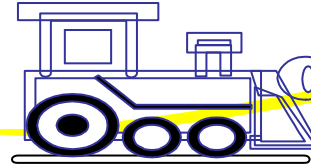
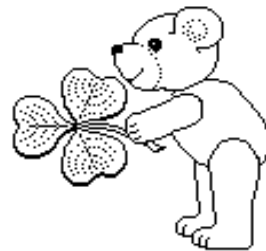


# St. Patrick's Day Word Search

IRELAND  
IRISH  
GOLD  
POT  
RAINBOW  
GREEN  
CLOVER  
LUCK  
SHAMROCK  
PATRICK

K	P	T	P	V	J	W	B	G	S
X	G	R	E	E	N	V	T	D	E
X	E	E	U	G	V	M	I	Z	G
M	B	V	L	N	S	V	R	U	O
X	G	O	L	D	A	D	I	M	D
K	T	L	U	C	K	N	S	P	O
T	K	C	O	R	M	A	H	S	A
B	B	Q	N	X	E	L	P	G	H
D	E	O	L	K	J	E	O	D	I
D	F	I	K	C	I	R	T	A	P
G	L	W	O	B	N	I	A	R	N
E	M	N	F	S	W	O	H	Z	V



Enrichment through respect,  
empowerment and the  
pursuit of dreams

## Did you WASH your HANDS?

How many times did you hear that today? Probably a lot. But why are adults so hung up on hand washing? Why are they so in love with lather?

Washing your hands is the best way to stop germs from spreading. Think about all of the things that you touched today from the telephone to the toilet. Maybe you blew your nose in a tissue and then went outside to dig around the dirt. Whatever you did today, you came into contact with germs. It's easy for a germ on your hand to end up in your mouth. Think about how many foods you eat with your hands.

You can't wear rubber gloves all day long, but you can wash your hands so those germs don't get a chance to make you or someone else sick. When germs go down the drain, they can't make anyone sick. (check out page 16 and learn the do's and don'ts about washing your hands) This information was taken from <http://kidshealth.org>





## Enable, Inc.'s Value Statement

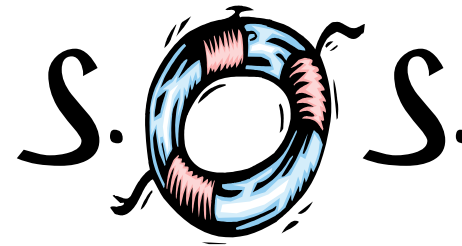
Enable, Inc. is a community that supports people with disabilities. We provide an environment in which the dreams and wishes of the people we serve are identified, respected, and become the basis of our services. Our mission statement is:

***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 and 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,

Since completing a recent art project, one of those mysteries of the universe has been nagging at me. I was wondering if you could shed some light on the situation... Why doesn't glue stick to the inside of the bottle?

-Clueless but not Glueless

Dear Clueless but not Glueless,

Thank you for your curiosity on this subject. This question has been pondered by many children and adults over the years. White glue does not stick to the glue bottle because it contains water. Once the glue is exposed to air it will harden and dry to a surface. So, as long as you keep the bottle shut to prevent any air from seeping in, it will not dry out.

Dear Sara,

I am writing for your support on House Bill 8/10. This bill is in regard to a significant disparity which affects most people: The hot dog to bun ratio (10 hot dogs to 8 buns). House Bill 8/10 would equalize this ratio solving the +2 hot dog ratio. I was hoping you could inform your readers of this life altering legislation and tell them to support House Bill 8/10.

2 Buns Short in Bismarck

Dear 2 Buns Short,

Summer is around the corner and the 8/10 bill will affect numerous consumers of hot dogs and buns. There are a few possibilities as to why the companies are marketing to consumers in this way. First, it could be that fact that there is a conspiracy to make you spend more money. When the package of buns are gone, there is still two hotdogs left, leading the consumer to buy another package of buns. Out of that new package of buns, only two are used. This time the consumer has to buy more hotdogs. This is vicious cycle that may never end. Another theory that I have come up with is the fact that hotdogs are little and may fall through the cracks of a grill. Therefore, allowing the consumer to drop up to two hotdogs without the embarrassment from fellow cook-out buddies! Sorry, I don't believe that House Bill 8/10 will ever pass so consumers will just have to live with this disparity forever.

