

Winter Hair Care Tips

The dry and cold winter can be very damaging to your hair. Hair easily becomes dry during this time of year from the dry indoor heating and the dry cold weather outside. Proper preventative steps need to be taken during this seasons to ensure that your hair does not get damaged.

Winter Hair Care Tips

Wear a scarf, hat or cap to protect your hair from the cold and wind, but make sure that it's not so tight that it will restrict circulation in your scalp.

Use a conditioner daily.

Once you have your hair moist, lock in the moisture by running your hair through cold water, this will also give your hair an extra shine.

Don't go outside with your hair wet, you risk breakage; your hair will freeze if it's cold enough outside and may break.

Limit your use of "hot" items on your hair such as a blow dryers and curling irons.

If you need to use a "hot" item use a leave in conditioner before using the item on your hair.

Avoid taking hot showers or washing your hair in hot water, use warm or cool water instead, the heat can dry out and/or damage your hair and skin.

Hair products that have the word, "Replenish" on it is made to moisturize your hair.

Try using a dry shampoo if you need to wash out your hair, one dry shampoo you can use is baby powder, simply sprinkle some onto your hair and use a comb to comb it off.

We[🥕]NESS and Health Tips

Do this instead: Switch shoulders and/or hands back and forth throughout the day when you carry a bag.

8. You teeter on high heels

High heels may appeal to the eye, but can cause problems over time. Walking around for hours in high heels gradually shortens the Achilles tendon, says Rubenstein. "Over time, when you take off the shoes it pulls on the calcaneus (heel bone)." This places you at a greater risk of plantar fasciitis, a painful condition resulting from inflammation of a band of tissue that runs along the bottom of the foot. Adding to the problem, the fat pads of the feet naturally diminish with age, and walking in high heels only worsens the situation.

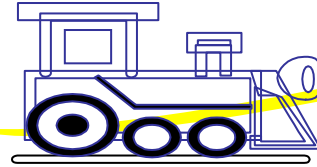
Do this instead: Change into flats when you get home and reduce the length of time you're in heels; walk bare-foot when you can.

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February 2011



Enrichment through respect,
empowerment and the
pursuit of dreams

Having a Positive Attitude

Have you ever had one of those days when you don't want to get out bed, when your hair just doesn't want to cooperate, or maybe while driving to work that person cuts you off. Those are some things that may upset or just annoy you. The important thing is that you have a choice even before your day begins. Choose your attitude in advance. When you wake up you have a choice. You can be in a good mood or a bad mood. You also choose your attitude. You can wake up and mutter to yourself, "This is going to be a cruddy day." or you can tell yourself. "This is going to be a great day! You would be surprised how this can change your day and your mind set.

Studies have shown that being around positive people rubs off on others, while negative attitudes make others grumpy and cranky. What kind of person do you want to be? The person that people love and enjoy being around or that grouch that nobody can stand? You have a choice to make a difference in someone's day. Be that positive influence that has a smile on your face, encourages, builds people up, and loves life. So, start your day off right and ask yourself what kind of attitude and person you are going to be.



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:

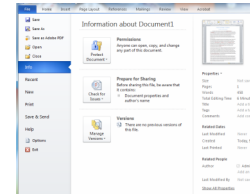
Enrichment through respect, empowerment and the pursuit of dreams.

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

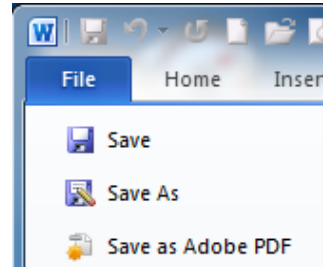
We respect and support people we serve as they become more independent and aware of their own value, and as they develop relationships within our community, with families and friends, and with larger communities. Our relationships with each other enrich all members of our community.

We work cooperatively with other agencies to promote awareness of developmental and other disabilities, and educate ourselves and the community about the potential of people with disabilities.

Step two: Click on the top-left button. In Office 2010 it will say "File". In Office 2007 it may be a circle button. In versions older than Office 2010 or 2007 click "File" in the top-left.



Step three: Click the "Save As" option from the menu.

