

The pessimist sees difficulty in every opportunity. The optimist sees opportunity in every difficulty. -Winston Churchill

EASY VALENTINE SANDWICH COOKIES



INGREDIENTS

- 1 cup butter
- 1 ½ cups confectioners' sugar
- 1 egg
- 1 teaspoon vanilla extract
- ½ teaspoon almond extract (Optional)
- 2 ½ cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon cream of tartar

DIRECTIONS

- Step 1
In a large bowl, cream together butter and confectioners' sugar. Beat in egg, vanilla and almond extract. Mix well.
- Step 2
In a medium bowl, stir together flour, baking soda and cream of tartar; blend into the butter mixture. Divide dough into thirds and shape into balls.
- Step 3
Working with 1/3 of dough at a time, roll out dough into desired thickness on a lightly floured surface. For each heart sandwich cookie, cut out 2 3-inch hearts. Cut out the center of ONE of the 3-inch hearts with the 1 1/2-inch cutter.
- Step 4
Place each piece separately on an ungreased cookie sheet, 1 - 2 inches apart. Bake in a preheated, 350 degrees F (175 degrees C) oven until lightly browned (7-8 minutes for 1/4 inch thick cookies). Cool completely on wire rack. Frost bottom cookie with Pink Valentine Frosting and place an open centered cookie on top to form the sandwich. Also frost the small 1 1/2 inch hearts and serve as separate cookies.

FEBRUARY 2021

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 - Valentine's 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.



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FEBRUARY 2021



NURSE'S NOTES

RESTART

We all want to be healthy. By staying physically active, we can fight many common chronic health problems, such as obesity and type 2 diabetes. Adults should get at least 150 minutes of moderate-intensity activity or 75 minutes of vigorous-intensity activity each week; add muscle-strengthening exercises 2 to 3 days a week. Fitness guidelines suggest any amount of regular physical activity has health benefits. If you have health concerns about increasing your exercise, check with you personal health care provider.

How do you find time for exercise when you don't have time?
 •Start with planning. Make exercise a priority and you'll fit it in. Take a vigorous walk to work your heart. You can probably walk anytime and anywhere regardless of your fitness level.
 •If you aren't used to exercising regularly, try walking 5 to 10 minutes every day for a week. Increase your walks by 5 minutes every week until you reach 150 minutes weekly.
 •As you feel more comfortable, increase your walking-speed, distance and frequency to boost health benefits, including better sleep, stress relief and improved blood pressure and mental health.
 •Fit in a brisk walk around the block first thing in the morning, during your lunch break or in the evening.

Best heart-healthy advice: simply move more and sit less!

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.

FEBRUARY Happy Anniversary! MID-STEP MILESTONES

ONE YEAR

Mariah Franklin, 3rd
Brandolyn Pollema, 10th
Jennifer Manker, 17th
Mustariya Kumbi, 17th
Schleena Jackson, 17th
Justice Farley, 24th

FOUR YEARS

Ashley Loza, 6th

FIVE YEARS

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

EIGHT YEARS

Jennifer Hoover, 25th

FOURTEEN YEARS

Alejandra Lopez-Rocha, 12th

SIXTEEN YEARS

Amanda Fitzgerald, 7th

TWENTY SEVEN YEARS

Laura Bos, 18th

TWENTY EIGHT YEARS

Teresa Honeycutt, 26th

THIRTY ONE YEARS

Darwin Boisen, 27th

THIRTY FOUR YEARS

Scott Dean, 24th

TWO YEARS

Monserrat Topete-
Andrade, 11th
Libertee Simpson, 11th

SIX YEARS

Brenda Schwebach, 9th
Rachel Rogers, 16th

SEVEN YEARS

Kea Malloy, 3rd

THREE YEARS

Rubi Cancino, 5th

FEBRUARY BIRTHDAYS WELCOME NEW HIRES

Anthony Smith, 1st
Cassidy Jones, 2nd
Alejandra Lopez-Rocha, 2nd
Karlie Hagund, 3rd
Samantha Juhl, 5th
Dana Brummond, 6th
Kristina Mothershead, 6th
Marcy Ellard, 7th
Larry Walters, 7th
Lia Hansen, 8th
Maria Reyes, 10th
Jessica Schrauth, 10th
Shannon Graves, 12th
Amanda Hawkins, 12th
Lilian Miller, 13th
Michael Peters, 13th

Laura Bos, 14th
Scott Elgert, 14th
Jacey Hanna, 16th
Kendra Jackson, 16th
Ayor Achichol, 17th
Monserrat Topete-Andrade, 18th
Mackenzie Cook, 20th
Laura Brown, 22nd
Kaitlin Clark, 24th
Makayla Mullally, 25th
Nyathal Deng, 27th
Krystina Mckinley, 27th
Crystal Thompson, 27th

SOUTH MULLBERRY

Ugo Spadafora, HCBS Asst.

SOUTH ROYCE

Cassidy Jones, HCBS Asst.

PARK VIEW

Prisilla Garcia, RLA
Laura Brown, BS Tech
Safia Jama, RLA
Chelsey Cason, RLA
Amanda Stiverson, DON

COURAGE

Kalanda Brown, RLA
Tia'Asia Williams, RLA
Tiffany Garcia -Palafox, RLA

BLUFF VIEW

Amber Stroman, QIDP

Submissions needed for

STEPPING STONE

Email content, ideas, and feedback to

amhawkins@midstepservices.com

EMPLOYEE SPOTLIGHT

Jenifer Manker is a HCBS Assistant at Spring Hill Apartments
She has been with MSS for 1 year

Jenifer
Manker



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? **The residents and staff.**

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

Hayrides and Potlucks

What is your favorite color? **Black**

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

What is your favorite movie or TV show? **Pretty in Pink, The Notebook**

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? **2 daughters. Taylor and Payton**



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Valentine's Day

Valentine's Day Word Search

CHOCOLATES	GREETINGS
ROSES	CANDY
CANDELIGHT	MOONLIGHT
SUNSET	GIFT
SMOOCH	LOVERS
CUPID	VALENTINE

Orthogonal Maze

Valentine's Day Song Lyrics Crossword

Across

- How can we be lovers if we can't be...
- Love lifts us up where we...
- You and me could write a bad...
- You need another lover like you need a... in your head.
- All you need is...
- I never thought that I was gonna lose my...

Down

- Guilty of love in the first...
- You are always on my...
- I was losing the man that I love and all I could do was...
- Love makes the... go round

Orthogonal Maze