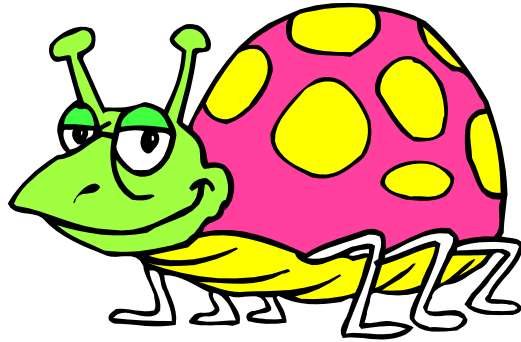


8 Worst Germ Hot Spot.....IN your HOME

1. Kitchen Faucet
2. Garbage Disposal
3. Welcome Mat
4. Vacuum Cleaner
5. Dish Towel
6. Cell Phone
7. Soap Dispenser
8. Refrigerator Seal



8 Tips to Get Rid of Germs

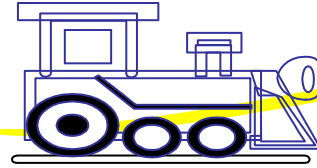
1. Make it a habit to remove your shoes upon entering the home. Walking around all day in so many places can really cause germs to form.
2. Vacuums are a wonderful piece of equipment to have. Take the time after each vacuum to wipe the exterior of the vacuum with a disinfecting wipe and spray the interior with the same type of product.
3. It is advisable for you to wipe all the faucets in your home with an antibacterial wipe on a regular basis. The dirt and germs carried by the hands is easily transferred to the sink.
4. Germs are easily passed from the air droplets each time you flush the toilet. You can be contaminating your brushes, mouthwashes, etc. If they are in close proximity to the toilet. Place these in a cabinet or under the sink to avoid the transfer.
5. Wipe a spray all handles each day with antibacterial spray to kill germs transferred from hands.
6. Open those windows to let the fresh air in and the germs out. Three hours each week you spend with your windows open will be a great relief for ridding your cramped feeling.
7. Air purifiers are the best for helping to trap the germs in a filter and thus, providing you clean air.
8. Have different forks and knives for the meat that is uncooked and the one that is cooked. If the uncooked meat was brought on a plate, use a clean one to bring the cooked meat to the table. Use an antibacterial agent on your counters daily.

Enable Express

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APRIL 2011



Enrichment through respect,
empowerment and the
pursuit of dreams

Easter and the True Meaning

We often wonder if most people know the real reason for Easter. When we walk into the store during Easter all we see is Easter candy, Easter eggs, Easter baskets and lots of other Easter things for the children. But we don't hear enough about what the true meaning of Easter is. It seems anymore that most of our holidays are like this anymore. People mostly think about the commercial reason and not the spiritual reason.

There are many holidays in preparation of Easter including Lent, Ash Wednesday, Palm Sunday and Good Friday. Ash Wednesday is the first day of Lent, which is also the first day of fasting. Lent lasts for 46 days but the fasting process only lasts for 40 days because the 6 Sundays leading up to Easter are not included in Lent. Holy Week is the last week of Lent and begins with Palm Sunday, which is the Sunday before Easter. Palm Sunday is the day which Jesus arrived in Jerusalem where His supporters laid Palm fronds at his feet.

Holy Thursday was the Last Supper that was held the night before crucifixion. The following day, Good Friday, is the day Jesus was crucified on the cross. Instead of us mourning this day we celebrate the fact that Jesus was willing to give His life for ours in order to give us eternal life and everlasting peace.

(continues on page 9)



Services for people with disabilities



Enable, Inc.'s Value Statement

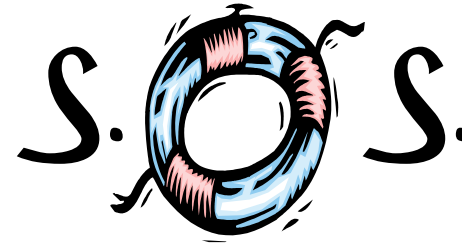
Enable, Inc. is a community that supports people with disabilities. We provide an environment in which the dreams and wishes of the people we serve are identified, respected, and become the basis of our services. Our mission statement is:

Enrichment through respect, empowerment and the pursuit of dreams.

