

# What's happening at Harry's!

Harry Meyering Center, Inc. Employee Newsletter

September 2011



## National Direct Support Recognition Week September 12 -16, 2011



As DSPs, you ensure that individuals served by HMC are able to live as independently as possible and are able to be an integral part of our community by involving them in work and activities that lead to healthy and productive lives.

HMC will be hosting  
**Two (2) OPEN HOUSES for DSPs** on **Tuesday, September 13**  
as a token of appreciation for the professionalism and  
quality supports you provide.

- **BREAKFAST from 8:30 a.m. – 10 a.m.**
- **SWEETS & TREATS from 2:30 p.m. – 4 p.m.**



**Both open houses will be held in the HMC conference room.**



Get your Valleyfair tickets for a fun day at the park right here at HMC for a DISCOUNT!!!

\*\*Regular admission at the park is \$41.99 -- **HMC price is \$27.00**; that's a savings of \$14.99 per ticket!!



\*\*Why not save money on parking? **We have parking tickets for \$9.00**; that's a savings of \$1 per car!! You will need to park anyway, save the \$1; that's one more game for you at the Games Midway area. With over 30 games to choose from, you're sure to be a winner!

\*\*We also have the **Junior/Senior tickets for \$10.00** (3 years & older *and* less than 48" tall, or 62 years & older).

A great day of Fun in the Sun is waiting for you; why not enjoy it at a **Discounted** rate!!

Please see **Jami or Jen in Human Resources** (Main Office, 109 Homestead Road) to purchase your tickets today!!

**CASH SALES ONLY**; please come with exact change, we will not be able to provide you change back.

\$27.00 -- Regular Tickets (Ages 3-61 & 48" & taller)

\$10.00 -- All New - Junior/Senior Tickets (3 years & older *and* less than 48" tall, or 62 years & older)

\$9.00 -- Parking Tickets - Standard Vehicles (Any vehicle using only one parking space)





A message from Heather & Amy, the SLC's at SLS #11 and SLS #6

SLS #11 and SLS #6 hosted one potluck in June and one in July. The June potluck was an early 4<sup>th</sup> of July themed potluck, where we had great hamburgers grill by Randy from house #6! Everyone enjoyed dancing to music by Elvis Presley, those that attended were SLS #7, SLS #21, Brittany and Melanie. Great fun and food was had by all.

The potluck in July was a beach party themed party where we enjoyed wonderful Kabobs, again grilled by Grill Master Randy!!! We enjoyed bubbles, playing and creating different sculptures with white sand, there was dancing to music by the Beach Boys, beach balls were being tossed around to all tables, there was a relaxing tub filled with water and sand to soak your feet in and a water balloon toss that later resulted in a water balloon fight!

Those that attended were SLS #1, SLS #7, SLS #10, SLS #12 and Craig from the ICF and Melanie.



A special thank you to Sam and Cynthia from house #6 and Katie, Jill, Tiffani and Ashley from house #11 for making the parties successful!



# Wonderful News!

Thanks to Jill, Chelsea and Jackie for assisting House 9 with their wonderful northern vacation. I'm sure all will live longer due to the stress relief, tying this note in with the Value of the month (best health).

Heather and all the staff at House 2 continue helping Sarah with her move-in and adjustment period, but all signs and parental comments indicate it is going very well for Sarah. John, Rick, and the maintenance crew are working to get Sarah's swing set up in the yard as well.

Sam and House 1 are busy planning for the Open House in later September to show friends their new place in Eagle Lake – watch for more news on that soon. We are all optimistic that this move will ultimately prove beneficial for the men's overall health.

Linda and House 12 are busy sending consumers off to enjoy the State Fair and to see the Butter Heads. Timothy, Roy, and Steve will all be going on different days. These plans also have much to do with positive health, as those who work at # 12 know.