Sincerely,

Sara

-If you have any questions for Sara, please feel free to send her a letter in a traveler or drop it off at the office. Please no personal or relationship questions. Please stick with the basic wonders you may have about every day life. (ex. Why is the sky<sub>5</sub>blue?)

# Adaptive Equipment...

## TECHNICALLY SPEAKING

Recently John from East Princeton brought Kelly Emineth, Heather Botha, and me along with him to his appointment with the North Dakota Interagency Program for Assistive Technology (IPAT). Their mission is to “deliver services so people with disabilities can get the assistive technology they need for work, school, and home.” We met with AT Coordinator Scott Wiessman in order to discuss what options are available to help John gain greater control of his personal computer. After getting to know each other we sat down in front of IPAT’s demo computer and spent a good piece of time trying out different gadgets designed to make computing a more specialized experience. There were many different options for mice, keyboards, clickers, buttons, zam zootlers and flam floatners. John decided on a joystick-like mouse and a blue add-on button for easier clicking. Since IPAT does not keep things in stock at their Bismarck office we had to order it and John went home to wait eagerly for his awesome new computer gear.

IPAT does not sell equipment, however, but only rents it out for trial periods. If a client decides to keep using their new technology IPAT will put them into contact with a company that sells that product.

On Wednesday, February 23<sup>rd</sup> John’s mouse and clicker button arrived at East Princeton and by 10 o’clock on Thursday morning his computer had been outfitted with the technology and was working perfectly. John tested it out by learning how to navigate with the mouse and then played a game of Marine Shooter. The pictures show how impressed John is with his new stuff. (check out page 6 for pictures and an article written by Heather Botha)



**Just a reminder:** If anyone has questions regarding technology, your work computer, how do save documents, or anything computer related please feel free to contact Mat. You can reach him by sending a letter to the office, sending an email or stopping by the office. Please scomm Mat Grade for any questions.

M  
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# Important Dates

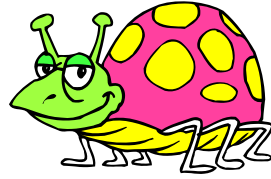
Wednesday 9th - Ash Wednesday

Sunday 13th - Daylight Savings Time Begins

Thursday 17th - St. Patrick’s Day

# Congratulations!

# Hand Washing: Do's and Don'ts



Hand washing is an easy way to prevent infection. Understand when to wash your hands, how to properly use hand sanitizer and how to get your children into the habit. *By Mayo Clinic staff*

Frequent hand washing is one of the best ways to avoid getting sick and spreading illness. Hand washing requires only soap and water or an alcohol-based hand sanitizer – a cleanser that doesn't require water. Find out when and how to wash your hands properly.

## When to wash your hands

As you touch people, surfaces and objects throughout the day, you accumulate germs on your hands. In turn, you can infect yourself with these germs by touching your eyes, nose or mouth. Although it's impossible to keep your hands germ-free, washing your hands frequently can help limit the transfer of bacteria, viruses and other microbes.

**Always wash your hands before:** Preparing food, eating, treating wounds or giving medicine, touching a sick or injured person, inserting or removing contact lenses

**Always wash your hands after:** Preparing food, especially raw meat or poultry, using the toilet, changing a diaper, touching an animal or animal toys, leashes or waste, blowing your nose, coughing or sneezing into your hands, treating wounds, touching a sick or injured person, handling garbage or something that could be contaminated, such as a cleaning cloth or soiled shoes.

