

# *B* the *November 2012* **BEACON**



*"A new beginning"*

## Anniversaries in November

### *Congratulations*

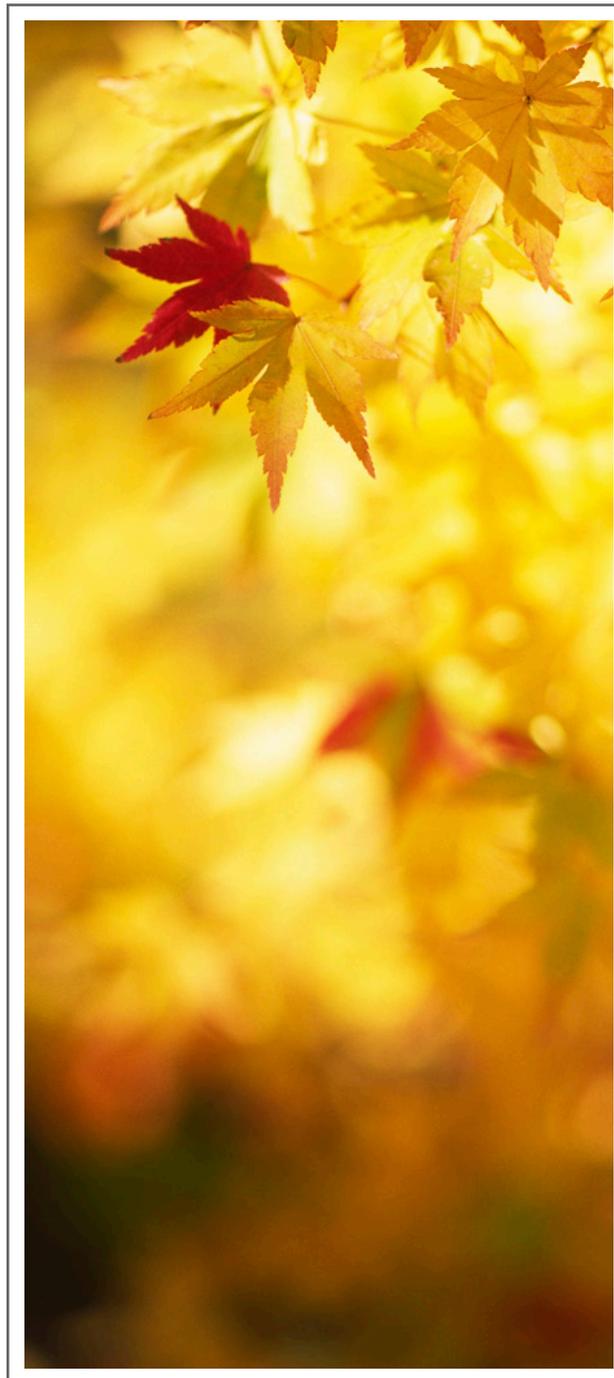
to all of you who have  
been here for 5 years  
or more!

|                     |    |
|---------------------|----|
| Beth Alexander      | 17 |
| Kristin Carlsrud    | 17 |
| Carol Boles         | 15 |
| Elvin Stoner        | 12 |
| Janell Card         | 11 |
| Katie Wozniak       | 11 |
| Cheryl Gebhardt     | 10 |
| Rochelle Berglund   | 9  |
| Melisa Johnson      | 9  |
| Jane Koonce         | 8  |
| Paula Mickelson     | 8  |
| Heidi Riendeau      | 8  |
| Tara Aikin          | 7  |
| Kathleen Bass       | 7  |
| Cole Butkowski      | 7  |
| Jill Coss           | 7  |
| Bucky Hinz          | 7  |
| Jennifer Riley      | 7  |
| Laurel Guertin      | 6  |
| Donna Peach         | 6  |
| Brandon Bautch      | 5  |
| Dianna Calzada      | 5  |
| Cassandra VanderPal | 5  |

## CEO *Corner*

*by* **Dave Barnard**

Reprint from October 2006



As we enter November and head toward Thanksgiving I had something come across my desk this month that I felt was perfectly timed to share with you. Knowing that our newsletter is included with the last paycheck of the month, I wanted to write this now as a thought to carry into the Thanksgiving holiday and through the rest of your holiday season.

