

ST. PATRICK'S DAY FUDGE



INGREDIENTS
 1- 14 ounce can Sweetened Condensed Milk
 3 cups white chocolate chips
 1.5 tsp vanilla extract
 make green using food coloring, and add sprinkles for garnish if desired

DIRECTIONS
 In heavy sauce pan, mix sweetened condensed milk, chips, and vanilla on medium low heat, stirring until it melts together.
 Stir in food coloring to make it green for St. Paddy's Day!
 Line a 9x9 pan with parchment paper
 Pour fudge mixture into pan
 Wait for it to set up either in the fridge or on the counter
 Cut and enjoy!

If using sprinkles to garnish, push them into the top once almost set up.



3-17
 © 2012 by Keane, Inc.
 All Rights Reserved
 www.familycrisis.com
 "...but the only blouses I have are apple, emerald and avocado."

MARCH 2021

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:

- 14th - Daylight Savings
- 17th - St. Patrick's Day
- 20th - Spring Equinox

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.



INSIDE:

- Milestones, Birthdays, New Hires 2
- In The Know 3
- Nurse's Notes 3
- Recipe 4
- March Interesting Facts 4



At this time, Mid-Step has concluded the second series of scheduled companywide Covid-19 vaccinations. I would like to thank all of the Directors, Administrators, Coordinators and staff who participated in and assisted in getting our members vaccinated. It was a major undertaking, and it required coordination on many levels.

On the last vaccination, Mid-Step had 164 staff and 198 members receive the vaccination. Great job! The Walgreens staff were very complimentary about the organization and assistance of all staff.

To clarify, until further notice, Mid-Step will continue to follow CDC guidelines and adhere to wearing masks; maintaining social distancing when able; providing the supplies necessary for good hygiene practices; performing routine cleaning and disinfection.

Again, thank you for your hard work and dedication.
 Bill Scott, Staff Training / Risk Management Coordinator

DID YOU MISS THE VACCINATION CLINIC?

Staff can visit the Covid-19 information page at www.siouxlanddistricthealth.org for more information on the Covid-19 vaccination and upcoming clinics.



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

Christine Walker, 2nd
Stephanie Huerta, 9th
Maria Baca Magana, 9th
Mackenzie Cook, 23

TWO YEARS

Jaquelin Montiel-
Gonzalez, 11th
Michael Peters, 25th

THREE YEARS

Kayla Conner, 19th
Heather Lindquist, 19th

FOUR YEARS

Deborah Santi, 1st
Alexander Quinlain, 20th

SIX YEARS

Brenda Dickey, 9th
Michelle Schonrock, 9th

EIGHT YEARS

Shawntell Hamman, 11th

TEN YEARS

Rocio Rodriguez, 14th

TWELVE YEARS

Misty Titus, 2nd
Jessica Halder, 16th

THIRTEEN YEARS

Dorothy Johnson, 17th
Sonya Powell, 3rd

SIXTEEN YEARS

Deanna Luhr-Rodriguez, 16th

NINETEEN YEARS

Lucja Orzechowski, 15th

TWENTY SEVEN YEARS

Vaunda Klink, 4th

THIRTY FOUR YEARS

Terry Strim, 31st

CORRECTION FROM FEB. STEPPING STONE

**LAURI IDINGS
CELEBRATED HER
NINE YEAR
ANNIVERSARY
FEBRUARY 20TH!**

EMPLOYEE SPOTLIGHT

**Stephanie Huerta is a RLA at Parkview House 1
She has been with MSS for 1 year**

Stephanie
Huerta



What do you enjoy most about your job? **Being able to see our members progress and smile.**

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

Karaoke, Halloween Dance, Painting, etc.

What is your favorite color? **Red**

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

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

Do you have a favorite sports team?

Chicago Bulls



Who are your favorite singer and or band?

Grupo Firme

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



Cooking and Watching Movies

Do you have children, grandchildren, spouse or pets you

would like to mention? **My Husband Oscar, Love you Amore Mio!**

NURSE'S NOTES

MercyOne Siouxland Occupational Health
8 Habits of Healthy People

It's easy to say you want to get healthier. However, actually developing and sticking to a healthier lifestyle can be a bit more difficult. Start your journey to healthier you by implementing these simple and effective habits into your life!

Set Goals

A healthy lifestyle includes accomplishing new things, and goals are a great way to track and celebrate those accomplishments. Plus, goals are whatever you make of them --- they can be focused on healthier eating, introducing more movement into your life, cultivating relationships, and so much more. Just make sure that they're SMART - specific, measurable, attainable, realistic, and time-based.