Our agency's value statement defines our mission statement. This month we will review our value statement involving "Pursuit of dreams":

We respect the support the people we serve as they explore their interests and concerns and lead meaningful and rewarding lives. They're the basis of our community, and Enable's services reflect their wishes and hopes for their lives.

We respect and support Enable employees as they provide services in strong, healthy relationships with people we serve, and support their coworkers, themselves and their families.



Sara's Outstanding Support

Dear Sara,

How come there is no "B" battery?

- "B" wildered Consumer

Dear "B" wildered Consumer,

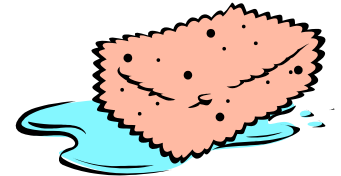
Thank you for asking this question, actually there was a "B" battery years ago. It was used in tube type portable radios. It had a relatively high voltage which ranged from 22.5V to over 90V. There were also "A" batteries which were a lower voltage battery. "A" batteries ranged from 1.5V to 9V. These two batteries are not needed today since they were mainly used in early electronics.

-Sara

Dear Sara,

I was wondering how much deeper the ocean would be if sponges weren't living there? Thanks for answering my question. I read your column every month!

-Spongebob Fan



Dear Spongebob Fan,

Sea sponges do not absorb water. As water is circulated in and out of the sponge, food and oxygen are brought to the sponge and waste and carbon dioxide are removed. Therefore, sponges do not necessarily absorb water but rather, absorb the nutrients that are in the water.

-Sara



TECHNICALLY SPEAKING

The Ides of March, Technically Speaking...

I recently learned a new phrase from our resident fitness expert, Micah Rothmann. We were in my office discussing the secrets of the universe. Just as we were about to solve world hunger she interrupted, causing the subsequent loss of all our hard work and intellectual preponderance along with the birth of a massive black hole located someplace on the outer rim of the Milky Way Galaxy. I must have been less friendly than usual that day so she asked, "Do you have IMS today?" After giving her a puzzled look followed by a brief consultation with the internet I learned that it stands for Irritable Male Syndrome and is indeed a real disorder. It occurs when testosterone levels within the male body drop like a MIG fighter plane in WWII. It causes many terrible things including anxiety, frustration, hypersensitivity, and anger. Fortunately I wasn't suffering from any of those symptoms and she apologized after I told her how nervous I had become because of her hurtful and frustrating words. This started me to wonder though if computers are capable of the same problem.

It seems like every once in a small while either all of the computers at Enable, or just one very crucial server, will decide to have an existential breakdown in which all sense of purpose is lost and the ideal of tomorrow is too much to bear. Several months ago the server that runs TimeKeeper (a program used to track employee time-punches) tripped over a licensing issue and rolled belly-up for two weeks. Eventually the man who set it up for us was able to get it up and running again. We've also had trouble with another server getting bogged down by the long winter and large nighttime backups, causing it to run slowly and prohibit network traffic until 7:30 in the morning. On Friday morning one of our most crucial machines, the business pc which runs payroll and accounting, would not boot up. When the power button was pressed all we could hear was the hard drive attempting to spin into life "kerrrr tunk tunk tunk, kerrrr...". The power supply had given up the night before and fortunately we had replaced a computer just like that one several months ago allowing us to salvage its power supply for the greater good.

It seems that computers, just like humans, have their less flattering moments. When those times come it is important not to get frustrated or rush out to buy a brand new machine. Many times it is just a small issue that can easily be fixed using parts from older machines or by picking up a single component from an office store. Unless you really want a brand new computer the chances of someone being able to fix your old one are typically quite good. My parents have had the same computer that they bought when I was in 7th grade (roughly 8 years ago). It still runs fine and occasionally I'll put an extra part into it for added memory or performance. They've even recently acquired a flat panel monitor and wireless keyboard/mouse set for it. Even still, beware the ides of March.

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Important Dates

Sunday 17th - Palm Sunday

Friday 22nd - Good Friday

Sunday 24th - Easter

Monday 25th Easter Monday

Wednesday 27th - Administrative Professionals Day

Congratulations!