The staff at SLS #2 also arranged a nice birthday party, cake, ice cream, and balloon release for the occasion of Heather Johnson's 37th birthday on 8/10/11 where her family and friends honored her memory. It was very fun watching the little red balloons dancing off into the sky over Sibley Park

As summer ends and as most of our folks seem to be doing well, let's appreciate their health and what we all have. Thrive on into Autumn..... John Ganey

Melanie Anhorn- I just wanted to thank you for all your help on the a.m. shift while we were super short staffed. I really appreciate all your help and your "go get 'em" attitude in getting things done! It really made the morning run so much smoother! Thanks! :) --- Jessica Raymond

## A note from Michelle Brunn:

**Information Exchange:** Apartment 1b at Homestead is looking for anyone that has a bread maker that they would like to donate. Please see Michelle Brunn or email:

[icf-apt1b@harrymeyercenter.org](mailto:icf-apt1b@harrymeyercenter.org)

Thank you!

Congratulations Heather Duncanson on your wedding! We all miss having you over here at the ICF!

Welcome Christie Asomani-Boateng, Tracy Weitzel, John Powers, and Megan Manthey!! We are excited you have joined our team, I know you will all do GREAT!

Thank you so much Jill Sohre and Kelsey Ling for picking up shifts to help with training  
You're Rock stars :)

Thank you to all of the Center Unit staff who are being so positive and focused on great care for the individuals with all of the changes that are taking place! Change is not always easy, but keeping an upbeat positive attitude for the individuals is very important, and your doing a **great job!** I am excited to watch you all build relationships with the new individuals we have moving onto Center Unit!

Thanks to all of the trainers on Center for taking the time to do a grand job of training our new staff in, your dedication really shows!

Thanks to all the staff who have been working weekends due to our team being down a few employees! I know it's not easy to work short staffed, but you have done an **EXCELLENT** job, and have kept positive, and come back the next day and do it all again!

Congrats Kalpana and Lynnae on your new roles as TMA!

Congrats Liz and Emily in your new roles as Building Charges!

-- Steph Menke

# What's North?

Apartment 3 Co-Leads:  
Stephanie Miller & Erin McKee

This month **Myra** went shopping and bought some new jewelry. She seemed to have



a fun time picking stuff out because she couldn't decide. Every time staff held up a choice for her she would look at staff and smile instead of picking a piece of jewelry. Finally after a few minutes Myra picked out a beautiful necklace.

**Monica** had her summer vacation this month. She went to Westwood on Lake Washington for lunch. She sat out on the deck right on the shoreline and really seemed happy to be at the lake. It was a gloomy day out so she was not able to go swimming at the beach but instead went to the YMCA to go swimming. At first she was a little scared but once she realized that the spot



she was in was the same depth and didn't get deeper she walked on her own with very little dependence on staff. She would bounce on her feet as she moved from one side of the pool to the other. When it was time to go, Monica didn't want to get out of the pool. Overall the vacation was a good time for Monica!

This month the men of **apartment 1a** have been enjoying the nice weather and the time they get to spend outside. **Richard** enjoyed going to the Freeborn County Fair where he got to go to the Beach Boys Concert. He enjoyed singing and dancing to the music. He also went to the Nicollet County Fair where he got to go to the Compact Car races. Richard has been working hard at getting his wooden puzzles put together. He has some friends that come over to help him. This month he has put 3 together now he is working on getting them painted. **Steve Pl.** was able to go to the Nicollet County Fair Demolition Derby. He enjoyed his time there watching the cars crash into each other and even getting covered in mud. All he could do was laugh about it. Steve has gotten lots of visits from his Dad this month. Steve's sister and brother also stopped by for a visit with Steve. He really enjoys getting to spend time talking and laughing with them. **David** enjoyed getting to go fishing a few times this month. He hasn't caught anything but he is waiting for that day he catches that big one. David went out and bought a new radio and some cd's, and has really enjoyed his time listening to his favorite music. **Steve Pr.** is enjoying his Friday nights getting to go to Jake's Pizza for his cookie. Steve has also been enjoying his time reading Harry Potter. He really enjoys the good books. Steve is enjoying the cooler weather this month so he can enjoy a little time outside. **Apt 1 Lead: Chelsi Johnson**