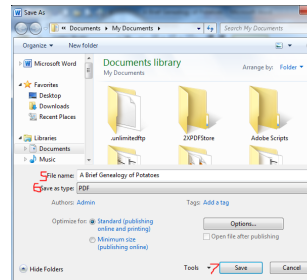


Step 4: A Save window appears. Give the new pdf file a name and click "Save"

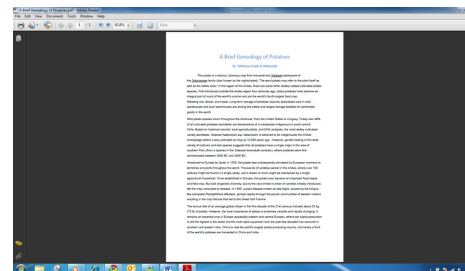
Step 5: Give the new pdf file a name.

Step 6: Click on the "Save as type" drop down menu and select "PDF".

Step 7: Click "Save".



Finish: Your computer will save and then show you the PDF when finished.



Congratulations! Now it's ready to be attached and opened by any Enable, Inc. computer.

Tech Tidbits

Creating a PDF from a Word Document

By: Mathew Grade

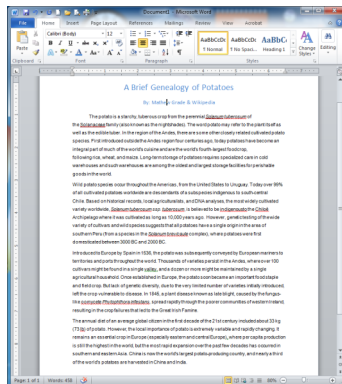
The Declaration of File Format Standardization

When in the course of human events, it becomes necessary for one people to dissolve the document format bands which have separated them from one another, and to assume among the powers of the earth, the separate and equal station to which the laws of computing and of information sharing entitle them, a decent respect to the opinions of computer know-how requires that they should declare the causes which impel them to the file format conversion.

We hold these truths to be self-evident, that all file formats are not created equal, that they are endowed by their creators with certain unalienable differences, that among these are docx, txt, rtf, and pdf. That to effectively use these file formats, Techies are instituted among Men, deriving their pay check from the consent of the computer-challenged, that whenever any form of technology becomes frustrating of these ends, it is the right of the users to request How-To-Documents, and to institute new file sharing standards, laying the foundation on such principles and organizing its powers in such a form, as to those that seem most likely to positively effect their productivity and sanity.

I Have This Document...

Step one: Open the Microsoft Office Word Document that you need to convert.



MARK YOUR CALENDAR

Important Dates

Wednesday 2 - Ground Hog Day

Monday 14 - Valentine's Day

Monday 21 - President's Day

Congratulations!

South Washington

Greetings to all fellow residents and staff of Enable from all of us at South Washington.

We lost Ray recently, a quiet and gentle man.

Ray, not that old, not that young. Ray's journey through his life grew more difficult for him the last few years. Never complaining, but accepting his station in life, Ray maintained his dignity. His spirit left for another world where he would be made whole again in body, spirit and mind. He is indeed bound for "New Horizon." Good-bye old friend, farewell gentle man, we will never forget you.

Changes, changes, changes! Your humble author firmly believes change is not all that great. The expression "from the frying pan into the fire" comes to mind. Also the movie, Grumpy Old Men."

We will miss Kathy DSPII who was left to accept a position at a nursing home facility. We wish her well and will miss her laughter, good spirits, and her caring ways for the residents she served. We extend a warm welcome to Travis DSPI who comes to us from way up north. The reason he moved down here with his family is that he thought it would be warmer down south!

Winter in North Dakota. The wind chills body and soul! Lets list some of the negatives about winter: how about the wind chill factor, your dead car battery, frostbite, slipping on ice and breaking a bone, fender benders, catching a cold, shoveling snow, catching the flu, sledding or skiing down hill and running into a tree, scraping car windows, dressing like Eskimos. The list goes on and on. I am sure you can add to it. Enough negative. Lets look at some of the positives. When walking the dog and he finishes his business, you just toe some snow over it to cover and nobody the wiser...until spring.