South Washington

Greeting to all residents and staff from your friends at Enable South Washington. We enter eagerly the new season of spring with all its promises. The wonder of looking up and seeing the vast flocks of geese honking their way north to their nesting grounds. Bird species absent during the winter returning to our neighborhoods to cheer us with their songs. Trees, plants and flowers to re-appear from their long deep sleep. The land turning green, the color of new life. During the long, hard winter all living things have fought a good fight. We have survived.

South Washington kept busy this past month with activities such as going to church, shopping, going to the DQ, calling loved ones on the phone and many other things to participate in and enjoy. Don't forget the Shrine Circus coming to town soon. The Shriners always take good care of us when they see us! We are number 1 in their eyes. We hope you are able to attend.

We want to thank Julie, PC and Liz, RS for their gentle guidance and support for all residents and staff at our home. It all makes for a pleasant and rewarding home for all.

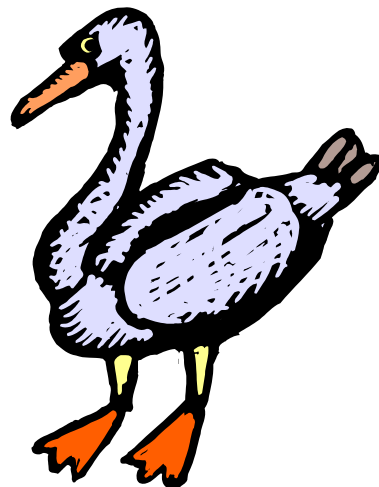
Lee, our tireless maintenance superman continues to plaster, paint, pound, and prime Enable's facilities. Always ready to answer a request and he's still such a friendly guy! Thanks Lee!

A thought for the day— "Every saint has a past and every sinner has a future." Oscar Wilde

We pause a moment for a thought and a prayer for those residents and staff who are experiencing challenges, medical or otherwise in their daily lives. We care!

Recently the girls were gabbing on about "tweet" and "twitter". Matt, our resident geek happened to be passing by and I asked him what the girls were talking about. I didn't ask the girls because they usually ignore me. They live in a different world. Matt smiled, patted me gently on the head and said, "now Gerry, spring is here and soon the gold finches will return to tweet, twitter and cheer us all up. I thanked Matt, grateful to get a straight answer from someone I trust.

Happy Spring to all! The coffee pot is always on at South Washington. Stop by even if you don't need to borrow anything. Until next time..... Gerry DSPI and Buddy DSP 1/4



For Your Information

Enable Cookbooks

Enable cookbooks are available in the main office located on Raven Drive. There are over 100 great recipes and they are only \$3 each! All proceeds will go towards Enable's Client Assistance Fund. Please feel free to call the office to request your cookbook or please stop by the main office and pick one up! Thank

Dakota River Runners a Race for Parkinson's Disease

This run is a 10k, 5k or a 1 mile walk/run that will be taking place **Saturday, April 30, 2011** at the shelter near the Amusement park in Bismarck. Registration fees are \$15 for early registration and \$20 for registration the day of the race. If you need a registration sheet go to:

<http://www.bisparks.org/Events/Parkinsons%20Race.pdf>

Registration is at 7 a.m.
Competitive 5k at 8:30a.m.

Competitive 10k at 8a.m.
Family Fun 1 mile walk/run at 8:45

The Great American Bike Race

The Great American Bike Race will be taking place on Saturday, April 9, 2011 from 9:00am-3:15pm at Century High School. This is the 15th Annual bike race, for Cerebral Palsy and other related disabilities. The Enable team will be there, so please come cheer everyone on!

Spring Dance

Grab your dancing shoes because Backstage Pass will be ready to party! A Spring dance will be held Wednesday, April 13, 2011 at the Bismarck Eagles Club from 7:00pm-9:30pm. Admission is \$1.00 and pop will be available for \$.50 a can.

Ravin' Theatre Premiere Night

The Ravin' Theatre will be holding another premiere night on **Tuesday, April 19, 2011 from 6:30-8:30pm**. So, if you are someone who supports people served by Enable, loves popcorn, discussion, and a little fun, make sure you contact your supervisor soon to get scheduled to attend. We do not have the luxury of lots of space, sorry, so sign up as soon as possible if you want to attend this next event. Our capacity is at 40, so sign up soon! Self Determination is one of nine very important topics every DSP needs to know about. This event is designed to help promote better understanding of how we can support people with choosing options and directing the course of their own lives. Come and hear about the many facets of SELF DETERMINATION!!