## How to wash your hands

It's generally best to wash your hands with soap and water. Follow these simple steps: Wet your hands with running water,

1. Apply liquid, bar or powder soap.
2. Lather well.
3. Rub your hands vigorously for at least 20 seconds. Remember to scrub all surfaces, including the backs of your hands, wrists, between your fingers and under your fingernails.
4. Rinse well.
5. Dry your hands with a clean or disposable towel. If possible, use your towel to turn off the faucet.

Keep in mind that antibacterial soap is no more effective at killing germs than is regular soap. Using antibacterial soap may even lead to the development of bacteria that are resistant to the product's antimicrobial agents making it harder to kill these germs in the future.

# 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! Thanks.

## Daylight Saving Time Begins

On Sunday, March 13, 2011 you will be setting your clocks ahead one hour. (Remember Spring ahead, Fall behind)

## Ravin' Theatre 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 Tuesday, 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!!

## Memorial Donation

The family of Cheryl Dukart has given a donation to Enable, Inc.'s Assistance Fund in memory of Cheryl. Cheryl received services from Enable in our ISLA program for several years until she needed to move for increased nursing needs. Her family said she had been a recipient of money from the Assistance Fund herself when she was here and that she would want to be able to add to that fund to help others. The Assistance Fund is accessed when a person receiving supports has needed extra money for necessities such as rental deposits, furnaces needing replacement, dental work, family emergencies, etc. A thank you goes out to Cheryl's family and may she be remembered when people are accessing this fund.

# IN YOUR COMMUNITY

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

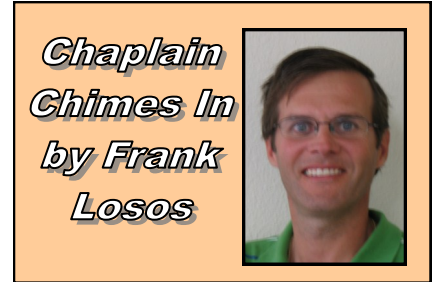
Date	Event	Time	Place
3-5	W. Regional Basketball Tournament	N/A	Arena & Exhibit Center
4	A Wine Tasting	7-10pm	Bismarck Country Club
5	Wild & Wooly Wing Ding	N/A	Radisson Inn
6	Wizards vs. Reno	3pm	BCC
7	Wizards vs. Reno	7pm	BCC
8	Big Muddy Band Festival	TBA	Mandan High School
11-12	Mini- Winter Jr. Zookeeper Day Camp	N/A	Bismarck Zoo
11-12	Bobcats vs. Austin	7:15pm	VFW Sports Center
11-13	34th Annual Home Show	Fri. 3-9pm Sat. 10-5pm Sun. noon-5pm	Arena & Exhibit Center
12	Quilt 'til You Drop	N/A	ND Heritage Center
15	BHS Choral MidWinter Concert	7:30pm	Belle Mehus
17	Irish One-Act Plays (U of Mary)	7:30pm	Benedictine Center
17	Morton Country Ag Day	9am-6pm	Open Road Honda
17-20	Twelve Angry Men	Thurs.—Sat. 7:30pm Sun. 2pm	Dakota Stage (main ave)
18	St. Mary's High School Jazz Festival	7:30pm	Belle Mehus
19-20	Keith Bear & the New World	Sat. 7:30pm Sun. 2:30pm	Mandan High School
23	Wizards vs. Sioux Falls	7pm	BCC
23-27	Twelve Angry Men	Thurs.—Sat. 7:30pm Sun. 2pm	Dakota Stage (main ave)
25-26	Shrine Circus	N/A	BCC
25-26	Bobcats vs. Owatonna	7:15pm	VFW Sports Center
27	Wizards vs. Utah Flash	3pm	BCC
27	U of Mary—Spring Band Concert	3pm	Our Lady of the Annunciation Chapel
28	Wizards vs. Utah Flash	7pm	BCC
31-April 3	Artists Celebrating Christ	N/A	U of Mary Benedictine Center

# Freedom is Costly

Defend the weak and the fatherless; uphold the cause of the poor and the oppressed.