Residents and staff have been braving the elements and going out and around town. In house activities include arts and crafts and movies are also a favorite for some residents. A thought for all, sometimes I go about pitying myself, and all the time I am being carried on great winds across the sky. Ojibway

The coffee pots are always on at South Washington. Stop by even if you don't need to borrow anything. Stay warm! -Gerry DSPI and Buddy DSP1/4

For Your Information

Enable Cookbooks

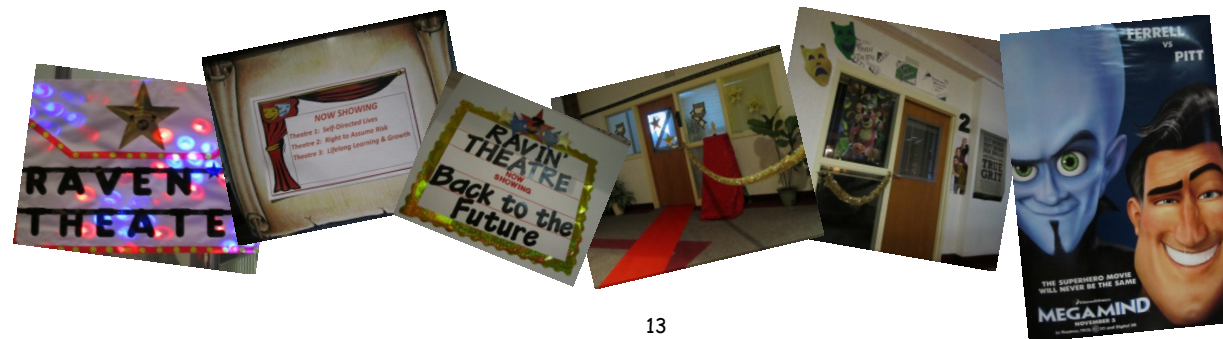
Enable cookbooks are available in the main office located on Raven Drive. There are over 100 great recipes and they are only \$3 each! All proceeds will go towards Enable's Client Assistance Fund. Please feel free to call the office if you have any questions.

Adaptive Equipment Available

Attention PC's, RS's, and other staff! Enable is taking inventory on adaptive equipment throughout the various locations and wants you to be aware that certain staff can check out items for individuals to use. There will be a list of items available soon. Please call Micah and let her know what item you want and who needs it. She will find out the location and arrange for Lee to drop it off for the individual by location. If you have any more questions please call Cheryl, Mat, or Micah.

Ravin' Theater Premiere Night

It was a cold January night, but Ravin' Theatre rolled out the red carpet and shined the lights for this event! Three theatres with our featured topic, SELF DETERMINATION, kept the Ravin' Theatre patrons entertained. **This event will happen again on Thursday, February 22nd 6:30-8:30 and March 15th 6:30-8:30**, 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!!



IN YOUR COMMUNITY

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

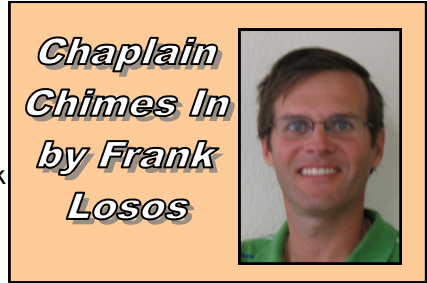
Date	Event	Time	Place
2-6	The Screwtape Letters	N/A	Dakota Stage
4	Wizards vs. Maine Red Claws	7:00pm	BCC
4	Bobcats vs. Owatonna	7:15pm	VFW Sport Center
4-5	5th Annual Cabin Fever Indoor Car Show	N/A	N/A
5	Live Art in Motion	10am-4pm	Kirkwood Mall
5	Bobcats vs. Aberdeen	7:15pm	VFW Sport Center
5	Wizards vs. Maine Red Claws	7:00pm	BCC
5	FREE Zumba	8:30am-9:15am	Capital Racquet & Fitness
5	Bis/Man Symphony Orchestra	7:00pm	Belle Mehus
8	Wizards vs. Idaho	7:00pm	BCC
11-12	PRCA Rodeo	7:30pm	BCC
11	Midnight Noise Orchestra	9:00pm	Best Western Doublewood Inn
11	Bobcats vs. Austin	7:15pm	VFW Sport Center
12	Bobcats vs. Austin	7:15pm	VFW Sport Center
12	The Big Event Carnival	N/A	BCC
22	Winter Wonderland Animal Ed-Venture	2-4:30pm	Dakota Zoo
25	Bobcats vs. Coulee Region	7:15pm	VFW Sport Center
25	Dixieland Jazz Mardi Gras Celebration	N/A	BSC Energy Center Room 304
26	Bobcats vs. Coulee Region	7:15pm	VFW Sport Center
26	Wizards vs. Ft. Wayne	7:00pm	BCC
26	Central Dakota Children's Choir	N/A	Frans Leach High Praire Arts & Science Complex

IS your Word GOLDEN

Above all, my brothers and sisters, do not swear—not by heaven or by earth or by anything else. All you need to say is a simple “Yes” or “No...”

