James, Died April 3, 1882, Aged 34 years, 6 months, 28 days, Murdered by a traitor and a coward whose name is not worthy to appear here." Jesse James was shot and killed by frenemy Robert Ford for the reward money. There was a \$5,000 bounty on the bank-robber, but they gave Ford \$500, and then arrested him.

1907 - The Ellis Island immigration center in New York processed 11,747 people, more than on any other day.

1912 - RMS Titanic hit an iceberg, killing 1514 people that evening, and into the next day.

1940 - Booker T. Washington becomes the first African American to be depicted on a United States postage stamp.

1973 - The first portable cell phone call was placed in New York City.

1976 - Apple Computer Company was formed by Steve Jobs and Steve Wozniak.

1979 - Nickelodeon kid's cable channel was launched

1998 - The Price Is Right aired their milestone 5,000th episode. Every prize given away on that episode was a car.

2008 - Danica Patrick became the first woman to win an Indy Car race

## STEPPING STONE

MID-STEP SERVICES EMPLOYEE NEWSLETTER

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April is Autism Awareness Month. The Sioux City Police Department is working with the Friends of The Sioux City Police Department and local partners to increase awareness about the impact of Autism through their police patch program. A special Sioux City Police shoulder patch was created and is being sold for 10 dollars per patch. Patches were made available for purchase at Police Headquarters at 601 Douglas Street and at Mid-Step Services Main Office, 4303 Stone Avenue. Proceeds from patch sales will go to the local Pier Center for Autism, to assist in their work to provide increased services to Siouxland families impacted by Autism. The colorful patch is

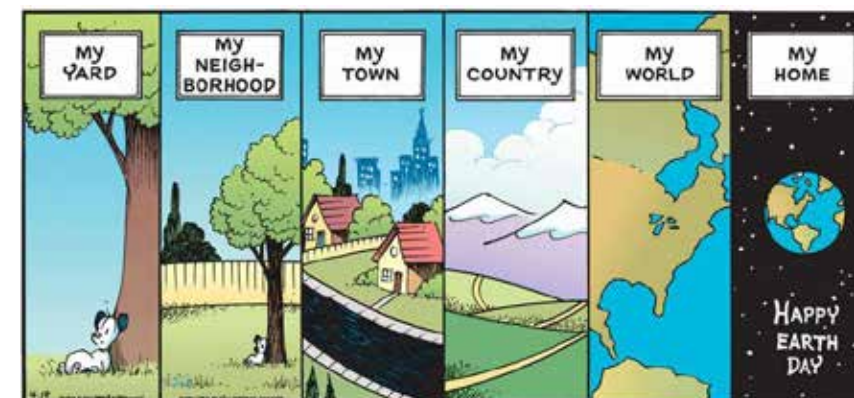
patterned after the current SCPD shoulder emblem, but is adorned with the puzzle piece motif of autism awareness. As with their prior pink patch cancer awareness campaign, the department seeks to be an active advocate for all Sioux City citizens. The national Autism Society encourages communities to celebrate differences, and be more inclusive of individuals with autism. With 1 in 54 children being impacted by autism awareness is key to helping educate individuals on the signs, symptoms and realities of autism.

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.





# APRIL Happy Anniversary! MID-STEP MILESTONES

## ONE YEAR

La'Stacia Gorman, 6th  
Chasity Gaines, 6th  
Daniel Mukalenga, 13th  
Brenna Enstrom, 13th  
Bruno Ramirez-Estrada, 20th  
Marina Baarur, 27th  
Cali Cook-Sorenson, 27th  
Katzia Guerrero, 27th

## TWO YEARS

Sandra Jones, 8th  
Bilise Simbassa, 15th  
Trina Melby, 29th  
Cheyanne Dean, 29th

## THREE YEARS

Maribel Olvera, 2nd

## FOUR YEARS

Jeremiah Gray, 25th

## SIX YEARS

Judy Houck, 13th  
Jodi Roling, 27th

## SEVEN YEARS

Ilhaan Yusuf, 21st  
Dorothy Hanslip, 21st

## NINE YEARS

Hope Surber, 16th

## TEN YEARS

Dylan Bolles, 25th

## THIRTEEN YEARS

Richard Most, 14th

## EIGHTEEN YEARS

Chase Pipkins, 28th

## NINETEEN YEARS

Anne Bottesini, 5th

## THIRTY THREE YEARS

Crystal Thompson, 16th

## THIRTY FOUR YEARS

Kandis Conrad, 15th  
Karen Scroggin, 20th

## THIRTY SIX YEARS

Cynthia Nielsen Henkel, 4th  
Elizabeth Jones, 27th

# EMPLOYEE SPOTLIGHT

Carla Hanner is a HCBS Assistant at Spring Hill Apartments  
She has been with MSS for 26 years