The guys in Apartment 2 have been very busy this month, spending all the time they can doing outdoor activities before summer ends. All three of the guys were able to celebrate together for **Lon and Clinton's** birthdays with cake and cupcakes! **Clinton** also got to celebrate his birthday by taking an afternoon off of work and going to the Owatonna fair where he walked around and looked at the animals and listened to music. He enjoys attending live band concerts at Mully's on Madison. He still



enjoys his weekly visits to the thrift store to purchase new CDs or tapes as well as frequent trips to Sibley Park and Wal-mart. Clinton also enjoyed meeting up with his brother at Spring Lake Park for an afternoon of swimming! Back at home, Clinton has been spending lots of time outside swinging and playing catch, and even went on a couple of bike rides with staff. **Lon and Doug** have kept busy by going to a Moondogs game together where Doug tried to catch a stray ball with his baseball cap! They have also done some fishing and bowling together, as well as playing Wii bowling. **Lon** attended his pastor's farewell party with a friend, and went and watched the movie *True Grit*. He celebrated his birthday bowling at the WOW! Zone, and then came back home and shared his John Cena birthday cake with his roommates, staff and his sister! **Doug** enjoys going to Buffalo Wild Wings weekly where he usually enjoys a Mello Yellow while watching the baseball games. He has also been getting excited about the upcoming football season and has yet to miss a preseason Vikings game! Doug also took a day off of work and traveled to the Minnesota Zoo and enjoyed seeing all of the animals!



**Apartment 2 Co-Leads: Tessa Huber and Kara Vollmer**

The men of apartment 1B continue to enjoy the beautiful summer weather and taking their hobbies outside! **Richard** has been able to use his outdoor swing quite often this month. He also enjoyed music at Pub 500 and bowling at Wow Zone! **Rick** went to see the derby at the Nicolette County Fair this month; he was up close and center with mud flying everywhere! He also went shopping for a new book to read this month. He looks forward to sharing about the book with others next month. Louis enjoyed spending his Saturday mornings at the farmer's market sampling breads, cookies, and smelling the fresh herbs and flowers. He also spent many Friday evenings listening to music at the Wine Café; the waitresses know exactly what he drinks when he gets there! **John** spent time this month wading in his pool. He also enjoyed walking outside at Sibley and Lions park. He hopes this nice weather continues so he can walk outside more! The men of apartment 1b wish everyone a safe, fun, and happy Labor Day weekend! **Michelle Brunn & Melanie Anhorn, DSP/LEAD**

## Great Events!

The Sherwin Group  
will be hosting a  
**Flu Vaccination Clinic**  
on  
**Monday, September 12<sup>th</sup>**  
**10:30 a.m. to 1:30 p.m.**

They have invited Harry Meyering  
Center staff to join in.

The location is at  
**226 N. Broad St.**  
**Mankato, MN 56001**

*For those of you on Harry Meyering  
Center's health insurance, there would  
be **no cost** if you bring in your insur-  
ance card.*

*Otherwise there is a **\$25 charge**.*

You will need to phone in to set up an  
appointment;

**625-4322 ask for Cassie**

*Please take advantage of this  
great opportunity!!*

## Wedding News!

Heather Duncanson SLS #2  
was married on 8/26/2011

Congratulations  
Kevin & Heather Dumke!

## COMMUNITY ENRICHMENT WEEK

### Prairie Restoration Project

Harry Meyering Center will be sponsoring its  
annual Prairie Restoration Project on  
**Saturday, September 24** in conjunction with  
Minneopa State Park and the Department of  
Natural Resources. The event kicks off at  
Minneopa State Park with a bring-your-own  
picnic from 11:30 -12:30. Participants will  
then gather, sort, and scatter the seeds from  
wild flowers and grasses in hopes of  
restoring native plants from 12:30 – 2 p.m.  
The day will end with snacks and beverages  
provided by HMC.