The following is a verbatim rewrite of a thank you card that was sent to one of the homes in which we provide services. It came from the family of a consumer who had recently moved in from an institutional setting. I am intentionally eliminating details that would identify the consumer or family. I want each of you to read this with the idea that it is regarding someone you know or work with. The reality is that it could have gone to any of the homes we serve and could be addressing any of Aurora's fantastic staff.

The note reads: "Dear Staff - Mom is writing this note for me. I want to thank you for being so good to me. You have done so much to help me adjust to my new home.

*Continued next page*



CEO Corner continued

I wasn't so nice some times and I'm sorry for that! I hope as time goes on you will get to know me better and I will get to know you better. Dad and Mom are so pleased that I always look so nice when they take me out. Today I got a special treat - one of the staff polished my nails. Now I look like all the other girls! My bedroom always looks so nice. I love it. The people that work at night worked hard to get me to sleep in my bed again. I can't tell how good it feels to be back in my bed again. Thank you for all you do for me. Dad and Mom say thanks too! Love you all."

As I said, this could have gone to any of the homes we serve and it addresses all of our staff that do what you do on a daily basis. Many things struck me from this note, but I think above all it struck my parental chords. I thought of how I wanted so much for my four kids; education, success, happiness, finding someone to love and cherish - the list can go on forever from any parent's perspective regarding their hopes for their children. When I first read this note it struck me how many people you, we, actually touch with the services we provide. This was a thank you from a family that loved their child as much as I love mine, but their

gratefulness was for the "bedroom always looks nice," being so pleased that their daughter "always looks so nice," and the fact that the staff are working "so hard to get me to sleep in my bed again." A "special treat" was that staff had taken the time to polish the individual's nails. All of these things are so basic to our daily life that we barely consider them, let alone cherish them for having been done.

This thank you speaks clearly to the wonderful things that you are doing in helping so many have the opportunity to live LIFE in their home and in their community. During this great holiday season, one of Thanksgiving, I hope that this special note helps to point out the many blessings you provide to those we serve that truly are appreciated by so many.

My deepest thanks to each of you for all that you do to give so many people reasons to be filled with gratitude!

*Dave*

## Quit Smoking *by* The Wellness Team

For anyone that is a smoker or ever has been, quitting is a tough battle to win and you should celebrate your accomplishment if you have won that battle! Below is a list of employees that submitted their names as "quitters." We also recognize that there are many others who have quit and perhaps were not comfortable or just didn't have the opportunity to submit their name. What does matter is that all of you should be proud of your accomplishment of quitting. For those that haven't yet quit...don't be discouraged. Make tomorrow your quit day, or November 15, which is the Great American Smokeout!

- Ron Grundeman      June 2004
- Tina Kortez         June 2010
- Abby Canopy        June 2012
- Lisa Akey            January 2011
- Sarah Scheeringa   November 2010
- Nikki Coss           January 2011
- Ann Stevens        June 2006
- Douglas Sessions   January 2006

## AVS Traveling Hat Award



Aurora Vocational Services has a traveling hat award that is given to the team who has the greatest percentage of hires to referrals in a quarter. This quarter's winner was the Eastern Team: Marathon, Wood and Portage.

# Company Spotlight

By Ann Stevens

The Eastern Region of Aurora Residential is blazing a new trail to provide Community Living Coaches to individuals needing to develop independent living skills. This program was developed to assist people who don't need the full supports and services provided in an Adult Family Home but need to develop independent life skills to live full and happy lives.

Mick Chase, Program Director, is overseeing the current programs. Some of the skills he and his staff are developing include how to put together a grocery list within a tight budget and how to develop menus that address the individual's dietary needs. Mick said, "our goal is to work ourselves out of a job." Currently Mick is overseeing the Supervised Release program through the Department of Corrections with a goal of expanding this model to other individuals.