Carla Hanner



What do you enjoy most about your job? **The members**  
What are some activities that you have participated in with members or at the agency that you have really enjoyed?

**Special Olympics, Helping members with community living**

What is your favorite color? **Peach**

Which restaurant or fast food establishment is your favorite? **Mr. StirFry**

What is your favorite movie or TV show? **Joanna & Chip Gains**

Do you have a favorite sports team? **Green bay packers**

Who are your favorite singer and or band? **Conway Twitty**

What do you enjoy doing when you're not at work?

**Spending time with my grandchildren**

Do you have children, grandchildren, spouse or pets you

would like to mention? **My Husband of 40 years- Steve Hanner. 5 daughters, 15 grandchildren, 3 great grandchildren, and 1 dog - Katrina**



Mr. Stirfry Buffet



## IN THE KNOW

Welcome to the world!

Welcome new babies!

Courage House 1

Ashley and Kevin Bradbury

Baby Boy James

2/24/21

7 pounds 8 ounces

18 inches



Shameka Hunt and Nate Jenzen

Baby Girl Arizona

3/15/21

7 pounds 9 ounces

18 inches



# APRIL BIRTHDAYS

Tanya Reyes, 1st  
Kenneth Banks, 1st  
Davina Desy, 1st  
Latasha Burns, 2nd  
Kayla Conner, 3rd  
Matty George, 3rd  
Tamra Villegas, 5th  
Andrea Thompson, 5th  
Kristen Smith, 7th  
Walena Olivares, 8th  
Axel Pina, 8th  
Maribel Olvera, 10th  
Celi Ortega, 10th  
Todd Nielsen, 10th  
Scott Smith, 11th  
Aubrey Feller, 12th  
Susan Joens, 12th  
Holly Tenhulzen, 13th  
Melanie Strong, 14th  
Lisa Grage, 15th

Misty Titus, 17th  
Melinda Alvarez, 18th  
Diann Bohall, 19th  
Jacqueline Cancino, 19th  
Brooke Smith, 19th  
Daniel Krtitzer, 22nd  
Eva Rudinger, 23rd  
Karina Segundo, 23rd  
Evelyn Chaney, 25th  
Laura Ochoa, 26th  
Daniela Ponce Hernandez, 27th  
Leticia Camacho, 28th  
Destanie Huseman, 28th  
Marysol Hernandez Cortez, 28th  
Sara Franco, 28th  
Rosa Mendoza, 30th

# WELCOME NEW HIRES

## SPRING HILL APTS

Payton Manker, HCBS Asst.

## SOUTH CYPRESS

Marilyn McCormack, RN

## SOUTH MAPLE

Yanira Lozano, HCBS Asst.

## PARK VIEW

Ashley Roberson, RLA  
Sydney Reynolds, RLA  
Jacob Dickson, Cook  
Yolanda Garcia, BS Tech

## COURAGE

Fernanda Serna Alcocer, RLA  
Alicia Sanchez, RLA  
Alexis Bowser Gengler, RLA  
Jessica Rolfes, RLA  
Patrice Huynh, RLA

## BLUFF VIEW

Amanda Komarek, RLA

Submissions needed for  
**STEPPING STONE**  
Email content, ideas, and feedback to  
[amhawkins@midstepservices.com](mailto:amhawkins@midstepservices.com)



## EARTH DAY

Find the words on the list in the word search below!

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

EARTH	PLANET	WORLD
REDUCE	REUSE	RECYCLE
COLLABORATE	GLOBAL	PLASTIC
TRASH	CLEANUP	HABITAT
VOLUNTEER	POLLUTION	RAINFORREST
CLIMATE	CONSERVE	OCEANS
TREES	OXYGEN	CARE
ENVIRONMENT	ANIMALS	ENERGY

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