—James 5:12

In 2009 Bernie Madoff, the former Chairman of the NASDAQ stock exchange, was found guilty of perjury in relation to investment fraud arising from his operating a get-rich-quick scheme, defrauding hundreds of people out of millions of dollars. He had told his investors that their trades were legitimate but recorded false back date trades skimming profit off the top of each trade for himself. Currently he is imprisoned as a hated man under a sentence of 150 years in prison. This was a very public crime that affected many. We may not have such a large influence but each of us has a circle of influence and respect. In the workplace communication is key. Taking responsibility for our responses, promises and affirmations is what makes communications flow. Is your word trustworthy, or do you have to make special conditions for it to be counted on? Do you have to “swear to God” for others to believe you will be true to your word? This scripture passage’s author James, the half-brother of Jesus, teaches us here that God expects our word to be good just because it simply comes out of our mouth. Before a witness testifies in court, one swears to tell the truth with a hand on the Bible. The idea is that the Bible provides a higher authority that is seen as the authority one must face if the promise is not kept. This is done of course because of our propensity to lie. Notice that this puts the burden on the higher authority to make the person tell the truth or punish them if they lie. The speaker is putting the burden on God or an object to verify them. We hold the responsibility for our word and should not have to swear to God for our comments to be trustworthy. Also, of course we don’t know what the future will hold so we can’t “swear to God or anything” that we will do this or that, Our word needs to be good as gold as far as we are concerned. The value of our word takes time to establish but only a moment to destroy. So let’s allow others to see that our “Yes” is “Yes” and our “No” is “No!”



Your Chaplain, Frank

Quote of the Month

“Dream as if you’ll live forever, live as if you’ll die today.”

East Plainview

With another month gone, spring is getting closer and we all can't wait. We're snow, snow go away! We have a lot of snow over here, just like everywhere else. I would like to thank the staff for being so diligent at keeping the sidewalks and driveway clear. Also, big thank you to Lee who keeps all things running smooth and keeps our parking area clear of snow.

Even though the snow is a hindrance, we have been able to get the individuals out to see friends and family. We don't have any major fun things planned, but sometimes just the smallest things can be major fun for our individuals. -Wishing all a fun and safe winter. Till next time!

West Princeton

Hello to all!

All is well at West Princeton. We have all been staying in and staying warm. Thanks to the staff everyone has been busy doing fun indoor things!

We had 3 people who were able to have a long Christmas at home this year. I was able to get away and spend Christmas in the mountains, and staff were able to spend time with their families also. Thanks to everyone for working together so this was able to happen.

Sasha has accepted the DSPII position at WPR, Congratulations to her! We have a great number of staff who have been here quite a long period of time, congratulations to them, as well as thanks. It's you guys who make our house run efficiently and fun!

Some new things happening: we are having a room renovated to make things easier for one of our people and staff. Yay! We obtained a new lift van, which will also make things easier. We are also getting some new equipment that will benefit everyone's back. Thanks go out!

Painting a bathroom and bedroom is in the works. Lee, as always is going to help with that. We've all pitched in and done some early spring cleaning of rooms and added some small, but nice touches to peoples rooms. Thanks to staff for helping out with these things.

We are planning some fun things, trying to get some individuals out to some basketball games and even plans to take a couple people to a Timberwolves game in Minneapolis sometime in the spring. All are excited about this.

So until the grass pops out we will all be staying in and staying warm and hoping for an early spring. Have a safe warm month! ~ Carmelle Lips, RS

4. You stretch your back as soon as you wake up (or while still in bed)

Stretching out your back helps reduce back pain, but it can work against you if you do it first thing in the morning. "At night when you sleep, the discs in your spine gain water," says Ted Dreisinger, PhD, FACSM, president of Therapy Advisors, San Diego, CA. This adds pressure on your discs when you first wake up, which causes more stress to them when you bend forward or bend backward.

Do this instead: Before you stretch in the morning, take 10 minutes to with your usual routine: drink coffee, wash your face and brush your teeth. After that, perform a simple stretch: put your hands on the top of your buttocks (palms to skin), as if you were putting your hands in your back pockets, then lean back, looking up and holding for about three seconds. Repeat three to four times.