--- Ps.82:3

We've all seen the images on TV, on the internet, and in the newspapers, of people mostly youth demonstrating for their country's freedom from oppressing governments and dictators. Starting with Egypt it has spread like wildfire across the Middle East. It reminds me of the group of patriots in the 13 original British colonies that sought freedom from oppression. They stood up against the world's mightiest military of that time and wore them out. Our country began in a similar fashion providing the security and freedom we now enjoy. That all sounds nice and I imagine most of us are cheering them on, but these countries don't live in a vacuum. Nor do we. What happens in the oil rich Middle East will soon be hitting our pocketbooks. The reference above is a direction of what our response should be when we come across people being oppressed and beaten down. The scriptures are filled with references to God rescuing oppressed peoples. It's a reflection of the heart of our creator. Our temptation is going to be to whine about higher prices. It may hit some harder than others. But rather than whine and complain, we can see ourselves as taking part in upholding the cause of these oppressed ones. Let's not be selfish about freedom. It's freedom for all. Take it in the chin for the oppressed.



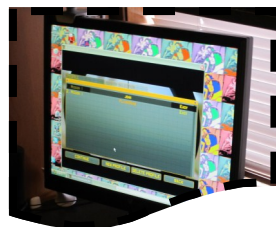
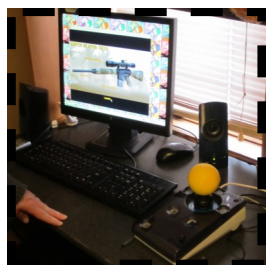
Your chaplain,  
Frank

# Quote of the Month

It is your attitude at the beginning of a task that determines success or failure.

# WHO KNEW Adaptive Equipment COULD be SO MUCH FUN?!

John has recently discovered the world of IPAT. John likes to play computer games and often need assistance of staff to do so. NOT anymore, through the use of some adaptive equipment for the computer John is able to play some of his favorite games on his own now. He was shown many other options while at IPAT and may decide to trial some of these other options in time as well. The world is full of so many options and opportunities now!



# East Princeton

Hello everyone from East Princeton, each day gets closer to spring and then summer. I think we are all waiting impatiently. A lot of us like to go walking and are looking forward to doing that in the next couple of months. Like always everyone is busy here with either swimming, Special O, YMCA and going to work. We also bake a lot and eat a lot of pie and cookies, drink coffee and hot chocolate, it is comforting on those cold days. Everyone have a great March, till next time.

- Kelly Emineth, Residential Supervisor

# 15 Foods to Boost Metabolism

1. **Grapefruit**—The diet super fruit lowers the insulin levels in your body that trigger your system to store fat. Plus, it is rich in fiber and you body must burn extra calories to break it down.
2. **Green Tea**—Green tea is the main source of epigallocatechin gallate, known better as EGCG. This healthy catechin speeds up your brain and nervous system, causing your body to burn more calories.
3. **Yogurt**-The high levels of protein present in natural yogurt require a lot of energy to be processed. Plus, the pro-biotic cultures found in yogurt help regulate your digestive tract.
4. **Almonds**- They are essential fatty acids that help raise your body's metabolism. Just don't over-do it because they are high in calories.
5. **Coffee**— Coffee has caffeine, which does give you a boost. Just ensure that you don't exceed 2 or 3 cups a day, or you risk a host of side effects, including irritability and jitters.
6. **Turkey**-This protein-rich meat builds lean muscle tissue, which causes your body to burn extra calories and raises your metabolism.
7. **Apples**-Like grapefruit, this low calorie snack is high in fiber, which your body must burn calories to break down. Plus, since apples help you stay full for longer, you'll eat less.
8. **Spinach**- Popeye was right about one thing: spinach can help make you strong and healthy. In addition to speeding up your metabolism, it's a great source of antioxidants, magnesium, potassium, iron and vitamin C.
9. **Beans**-Low in fat and packed with protein, beans keep you full for long durations, and your body must burn extra calories in order to process this fiber-rich food.
10. **Jalapenos**-The capcaisin found in jalapenos causes your body to burn extra calories for hours after you ingest them, speeding up both your heart rate and metabolism.
11. **Broccoli**- Broccoli contains a highly effective metabolism-boosting team of nutrients: calcium and vitamin C. Calcium acts as a metabolic trigger, while vitamin C helps your body absorb more calcium.
12. **Oatmeal**-Because your body takes a long time to break down the fat-soluble fiber in oatmeal, this healthy food lowers your body's insulin level and speeds up your metabolism as a result.
13. **Soy Milk**-Fortified soy milk is loaded with calcium, which helps boost your metabolism. Just stay away from the sweetened varieties.
14. **Curry**-Like jalapenos, curry increases the amount of calories your body burns and speeds up your metabolism.
15. **Cinnamon**-A little bit of cinnamon can go a long way. Add some zing to your daily cup of tea with the tasty spice to help your body metabolize sugars more effectively and maintain steadier blood sugar levels. Cinnamon can also help lower your cholesterol.