**Individuals served and staff must sign up by  
Wednesday, September 7.** Make certain to  
mention the number of **vehicle permits that  
are needed**, we need to reserve them in  
advance! (All other vehicles will be required  
to purchase day parking stickers.)

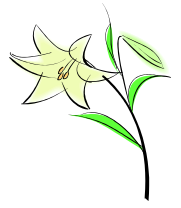
**Please submit the form on page 6  
to Judy A or Katie S**



For more information contact:  
Judy A or Katie S. at 507.387.8281



# Community Enrichment Week Minneopa State Park Kickoff



**Who:** People served by Harry Meyering Center, staff, and invited guests

**What:** Collect, sort, and scatter the seeds of wild flowers and grasses in hopes of restoring the native plants

**When:** Saturday, September 24

11:30 p.m. Bring your own sack lunch picnic

12:30 p.m. Collect, sort, and scatter seeds

2:00 p.m. Snacks and beverages

**Where:** Minneopa State Park, Falls Shelter  
54497 Gadwall Road Mankato, MN 56001

Please bring gloves, clippers, hats, bug spray, sunscreen, and water. It is suggested that pants and long sleeves be worn. This event may occur on a high pollen day – be prepared.

To sign up for this event please [return this form to Judy Arzdorf or Katie Shabrack](#) or contact them by phone at (507) 387-8281 by [Wednesday, September 7](#).

Names are required for participation and will be submitted to Minneopa State Park staff. (This includes all staff/advisors.) Vehicles transporting participants for the event are eligible for free parking stickers; these stickers must be requested with this form. (All other vehicles will be required to purchase day parking stickers.) Requested stickers will be available at check-in the day of the event.

Name(first and last): --- \_\_\_\_\_

Name(first and last): --- \_\_\_\_\_

Name(first and last): --- \_\_\_\_\_

Name(first and last): --- \_\_\_\_\_

Name(first and last): --- \_\_\_\_\_

Name(first and last): --- \_\_\_\_\_

Name(first and last): --- \_\_\_\_\_

Name(first and last): --- \_\_\_\_\_

(Please list additional names on back if needed.)

Name of Site/Program: \_\_\_\_\_

Number of Vehicle Stickers Required: \_\_\_\_\_

Phone Number to contact in case of cancellation the day of the event: \_\_\_\_\_

## Staff Recognition

This month we recognize the Prairie's Edge DSP's, DSP Lead & Mentors

Kimberly Adams  
JoAnna Bach  
Paulette Becker-Schmirler  
Darin Brand  
Megan Hancock  
Melanie Reger  
Tammy Roemhildt  
Alyssa Rose  
Kendra Van Rossum  
Jessica Wandrie  
Brittany Wenner  
Seth Hughes  
Megan Demoney  
Amy Wenner





**Michelle Brunn asked:**

Rick, I'm starting school this week, how can I find a balance between: school, work, clinical, family, friends, all while keeping my sanity?

**Michelle,**


You're worried about not losing your mind? That's hard to do since you've already lost it! (Insert laugh here). I'm only kidding Michelle! I think utilizing a planner and making sure you write everything down will help you stay calm when life gets busy. Take it from me, I found that I was missing my events and plans because I didn't write them down, now that I do, I haven't missed one since! I also think you should make sure you take time for yourself as well, take time to walk or have a cup of coffee and relax! I hope this advice helps, I know you will find time for everything and have a great year!

**Yours truly,**

*Rick Madsen*

If you have a question for Rick, you can contact him at:

[icf-apt1b@harrymeyercenter.org](mailto:icf-apt1b@harrymeyercenter.org)



## *Get to know our Nurses!!*



**NAME:** Charlene Tryhus

**HOW LONG HAVE YOU BEEN A NURSE?** (Forever) I graduated from NDSSS in 1976 \*Employed with HMC since January 2009

**FAMILY:** One daughter, Kcarie, son-in-law, Eric and two grandsons Jonathan 6 1/2 and Levi 2 1/2

**PETS:** Dog PePe

**HOBBIES/INTERESTS:** being a grandma #1; then scrapbooking & traveling

**GOALS:** Retirement, going on a cruise, watching the boys grow up!

**WHAT DO YOU LIKE ABOUT HMC?**

I love the people I work "for" ~ the individuals are great and the flexibility I have with my hours.