5. You get your cardiovascular exercise exclusively on the elliptical trainer or a bicycle

Pumping away on a bike or elliptical trainer provides cardiovascular benefits but does little for bone health. If you're concerned with osteoporosis, you'll need to add some sort of impact, says Irv Rubenstein, PhD, exercise physiologist and founder of S.T.E.P.S., Nashville, TN. "Strength work alone isn't sufficient to build bone." Impact refers to moves such as jumping jacks, walking, and running. A machine such as the elliptical trainer provides constant muscle tension, but it's not enough to strengthen bones, says Rubenstein.

Do this instead: Add treadmill work, outdoor walking or running to your cardio routine. Or try these simple heel drops: rise up onto the balls of your feet (with or without shoes) and drop onto your heels. Perform 10 sets of 10 repetitions throughout the day.

6. You delay answering nature's call

When life gets too busy it's easy to prolong bathroom breaks. Problem is, resisting the urge to empty your bladder can stretch it out, says Tristi Muir, MD, medical director of the pelvic health and continence center at the University of Texas Medical Branch. "When this occurs the bladder doesn't contract well and, therefore, may not empty well." This may result in bladder infections (think of a stagnant pool), or a bladder that dribbles out over a prolonged period of time rather than one that empties more efficiently and completely.

Do this instead: Go when you feel the urge. If frequent urination becomes a problem, talk to your doctor or try eliminating common bladder irritants such as caffeine, alcohol, spicy foods, carbonated beverages, chocolate and tea.

7. You carry your laptop or handbag over the same shoulder every day

Before you sling that heavy bag over your shoulder, try using the other side of your body. It could save you from future pain. "Carrying unbalanced loads over time may contribute to a number of muscular problems and pain of the neck, shoulder and arm," says Dreisinger. "Plus, carrying hand bags could aggravate arm pain by the gripping and twisting motion of carrying." Medial and lateral epicondylitis (elbow pain commonly known as golfer's and tennis elbow) can result even if you don't play either sport. (Continued on page 16)

Wellness and Health Tips

8 Surprising Habits Ruining Your Health

1. You haven't changed your pillows in years

If you wake up with puffy eyes and a stuffy head, blame your pillow and its microscopic inhabitants. Unless you regularly change your pillows or toss them and your bedding into the dryer, you're inhaling dust mites along with their digestive enzymes and feces, says Steven M. Houser, MD, director of allergy and paranasal sinus medicine and surgery at MetroHealth, Ohio. "These allergens accumulate and can trigger allergies and asthma in susceptible individuals," says Houser.

Do this instead: Use dust-proof barriers on pillows and mattresses (available online and in bedding stores) and fluff pillows and comforters in the dryer every couple of weeks for 10 minutes or so, which kills dust mites.

2. You can't remember the last time you replaced your toothbrush

If you haven't replaced your toothbrush since the last Presidential election, it's likely harboring some nasty stuff. Bacteria, fungi, and even herpes viruses can lurk, waiting to incite a nasty cold sore or worse, says Hemali Ajmera, DDS, a New York cosmetic dentist. "Bacteria linked to periodontal disease and cardiovascular health can multiply," says Ajmera. Oral fungal infections can also be picked up and spread to other members of the household or re-infect the same person.

Do this instead: Replace your toothbrush every three to four months. Kids who chew on their toothbrushes should get a new brush every few weeks, and teenagers with braces will also need to replace their brushes more often.

3. You sleep in on the weekends

When you get up early on weekdays, you may look forward to making up for lost sleep on the weekends. Unfortunately, your body doesn't work that way, says Jack D. Gardner, MD, medical director of the Medical Sleep Solutions Center at Methodist Dallas Medical Center, TX. "Sleep isn't like a piggy bank from which you can take an hour from Tuesday and deposit it on Saturday," says Gardner. Sleeping extra hours on weekends shifts hormones (i.e. melatonin and cortisol), which changes your circadian rhythm, the body's built-in 24-hour clock. "It's like sleeping in different time zones," says Gardner. You'll pay the price with chronic tiredness and fatigue plus an inability to fall asleep when you do hit the hay.