We see this program as the Aurora Hybrid version of Self Directed Supports. The individuals we currently support lack the experience for meal planning, budget development, housekeeping, and other skills necessary to experience an independent life. With the help of Aurora Hybrid Self Directed Supports they can blaze the trail to the life they want!

# Life Photo of the Month



# Consumer Spotlight

By Jessica Kroncke



Veterans Day is November 11. What better way to highlight a consumer spotlight than by honoring a veteran in the month of November.

Junior W, who goes by J.W. says JW stands for "Just Wonderful." JW served in the Navy for three years fighting the Japanese in the Second World War. He shared with me that he was the first loader on a 40mm cannon and that

he was part of a motor pool in Kawa Bay, Hawaii. He often tells staff he remembers the day he enlisted because he remembers telling his high school English teacher he had enlisted and she cried.

After returning from the war, he married and had five children. JW was a Grey Hound bus driver for many years and shares stories of transporting the Green Bay Packers to and from training camp when they practiced at UW-Steven's Point. JW has dedicated his time to many volunteer organizations. He has been a volunteer transportation specialist for the Veterans' clinics, a Shriner, a member of the Masonic Lodge, the American Legion and VFW. JW says he misses his wife and his home but enjoys the comfort of his new home and the nice staff.

JW has written a few songs that he sings to his staff and family. Here is a verse from his song "Our path's may never cross again":

They say that all good things must end,  
Love comes and goes just like the wind  
But if I had the chance tomorrow,  
I'd do it all over again.

In closing we would like to say thank you, to JW and all those who have served our country.

# Recipe: Pumpkin Mousse

by Jessica Schloegel



Thanksgiving is around the corner and as always we have many things that we need to be thankful for including our families, friends, our jobs, and the many other blessings we have living in this country. At my family's Thanksgiving, we like to do traditional dishes, but also like to try new things each year. Pumpkin is a big seasonal thing for Thanksgiving and I love everything and anything pumpkin. This year I hope to try this recipe and I hope you will too!

## What you need

3 cups cold fat-free milk  
2 pkg. (1.5 oz. each) JELL-O Vanilla Flavor Fat Free Sugar Free Instant Pudding  
1 can (15 oz.) pumpkin  
1 tsp. pumpkin pie spice  
1 cup thawed COOL WHIP LITE or COOL WHIP Sugar Free Whipped Topping

## Make it

Beat milk and pudding mix in medium bowl with whisk 2 min. Blend in pumpkin and spice.

Stir in COOL WHIP.

Refrigerate 1 hour.

## Extras

For added flavor melt some butter and sugar and mix with pecans and use as a topping:  
1/2 cup chopped PLANTERS Pecans  
1 Tbsp. butter or margarine, melted  
1/3 cup packed brown sugar

For a simple, but elegant, presentation, spoon pudding mixture evenly into 12 wine glasses or other stemmed glasses before chilling.

## GOAL

by The Safety Team

What does "GOAL" stand for? (Hint: It's an acronym for vehicle safety) **Get Out And Look!**

Many of us know the answer, but not all of us put this simple concept into daily use.

This is an easy safety practice to keep us all safe. It saves money and time while it helps us to avoid vehicle accidents.

Many may think, "I don't have time," or "I am too busy," or they get distracted for many reasons, so they don't practice "GOAL."

However, important things to keep in mind:

- GOAL takes much less time than completing an accident report
- GOAL is not something to just practice when using large vehicles
- Practice GOAL even if a back up camera is in the vehicle
- Your health and safety is worth it!
- The health and safety of the consumers is worth it!

## A friendly reminder from the Safety Team



by Kathi Tollefson

If you have any questions or comments about the Beacon, please send them to: [Beacon@AuroraServices.com](mailto:Beacon@AuroraServices.com) or mail to: Stavroula at Aurora Community Services, P.O. Box 68, Menomonie, WI 54751.