# Upcoming In-services at HMC

## September

### Values

9/7/2011 - 10:30a-11:30a

9/29/2011 - 1:00p-2:00p

### Alternatives to Physical Intervention

(also available during orientation)

9/8/2011 - 10:00a-12:00p

### Rule 40

(also available during orientation)

9/6/2011 - 4:00p-5:30p

### Defensive Driving

9/6/2011 - 3:00p-3:30p

### Fire Safety

9/27/2011 - 9:30a-10:30a

### CPR and First Aid – Full Course

9/19/2011 - 12:30p-5:00pm

9/22/2011 - 9:00a-1:30p

### CPR and First Aid – Recertification

9/8/2011 - 12:30p-2:00p

9/27/2011 - 11:00a-12:30p

### ELECTIVE:

Brown Bag Lunch Session – Fibromyalgia

9/21/2011 – 12:00pm to 1:00pm

## October

### Values

10/5/2011 – 1:00p-2:00p

10/25/2011 – 9:30a-10:30a

### Alternatives to Physical Intervention

(also available during orientation)

10/14/2011 - 12:00p-2:00p

### Rule 40 (also available during orientation)

10/14/2011 – 2:00p-3:30p

### Defensive Driving

10/5/2011 - 2:00p-2:30p

### Fire Safety – LAST CHANCE FOR 2011

10/20/2011 - 1:30p-2:30p

### CPR and First Aid – Full Course

10/6/2011 – 9:00a-1:30p

10/18/2011 – 11:00am-3:30p

### CPR and First Aid – Recertification

10/10/2011 – 2:00p-3:30p

10/25/2011 – 10:30a-12:00p

### 4<sup>th</sup> Quarter Emergency Procedures

Required for Homestead Employees ONLY

10/10/2011 – 12:00pm to 1:00pm

10/11/2011 – 9:00am to 10:00am

10/11/2011 – 3:30pm to 4:30pm

10/13/2011 – 10:00am to 11:00am

10/13/2011 – 1:00pm to 2:00pm

### ELECTIVES:

#### Getting a Good Grip on Stress

10/6/2011 – 9:30am to 10:00am

**SCOPE Conference: Putting the Pieces Together –  
Where Do You Fit?** 10/12/2011 – 9:00am to 4:00pm

**MUST HAVE APPROVAL FROM  
SUPERVISOR TO ATTEND**

## To register for an in-service:

Contact the Staff Development Director at one of the following:

1. Call: 625-1329, ext. 254 – leave a message if necessary
2. Email: [jleibbrand@harrymeyercenter.org](mailto:jleibbrand@harrymeyercenter.org)
3. Write a note and route to the Business Office

Please leave your full name, date and title of the in-service(s) you wish to attend.

Once signed up for an in-service, staff are expected to attend the in-service.

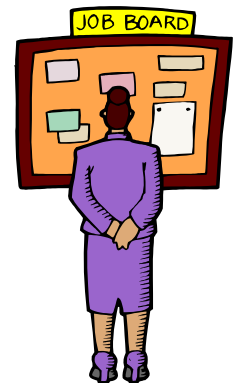
Failure to attend will be treated as a no show for a scheduled shift.

If you are unable to attend, call the above phone number prior to the in-service to cancel your registration, a minimum of 24 hours notice is required except in the event of an emergency.

## Job Openings

Featured jobs are listed on our website and will be updated twice a week—Monday and Thursday.