Do this instead: Be consistent. "Get up within an hour of your normal weekday wake-up time on weekends," says Gardner. Turn on lights or open the curtains to allow light to signal to your body clock that it's time to wake up.

Taken from <http://health.msn.com/health-topics/oral-care/slideshow.aspx?cp-documentid=100267248&imageindex=8>

Walker Buddy



I work as an Independent Living Specialist for Options Resource Center for Independent Living. In my work with Options, I have referred people I serve to the Assistance Safety Device Distribution Service (senior AT safety program) that IPAT administers on numerous occasions to obtain needed equipment. Recently, I had 3 gentlemen request trays for their walkers, as they were unable to transport items while walking, because their hands were occupied holding the walker. I am familiar with Buddy Systems International which manufactures medical assistive devices locally in Fairdale, ND- so, I recommended a Walker Buddy to the gentlemen.

The first Walker Buddy was made in 2001 by Sandra Lenagh; it is a mesh basket that attaches to an individual's walker which allows the personal safely carry items and see their feet while walking. You can close the walker with Walker Buddy in place, and it washes in soapy water and air dries for simple upkeep. In checking with the individuals who receive this item, they are very pleased with it and I would not hesitate to recommend it for anyone who may need it. As one gentleman stated, he likes this product because it doesn't have a lot of pockets, so he doesn't forget about things- "out of sight, out of mind." As I said, this item is a North Dakota product, which contributes back to our local economy.

If you would like to view other products manufactured by Buddy Systems International, please go to http://buddysystemsintl.com/pages/buddy_medical_assistive_products.html or call 1-800-967-4133 and Sandra would be glad to assist you.

Revel Sapa, Options RCIL
Independent Living Specialist

(I received this cut out in my mail bin, which was in the IPAT flyer)

February Trivia

Are you Smarter Than a 5th Grader?



1. How long is one regular term for a U.S. Representative?
A. 1 year B. 2 years C. 3 years D. 4 years E. 6 years
2. A heptagon is a shape with how many sides?
A. 4 B. 6 C. 7 D. 8 E. 8
3. What is the fastest bird on foot?
A. Penguin B. Ostrich C. Turkey D. Penguin E. Emu
4. What planet is closest to the sun?
A. Venus B. Jupiter C. Mercury D. Mars E. Earth
5. Which of the following is NOT one of the Great Lakes?
A. Huron B. Alberta C. Michigan D. Ontario E. Superior
6. What is the compound word in the sentence?
A. Driver B. Alternate C. Route D. Airport
7. Which of the following states is NOT on the Gulf of Mexico?
A. Texas B. Florida C. Georgia D. Alabama E. Louisiana
8. What is the largest South American country by area?
A. Argentina B. Brazil C. Chili D. Mexico E. Peru
9. What is the lowest prime number?
A. 0 B. 1 C. 2 D. 3 E. 5
10. On what continent is the chimpanzee's natural habitat?
A. Asia B. Africa C. South America D. Australia
11. What continent is also a country?
A. North America B. South America C. Australia D. Europe E. Greenland
12. Which one of the following states is NOT part of the Four Corners?
A. New Mexico B. Utah C. Arizona D. Colorado E. Nevada

13. Who was the first person to step foot on the moon?
A. John Glenn B. Sally Ride C. Edward Woodward D. Neil Armstrong
14. 'Carefully' is an example of what type of word?
A. Noun B. Adverb C. Verb D. Adjective
15. What animal classification is a turtle?
A. Amphibian B. Mammal C. Fish D. Reptile
16. In the northern hemisphere, in what month is the autumnal equinox?
A. August B. September C. October D. November E. December
17. John has 2 yard sticks. He also has a 12 inch ruler. He laid them end-to-end in a line. How many feet long is the line?
A. 3 feet B. 5 feet C. 7 feet D. 9 feet E. 11 feet
18. Inca civilizations were concentrated on what continent?
A. South America B. Africa C. North America D. Arizona E. California
19. What state is the Grand Canyon in?
A. Utah B. North Dakota C. New Mexico D. Arizona E. California
20. Who was the first president of the United States?
A. John Adams B. Abraham Lincoln C. Thomas Jefferson D. George Washington

Are You Smarter?



How smart are you? The Answers
1. b 2. c 3. b 4. c 5. b 6. d 7. c 8. b 9.
c 10. b 11. c 12. e 13. d 14. b 15. d
16. b 17. c 18. c 19. d 20. d