Closed Good Friday

The office and day programs will be closed on April 22, 2011 due to the Good Friday holiday.

IN YOUR COMMUNITY

Here are some things going on throughout Bismarck during the month of April! (BCC is Bismarck Civic Center)

| Date | Event | Time | Place |
|--------|---|--|-------------------------------------|
| 6th | Elton John Concert | 8pm | BCC |
| 8-10th | Let's Dance Studio Presents:Fairyland | Fri. 7pm Sat. 1pm & 7pm Sun. 1pm | Belle Mehus |
| 15th | An Evening w/Willie Nelson & Family | 8pm | BCC |
| 16th | Easter Egg Hunt (ages 3-12) | 1-3pm | Dakota Zoo |
| 16th | Impact Fighting Championship-Evolution | 7:30pm | BCC |
| 16th | Bis-Man Orchestra Assoc. Presents: Bolero & More | 7:30pm | Belle Mehus |
| 18th | Spoken 4 with Homer Lee Musical | 2pm | BCC |
| 19th | Bis-Man Show Choir Festival | 7pm | Belle Mehus |
| 23rd | Triathlete Swim Clinic | 10-noon | BSC Aquatic Center |
| 28th | Gabriel Iglesias:Fluffy Shop Tour | 8pm | Belle Mehus |
| 30th | University of Mary Graduation | 2pm | BCC |
| 30th | Shelter Me Tour | 7pm | Belle Mehus |
| 30th | Dakota River Runners Race For Parkinson's 10k, 5k or 1 mile | Register at 7am | Community shelter by Amusement Park |

For N/A information go to: <http://discoverbismarckmandan.com/calendar/index.asp?month=2&year=2011>

No One's Perfect

Whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy.

- Proverbs 28:13

Better a patient person than a warrior, one with self-control than one who takes a city. ov- Proverbs. 16:32

*Chaplain
Chimes In
by Frank
Losos*



Well, right now I am chafing about a poor choice I made that backfired and let several people down. So how do we function when things don't work out and we are to blame; we did the wrong thing, did the right thing poorly, or didn't do anything? Basically we screwed up and there is no way to recover the opportunity or avoid consequences. If you are like me, in these situations you want to try and get yourself off the hook and are tempted to look at someone else to try to blame for any part they may have had in the outcome. Next, the excuses come and we can begin to rationalize why we had no other choice but to act in this unfortunate way. When that doesn't work we may try moping around grumbling, or may get angry and start stomping around or throwing things; all in an attempt to show how bad we feel about doing something wrong. We deceive ourselves to think that we're somehow paying for our wrongdoing. The reality is that all these responses are actually attempts to avoid blame and really making others pay for our actions. We make others around us have to cheer us up saying things like, "O'h it's not that bad," or they have to uncomfortably avoid us for a while as we have a two-year-old tantrum. According to these proverbs above what it comes down to is that we just need to confess we were wrong and messed-up and leave it at that. That is the most powerful-looking and mature response we can have. We just need to swallow our pride, admitting that we are not perfect; we can be wrong or screw-up. The other part of the proverb calls for *renouncing*, which really means choosing to learn from the mistake and do something different from now on. Really it's kind of relieving to see others screw up because it makes us feel more accepting of our own mistakes. So go ahead and make someone's day, don't try to conceal your erroneous actions, but take the pain and admit you were wrong.

Your Chaplain,

Frank

Quote of the Month

Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it. ~Plato

West Princeton

Greetings from West Princeton!

It feels like spring is around the corner, hopefully it does not get lost! We had a very busy, BUT FUN month here at WPR.

A couple of individuals and 2 staff traveled all the way to Minneapolis to see a Timberwolves/Lakers basketball game. They had a great time!! Thanks to the staff for helping them with this adventure. We had another individual, who participated in Special Olympics basketball January, February and March. He attended a couple of tournaments in February and then the state tournament in March in March. He and staff braved the blizzard weekend, but had a good time and returned safely with a second place ribbon. Congratulations on both.

We helped someone redo their room, with new curtains, new paint and some new accessories. We also updated one of the bathrooms, with new paint. Thanks Lee, I had good intentions of painting, but without you it still would be the same color!! We had a renovation of a bathroom also. Still working on that but getting close to done. Again thanks Lee, you do great work. It will be a very accommodating once it is finished and easier on everyone.