HMC Employees: Please see all our current job openings in the Employees Only section of the website under Current Job



## Welcome new employees

# WELCOME

Haley Clark

DSP SLS#9

Kara Kocmick

DSP SLS#9

Jackie Reiter

SLC SLS#18

Jennifer Kaufmann

DSP SLS#18

Emily Guggemos

DSP SLS#23

Anita Clark

DSP SLS#23

Izak Nipp

DSP SLS#25

Ashley Wachtel

DSP SLS#25

Jeff Lee

DSP SLS#25

Dylan Rogahn

DSP SLS#25

Kendra Van Rossum

DSP Prairie's Edge

Tracy Weitzel

DSP ICF

Christiana

Asomani-Boateng

DSP ICF

Kate Edwin

DSP ICF

Megan Manthey

DSP ICF

Hannah Neitzell

DSP ICF

Rachael Nickell

DSP ICF

## September Anniversaries & Birthdays

### 25 Years

Claudia Cooper September 25, 1986

### 10 Years

Kathryn Shabrack September 24, 2001

### 8 Years

Kathy VanOtterloo September 30, 2003

### 6 Years

Connie Dirckx September 8, 2005

### 5 Years

Jessica Bathke September 22, 2006

April Houge September 29, 2006

### 4 Years

Joel Chindvall September 7, 2007

Joey Freyberg September 7, 2007

Jill Rollenhagen September 21, 2007

### 3 Years

Nicholas Dorek September 9, 2008

Brittany Jacobson September 19, 2008

Jacilyn Siebenaler September 19, 2008

Rochelle Emmers September 23, 2008

Stephanie Miller September 27, 2008

### 2 Years

Susan Stangler September 4, 2009

Courtney Mahlman September 11, 2009

Marie Schmidt September 11, 2009

Samantha Slater September 18, 2009

Ashley Becker September 25, 2009

### 1 Year

Alyssa Larson September 2, 2010

Blake Rod September 2, 2010

Matthew Strehlow September 2, 2010

Megan Larson September 2, 2010

Jessica Baer September 2, 2010

Lynnae Nelson September 10, 2010

Jennifer Hunter September 10, 2010

Tiffani Kuebler September 10, 2010

Winston Smith September 17, 2010

Daniel Linder September 17, 2010



### Winston Smith

September 2

### Todd Nelson

September 3

### Megan Hancock

September 3

### Brittany Anderson

September 4

### Katie Weber

September 4

### Emily Fisher

September 4

### Deborah Schoener

September 5

### David Meyer

September 5

### Elizabeth Cannaday

September 7

### Brittany Donovan

September 10

### Carrie Chum

September 10

### Lisa Kreuzer

September 11

### Amanda Deslauriers

September 12

### Autumn Sikel

September 12

### Brianna Wall

September 15

### William Cook

September 16

### Jessica Baer

September 18

### Courtney Mahlman

September 20

### Tessa Huber

September 23

### Joshua Wegner

September 24

### Seth Hughes

September 24

### Frederick Jensen

September 27

### Julie Erdman

September 27

### Pamela Soma

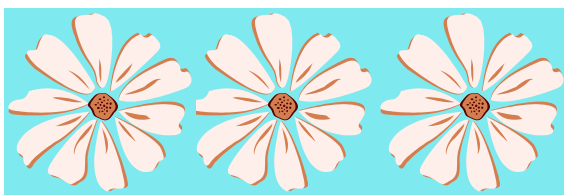
September 28

### Yulia Melian

September 29

### Mary Templin

September 30



# Remember the dress code

Remember as an employee of HMC, you are expected to comply with the dress code during ALL working hours... this means not only during your scheduled work shifts, but when you attend inservices, staff meetings, and appointments.

You are a role model for the people we serve and are expected to represent yourself as a professional.



## Appropriate footwear:

- Good supporting
- Back straps on sandals
- NO Flip Flips

## Appropriate pants:

- Jeans or Khakis
- Fingertip length shorts
- No short shorts
- No sweatpants or athletic pants UNLESS working out with a person served



## Appropriate tops:

- T-shirts or sweatshirts
- Sweaters
- Nice shirts or blouses
- NO spaghetti straps



## Remove hats



All clothes need to be clean and good repair and not contain offensive language or images.

**REMEMBER**—if you can see up it, down it or through it —  
It should not be worn to work.