# Wellness and Health Tips

Whether you're trying to lose weight or just wanting to maintain your sleek physique, boosting your metabolism to a higher rate is always a good idea. There are several ways to give your metabolism an extra push – including exercising early in the day – but eating can also be a factor in its elevation. Increasing your metabolism means your body burns calories at a higher rate. So if your metabolism is high, it's burning calories even when you aren't working hard at the gym. A sluggish metabolism can cause you to gain weight, because you're consuming more than your body is burning.

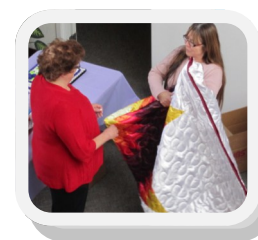
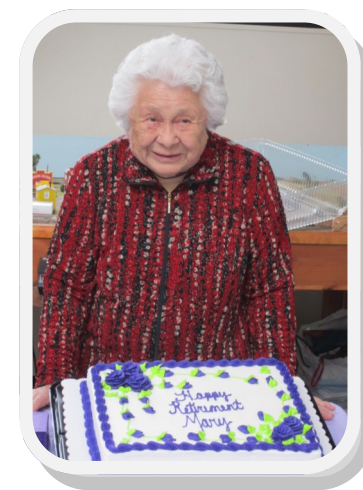
**Here are 7 ways to boost your metabolism, so you can burn fat fast:**

- The first thing you need to do is add breakfast to your daily meal planner. Although many people don't like eating breakfast, it gives your body the rev up it needs to launch your metabolism. A 250-calorie snack is all it takes to boost your metabolism in the morning.
- Another way to increase your metabolism is to add spices to your food. According to the U.S. Agricultural Research Service, Cinnamon is one spice that increases your metabolism twentyfold – and all you have to ingest is a mere 1/4 to 1 tsp. per day!
- While you're planning your meals, you may want to add kiwi fruit to your diet. Kiwis pack a lot of vitamin C, but if you add 500 mg of it to your day, you burn up to 39% more fat when you're exercising. Don't get too much C, though, because once you get to the 2,000 mg mark, you start experiencing adverse effects like bloating, gas, and diarrhea.
- Another metabolism boosting measure is to watch what you drink. Adding ice to a drink makes your body work harder because it has to heat it up in your stomach, which increases your metabolism. Also, ingesting a caffeine drink like coffee or tea can raise your heart rate and increase your metabolism.
- Where you're eating can be just as important as what you're eating. When you're having breakfast in the morning, try positioning yourself near a window so that you can soak up some sun. The bright light boosts your metabolism and also helps you increase bone and muscle strength.
- Make sure you're getting enough chromium in your diet to help your body burn more calories. Chromium, which is found in tomatoes and in a supplement form, also boosts the way you burn fat. According to MedlinePlus, meat, eggs, green pepper, apples, banana and spinach are also good sources of chromium. When you supplement 120 mcg of chromium daily, your body benefits by revving up its metabolism.

