

"Innovation distinguishes between a leader and a follower."

# JANUARY 2021



## STEAK FRY BITES DIRECTIONS

Preheat oven according to French fry package directions. Slice steak against the grain, on the diagonal, into thin 2-inch-long strips.

In a large bowl, whisk together olive oil, rosemary, Dijon, and Worcestershire, then add steak and toss to coat. Let marinate in the fridge, at least 15 minutes and up to 2 hours. When ready to grill, generously season with salt and pepper.

Meanwhile, bake frozen fries according to package directions. Let cool slightly.

Heat a grill to medium-high or heat a grill pan over medium-high heat. Grease grates or pan with vegetable oil. Place four to five baked French fries on top of a piece of steak and roll up; secure with a toothpick. Repeat until all steak and fries are used up.

Grill until charred, about 2 minutes per side for medium-rare. Drizzle with steak sauce before serving.

## INGREDIENTS

- 1 lb. flank steak, pounded 1/4-inch thick
- 2 tbsp. extra-virgin olive oil
- 1 tbsp. freshly chopped rosemary
- 1 tbsp. Dijon mustard
- 2 tbsp. Worcestershire sauce
- Kosher salt
- Freshly ground black pepper
- 1/2 (1-lb) bag frozen French fries
- Steak sauce, for serving



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.

**In January 1896 the first ever speeding ticket was given out. The driver, Walter Arnold, was going 8mph when the law only permitted cars to go at 2mph**

VOLUME 15, ISSUE 1



# STEPPING STONE

MID-STEP SERVICES EMPLOYEE NEWSLETTER

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# JANUARY 2021



**THANK YOU to those that helped us make Home for the Holidays successful!**

## NURSE'S NOTES

# RESOLVE

Each new year sets us up for setting healthy resolutions – eating better, moving more and stressing less.

Sticking to new habits is challenging but not impossible, even for folks with busy schedules. Rather than a major overhaul of your lifestyle as the clock strikes midnight, try introducing small, doable goals each month.

A good start toward improving your overall health: eating well. Opt for more whole foods and fewer ultra-processed ones. Stock up on nutrient-dense produce and whole grains and build from there. Read food labels and make healthier swaps.

The key to making a habit stick is to do it gradually. Introduce a new fruit or vegetable with every meal.

Instead of reaching for packaged foods in a box or plastic bag when you're on the go, put together nutritious snacks with healthy grab-and-go items straight from your pantry or fridge (e.g., fresh apples, bananas, almonds or hard-boiled eggs).

You'll enjoy healthful and tasty less-processed foods in no time.

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**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

Kristen Smith, 6th  
Orlando Clemente Amaya, 13th  
Vanessia Hoffmeier, 20th  
Leslie Delao, 20th  
Audrey Smith, 27th

## TWO YEARS

Isabel Gonzales, 14th  
Felisha Ibarria, 21st

## THREE YEARS

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

## FOUR YEARS

Toni Bolles, 19th

## FIVE YEARS

Travis Collins, 6th

## SIX YEARS

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

## NINE YEARS

Lauren Monk, 16th

## TEN YEARS

Tricia Woods, 10th  
Scott Smith, 31st

## TWELVE YEARS

Tameka Williams, 12th

## FOURTEEN YEARS

Aurelie Karagi, 2nd  
Lorraine Anderson, 9th

## FIFTEEN YEARS

Melanie Strong, 9th  
Edward Van Etten, 27th

## SEVENTEEN YEARS

Dana Brummond, 19th

## EIGHTEEN YEARS

Gary Smith, 20th  
Elizabeth Smyser, 27th

## NINETEEN YEARS

Jeremy Dittman, 18th

## TWENTY YEARS

Evelyn Chaney, 26th

## TWENTY ONE YEARS

Barbara Topf, 7th

## THIRTY YEARS

Joan Schneider, 16th

## THIRTY FIVE YEARS

Mary Beth Keegan, 13th

# EMPLOYEE SPOTLIGHT

**Sommer Welch is a RLA at Courage Homes  
She has been with MSS for 2 years**

Sommer  
Welch



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

**CH3**

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

**Halloween Dance and Open House**

What is your favorite color? **Pink**

Which restaurant or fast food establishment is your favorite? **Outback Steakhouse**

What is your favorite movie or TV show? **Power**

What is your favorite singer and or band? **Kevin Gates ( Rapper)**

What do you enjoy doing when you're not at work? **Hang out with my god kids**

Do you have children, grandchildren, spouse or pets you would like to mention? **Just god kids. 1 boy and 1 girl.**



Submissions needed for

## STEPPING STONE

Email content, ideas, and feedback to  
[amhawkins@midstepservices.com](mailto:amhawkins@midstepservices.com)

# WELCOME NEW HIRES

## SOUTH WESTCOTT

Maymun Hirsi, HCBS Asst.

## SOUTH MAPLE

Hayde Shatka, HCBS Coord

## PARK VIEW

Jaqueline Valdovinos, RLA  
Martha Biar, RLA  
Christina Harris, BS Tech  
Davarian Thomas, Diet Aide  
Micah Gorsett, RLA

## COURAGE

Melanie Nichols, RLA  
Elisabet Oropeza, RLA  
Onyekachi Vivian Chijioke, LPN

## BLUFF VIEW

Tyala Marsh, RLA

# Happy Birthday! JANUARY BIRTHDAYS

Maymun Hirsi, 1st  
Madina Mahamed, 1st  
Tammy Farrell, 1st  
Rahmo Abshir, 1st  
Kyla Barclay, 3rd  
Shumbura Gameda, 4th  
Mark Koenigs, 5th  
Shana Belfiore, 9th  
Shannon Kurasz, 10th  
Michelle Andersen, 10th  
Brooklyn Kennedy, 11th  
Suzanne Whitmore, 12th  
Tammy Brown, 15th  
Mary Beth Kirkegaard, 15th  
Trudence Corey, 18th  
Anne Bottesini, 19th  
Raylina Wimmer, 19th  
Loni Stief, 20th

Desirae Hanner, 20th  
Jennifer Hoover, 24th  
Brenda Schwebach, 24th  
Edward Van Etten 25th  
Felisha Ibarria, 26th  
Janessa Green, 27th  
Sarah Faya, 27th  
Marina Baarur, 28th  
Joann Spencer, 28th  
James Struthers, 28th  
Shawntell Hamman, 29th  
Ailyn Bolanos, 30th  
Daniel Mukalenga, 31st  
Cheyanne Dean, 31st  
Teresa Mapes, 31st

# JANUARY Reading List

Read a book:

- About the New Year
- With a blue cover
- Published last year
- Author's name starts with J

## HAPPY NEW YEAR Wordsearch

Search for the words going up, down, left and right.

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

CELEBRATION	COUNTDOWN	EXTRAVAGANZA
FIREWORKS	GATHERING	INVITATION
JANUARY	MIDNIGHT	NOISEMAKER
PARTY	RESOLUTION	TRADITION