We've been getting teased with nice the weather the last couple of days! Everyone is hoping it is here to stay. Then we can all be outside at last! Even Smokey is poking his head out the door now and then. Maybe we can take him out with supervision of course, once it gets nice. Staff have been great at coming up with things to do and having some fun indoors through the winter.

I would like to say thank you to all WPR staff, you guys are the best!!!

Carmelle Lips RS

Check out the pictures on page 8)

East Princeton

Hi everyone from East Princeton, we have been doing some minor fixer ups and changes this last month. One certain somebody got new flooring and a paint job in his room. We got shelves put up in a couple of closets, A BIG THANK YOU TO LEE, he has been such a great help in all this and does a great job too. Staff have been busy cleaning out things, you would think spring is around the corner.....We also have been able to get rid of the horrendous sounding door alarms and replace them with a door chime. Until next month.....Kelly Emineth, Residential Supervisor

What Causes Food Allergies

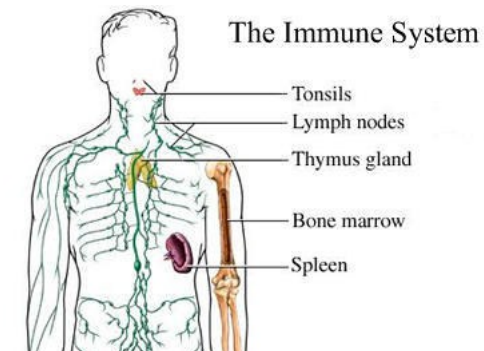
Food allergies occur when the immune system mounts an attack on certain proteins in certain foods. The substances in the food that trigger this immune-system response are called allergens.

The immune system is a complex network of cells and molecules that help defend the body against foreign substances. When a properly functioning immune system detects a foreign substance, it responds to this threat by producing proteins called antibodies against the invaders. The antibodies will recognize and attack this foreign substance when they next encounter it. This "battle" is what causes the allergy symptoms.

In food allergy:

- The immune system mistakenly sees a harmless substance in the food as harmful, and churns out antibodies-known as immunoglobulin E (IgE) - to attack it.
- These antibodies will circulate in the blood, attached to special cells called mast cells, which are part of the immune system. This occurs in order to protect against future invasion by that substance.
- The next time a person eats that food, the substance to which he is allergic (the allergen) enters the body, and attaches to the IgE on mast cells.
- The mast cells respond by releasing a host of powerful chemicals, including histamine, to 'protect' the body. This produces allergic symptoms.

Histamine contributes to inflammation and causes symptoms such as swelling on the skin and itching. It is responsible for the hives, or welts, that appear on the skin when a doctor tests for allergy. These hives show the presence of IgE and are one of the best indications of allergy.



Best Summer Health Tips From Dr. Oz: Food Allergies

The two most common, food allergies, which are rampant in America, are dairy allergies and gluten allergies. For the many folks who come on my show and ask about feeling tired or worn out or swollen or bigger bags under their eyes or not being able to go at full speed, the first tip I almost always give is to cut both out. Now, we don't know if you have an allergy or to which one it might be, but elimination diets are good ways to figure this out. They're better than testing you in other ways; plus, they give you real functional information. By the way, it's not a bad idea anyway to, once in a while, go without those foods.



Gluten allergies are caused by proteins in wheat products, lots of grains, ... have a gluten issue. So, it seems pretty simple. You just avoid eating bread and you'd be okay, but it's not the case because we have so many different types of gluten products used in condiments, ice cream, in places you don't expect to see them, they appear. So, you really have to check to make sure there is no gluten in the food you eat to assess whether or not you have a gluten allergy. You can acquire a gluten allergy as you mature as well in life, so it's not just something that kids can be able to diagnose and they carry it through their lives. The good thing about having gluten allergies is just about everybody on a gluten-free diet loses weight. So, it's not a bad side effect to have.

Dairy allergies are usually not as severe as gluten allergies. Gluten allergies are sometimes auto-immune ailments in reality, like celiac disease where dairy is pretty much an intolerance to the ability to lactose in sugars in milk. If you don't have the enzyme lactation in your gut, if your ancestors didn't have to digest milk, which African-Americans rarely had to because they had plentiful sources of food, so they don't have those enzymes. Many whites don't either. So, you develop lactose intolerance as you get older.