If you really want to kick-start your metabolism, you may also try dividing your meals up into smaller portions that you eat more often throughout the day. Every time you eat, it helps your metabolism rise, so as strange as it may sound, eating frequently can help you lose weight or maintain a healthy weight.

# Mary's Party

A special thanks and happy retirement goes out to Mary who is 92 years old and has been volunteering at Enable Day Services for 18 years now. The Adult Day Program threw a retirement party in Mary's honor. She has been very active throughout the years. She was involved with visiting individuals, playing games, attending outings and just spending time at the Day Program. Mary gave away two Star quilts at the party and they were presented to individuals by Mary's daughter. Thank you for all you have done Mary! Good luck with everything. We will miss you!



# Adult Day Program

The Enable Adult Day Program has undergone a little face lift in the kitchen area. Here are some pictures that were taken in the process.



# March Trivia

1. What food is the leading source of salmonella poisoning?
2. What company first condensed soup in 1898?
3. What nutty legume accounts for one sixth of the world's vegetable oil production?
4. What country saw the cultivation of the first potato in 2000 A.D.?
5. What type of lettuce was called Crisp head until the 1920's
6. What tree gives us prunes?
7. What type of chocolate was first developed for public consumption in Vevey, Switzerland in 1875?
8. What newly-imported substance caused the first major outbreak of tooth decay in Europe in the 1500's?
9. What ingredient in fresh milk is eventually devoured by bacteria, causing the sour taste?
10. What uncooked meat is a trichina worm most likely to make a home in?
11. What staple is laced with up to 16 additives including plaster of paris, to stay fresh?
12. What falling fruit supposedly inspired Isaac Newton to write the laws of gravity?
13. What fruit were Hawaiian women once forbidden by law to eat?
14. What hit the market alongside spinach as the first frozen veggies?
15. How many sizes of chicken eggs does the USDA recognize, including peewees?
16. What are de-headed, de-veined, and sorted by size in a laitram machine?
17. What's the only fish that produces real caviar, according to the FDA?
18. What's the groundnut better known as?
19. What crystalline salt is frequently used to enhance the flavor to TV dinners?
20. What sticky sweetener was traditionally used as a antiseptic ointment for cuts and burns?
21. What should your diet be high in to lessen the change of colon cancer, according to a 1990 study?
22. What nut do two-thirds of its U.S. producers sell through Blue Diamond?

1. chicken 2. Campbell's 3. the peanut 4. South America 5. Iceberg lettuce 6. The plum tree 7. Milk Chocolate 8. sugar  
9. Lactose 10. Pork 11. bread 12. an apple 13. the coconut 14. peas 15. six 16. shrimp 17. sturgeon 18. the peanut 19. monosodium  
glutamate 20. honey 21. fiber 22. the almond

# NEWS FROM 109 WEST BOWEN AVE

Rock-a-Bye Baby! Tavon Schultes entered the world on January 20, 2011. His Mommy is Jen Schultes, who has been with us since August 2010. Both Mommy and baby are doing well! On Feb. 10th, we had a pot luck/baby shower for Jen and Tavon. Our building (both Enable and HIT) came together to help celebrate this new life. We had good food, good friends, and good conversation to make it an evening enjoyed by all!



## Other NEWS FROM 109

In November, the gentleman from apt. 4 moved to Mandan. In December, a very nice lady from the Developmental Center in Grafton moved in. She has been a joy to have here and we look forward to getting to know her better! So we had to have a party then too, pot luck and welcome to our world party! We also said good bye to one of the HIT staff who took a job at St. A's lab. We'll miss her! Our building has been up and running for just over 3 years now. It has been an interesting experience working side by side with staff from another agency. We have 2 apartments served by Enable and 2 by HIT. We have come to trust and depend on each other, and developed some new friendships. It has been a time for learning and a time for teaching. We have come to a nice balance and we enjoy it very much.

I want to send a special thank-you to Hillary Caron for helping out here a couple of times now. I really appreciate it, she did a great job! Hey, have you heard about that Ravin' Theatre? How fun is that?

Take care, Ronda Barnett, RS