Eat Breakfast

Start your day the healthy way! Eating breakfast can jumpstart your metabolism in the morning, and it's a great way to boost your energy levels and develop more focus, thus making for a more productive day. To make your breakfast as healthy as possible, try to skip processed, sugary foods and stick with proteins, dairy, grains, and fruit.

Plan Meals

When you're in a bind, reaching for the takeout menu is an easy option and doing so once every so often is okay! But planning your meals out can help limit how frequently you opt for unhealthy meals. Coming up with a few good, nutritious recipes that you can make ahead of time and simply heat up to eat will be a lifesaver when you need something healthy fast!

Practice Moderation

All too often, people set out with the plan to develop healthier eating habits and fall into harmful diet fads and trends that restrict certain foods. Instead, practice moderation --- enjoy practical amounts of your favorite foods from time to time while still incorporating healthy proteins, fruits and vegetables, and grains into your diet to stay balanced and on course.

Drink Lots of Water

How much water do you drink in a day? While experts' suggestions vary, about 8 glasses of water is a good rule of thumb. Among many other benefits, staying hydrated can help aid digestion, regulate your body temperature, cushions your joints, and even helps clear your skin!

Get Enough Sleep

We focus on your daytime habits to help form a healthier lifestyle, but your sleep is a major part of your health as well. Getting at least 7 hours of sleep helps create a more productive day, supports healthy growth and development, and boosts your immune system. To form better sleep habits, consistently go to bed and wake up at the same time, create a dark and cool environment to sleep in, and avoid all screens before bedtime.

Train Muscles

When we think about getting and staying healthy, many often think they should be participating in high-intensity activities like running and other forms of cardio. However, training your muscles with bodyweight exercises or weights makes for stronger bones and helps manage weight more than most other exercises! Don't forget to stretch before and after you train your muscles as well.

Surround Yourself With Other Healthy People

One of the easiest ways to develop healthier habits is to surround yourself with others who have them. Find a workout buddy, someone you can swap recipes with, or a friend who you love to chat with about what you're each doing to stay healthy! Being able to share your habits and learn from others will help you in your healthier lifestyle.

Getting started building a healthier lifestyle all begins with small changes that can eventually become your everyday habits. Try implementing a few of these easy actions into your routine and soon, you'll be well on your way to a healthier you.

IN THE KNOW

Condolences

to Toni Lauer, Dietary Manager at PKV, on the loss of her husband Wes Lauer who worked at BV.

MARCH BIRTHDAYS

Lyllia Spears, 5th
Elizabeth Jones, 5th
Jason Boyd, 6th
Wilma Mancilla, 7th
Kandis Conrad, 8th
Sara Verzani, 12th
Ashley Smith, 16th
Michelle Schonrock, 17th
Madelynn Lillie, 18th
Hailey Knapp, 18th
Patricia Hulit, 19th
Hailey Grell, 20th
Shameka Hunt, 21st
Chelsey Cason, 24th
Jennifer Huseman, 25th

Jessica Wassgren, 25th
Haylee Lee, 26th
Brenda Dickey, 26th
Justice Farley, 26th
Cory Harder, 27th
Claudia Solis-Medina, 29th
Amber Ackerly, 29th
Akuol Akur, 29th
Karin Smith, 29th
Cater Crum, 30th
Elizabeth Smyser, 30th
Alyssa Reed-Welborn, 31st

WELCOME NEW HIRES

SOUTH WESTCOTT

Esther Jalloh, HCBS Asst.
Ayaat Habad, HCBS Asst.

LEECH

Hawa Farrah, HCBS Asst.

SOUTH ROYCE

Lyllia Spears, HCBS Asst.

STONE RIDGE

Austin Kirkpatrick, HCBS Asst.

SOUTH RUSTIN

Raenique Gamet, HCBS Asst.

PARK VIEW

Nyaraak Chei, RLA
Dakota Fisher, RLA
Ardelle Snead, RLA
Nelly Katembo Nsenga, RLA
Sydney Patten, RLA

COURAGE

Alexis Brewer, Diet Aide
Kristi Parks, Cook
Nancy Speck, RN
Aaliyah Smith, Diet Aide
Ciara Dean, RLA

BLUFF VIEW

Matty George, RN
Kass Kunze, RLA

MAIN OFFICE

Kellie Cota, Clerical

Submissions needed for

STEPPING STONE

Email content, ideas, and feedback to

amhawkins@midstepservices.com