There are now many solutions. There are lactose-free drinks. You can take lactase as a pill; it's an enzyme to help treat it, but again, you need to be cautious, if you're going to be lactose-free, to make sure that you really identify lactose because it sneaks up on you in places you do not expect it.

Dr. Mehmet Oz

This article was taken from: <http://singlemindedwomen.com/womens-health/best-summer-health-tips-fromdr-oz-food-allergies/>

Safety



Former heavyweight champion Muhammad Ali sat in his seat on the plane and smiled at the flight attendant. "Mr. Ali," she said in a friendly voice, "we're preparing to take off. Would you please buckle your seat belt?" "But I'm Superman!" Ali boasted, playfully waving her off. "Superman don't need no seat belt." The attendant touched his shoulder lightly and smiled "Superman don't need no airplane," she said. "Now please buckle up".

The five top excuses employees give for not following safety requirements (As reported by the Progressive Business Publication)

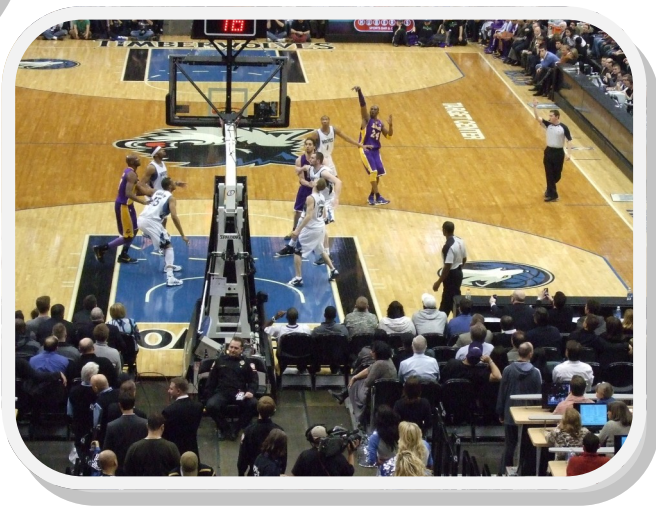
1. **'It won't happen to me'** - Two polar-opposite groups of workers often use this excuse. Veteran workers think they've seen it all before, and if they haven't been hurt yet, they must be doing something right. Young workers think they're invincible.
2. **'Safety's not my job'** - Some employees see safety as a separate department, so they're not responsible for it.
3. **'Safety's boring'** - Employees often associate safety with boring training sessions or confusing OSHA regulations.
4. **'The gear's uncomfortable'** - It's the most common excuse when workers are found not wearing protective equipment.
5. **'I just forgot'** - This is often a cover for some other excuse.

Safety is everyone's business - no excuses

West Princeton Pics



Lakers vs. Wolves



Easter and the True Meaning CONTINUED...

Easter Sunday marks the day Jesus Christ was resurrected. This is a joyous day for all and reminds us of His promise for eternal life and His love for us all. Christian churches in the West celebrate Easter on the first Sunday after the full moon while churches in the East, which were closer to Jesus' birthplace, celebrate Easter according to the date of the Passover Festival.

There are many traditions that come with Easter which include sweets and baked goods, the boiling and dying of eggs, the Easter bunny, Easter candy and baskets. Many people also have a huge dinner to celebrate Easter every year.

The hard-boiled and colored eggs are a symbol of new life and the ancient Egyptians exchanged them with friends to remind everyone of the resurrection of Christ. Today many children have an Easter egg hunt each year.

Rabbits are a powerful symbol of fertility and new life so therefore a symbol of Easter. The Easter Bunny became a popular children's character just like Santa Claus but during the Pagan celebrations the Hare was the original symbol. Since the hare and rabbit look so much alike and it was hard to tell them apart at some point the hare was replaced by the rabbit.

This is what Easter truly is. It is not about Easter candy or Easter baskets or Easter egg hunts but there is no harm in children being allowed to do these things. It is our duty as Christian believers to tell people the true meaning of Easter and the new life it brings. (This article was obtained from http://www.associatedcontent.com/article/184895/the_true_meaning_of_easter_pg2.html?cat=34)