



Food Drive Information

When: May 1-May 31

Who: There will be four teams consisting of the Office, Day Programs, ICF, and ISLA. Employees and individuals are encouraged to participate.

What: A food drive

Where are the drop off locations?

Office Team - will drop items off at main office

Day Program Team - will drop off at office

ICF Team - We will Pick up every Friday

ISLA Team - Office

Why: To help others in need

Organizations we will be donating to: Soup Café, Jack's Place Food Pantry, Carrie's Kids

Things to donate: kids snacks, dry-canned soups, raisins, peanut butter, canned fruit, pasta, sauces, canned chicken, canned ham, beef stew, cereal, diapers, laundry detergent, shampoo, conditioner.

***Everything donated must be sealed.**

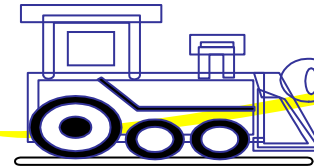
*** A traveling trophy will be awarded to the winning team along with a surprise!**

Enable Express

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May 2011



Enrichment through respect,
empowerment and the
pursuit of dreams

What are you doing?

Do you ever wake up and wonder what your purpose is in this crazy life in which we live? Do you get up and dread going to that meaningless job? Do you find yourself watching the clock and wishing time would go faster or that Friday would just get here? This could be a sign that you dissatisfied with your job, life, or maybe your accomplishments. When I start feeling restless with my everyday life I step back and take a look at what I am doing with my spare time. There are 168 hours in a week, 40 hours are usually work hours, about 49 hours spent on sleeping, which leaves you with 79 hours a week. Are you wasting your time with pointless nonsense? We waste our time watching TV, playing on the computer, consuming yourself with technology, shopping, and playing video games. We are so focused on the newest technology that we are loosing out on the important things. Some great ways to spend your time may be; volunteering, finding that dream job, spend time with friends and family, deepening your faith, exercising, enjoying life, and slowing down to appreciate the smaller things in life.

Take a look at your own life and see if you are wasting your time on pointless things that stress you out. Life is too short to be worrying about every little thing. Remember, don't worry about tomorrow for tomorrow will worry about itself.



Services for people with disabilities



Enable, Inc.'s Value Statement

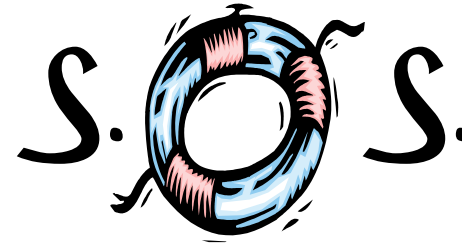
Enable, Inc. is a community that supports people with disabilities. We provide an environment in which the dreams and wishes of the people we serve are identified, respected, and become the basis of our services. Our mission statement is:

***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 the 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.



Sara's Outstanding Support

Dear Sara,

How many pickled peppers did Peter Piper actually pick?

Sincerely,
Confused Pepper

Dear Confused Pepper,

Peter Piper picked a peck of pickled peppers;
A peck of pickled peppers Peter Piper picked.
If Peter Piper picked a peck of pickled peppers,
How many pickled peppers did Peter Piper pick?
Say this 10 times! Peter Piper picked a peck. A peck is equivalent to about two gallons of dry weight. This is also equivalent to 10-14 pounds. That's a lot of pickled peppers!

-Sara

Dear Sara,

The other day, I heard someone use the expression "for all the tea in China." What is with that? What about all the other countries that produce tea?

Sincerely,
Tealess

Dear Tealess,

"I wouldn't do that for all the tea in China!" This expression means "not at any price." It derives from the fact that China is well-known to produce tea in huge quantities. In fact, China still produces over a quarter of all the tea consumed in the world. Did you know tea is second to water as the world's most popular beverage? Second to water and I haven't drunk a drop of tea in my life.

-Sara



TECHNICALLY SPEAKING

Graphic Design and Switchovers, Technically Speaking..

Two days ago I missed a phone call from dad while leading teens at New Song. I called him back afterward to find that he wanted me to go look into a used riding mower for sale. I agreed to and got the address from him. A short time after arriving I called him back to say I thought the mower was in good shape and that it would be a good option. I should have never said that. Before the night was over I had a riding mower loaded into the back of my small Toyota pickup. The tailgate was down to make room for the rear wheels and tarp straps reached from the chassis to cargo hooks in the bed, keeping the machine from rolling out while in transit. As I was leaving I couldn't help but wonder how I was going to spend the rest of the week driving around Bismarck with a riding mower in my box - so that night I drove out to my parents' house. On the way there I couldn't help but notice the change in my perky little pickup's performance. It still had enough spunk to get up speed but the effect my cargo had on bumps made the suspension feel heavier and the wind made steering a whole different experience. I started to wonder how that relates to technology, and came up with nothing.

Any free time I've had over the last couple weeks was spent working in Adobe Creative Suite 4 Photoshop. It's quite a remarkable piece of technology in that it opens unlimited doors to graphic design. I've always been interested in learning how designers make such amazing images out of nothing, such as those pictures you see on band albums and posters. It only takes a little while after starting on such a project before you begin to realize just how impossible it would be to make those fantastic images without the use of a computer. Even logos are created with Photoshop (or programs like it). I'm quite confident that Enable's logo was made in this fashion. Therefore technology has both streamlined and enhanced our world's visual media. It's also put that power in the hands of everyday people since the chances of your home computer being able to run Photoshop are quite good. Granted, it is a power hog but you could probably do some tweaking to make it run better on your machine. The negative is it costs \$699 per license.

AT&T has also begun shipping out network-compatible devices to replace Alltel's end-user technology. Here at the office we're preparing to implement new cell phones, data phones, and data cards. Since no one really knows exactly how or when the switchover will take place the job of instating the new devices is all the more complicated. This, along with the move to replace all Nobilus laptops by the end of 2011, makes for a logistical square dance in which the caller has no tongue. It is my plan to replace all Nobilus laptops that use data cards by the time AT&T finishes their switchover. I want all the new laptops to have the proper AT&T cards installed and ready to run when the time comes, eliminating unnecessary second passes. This may mean that homes with data cards will have an Alltel and an AT&T card at the same time. One day the Alltel card will work, the next day the AT&T card will work.

The next month or so is starting to look like a time for enhanced technology here at Enable. Keep your eyes open for changes to the way you access therap, as you may soon be getting a load of new gadgets at your work location.

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Important Dates

Sunday 8th - Mother's Day

Saturday 21st - Armed Forces Day

Monday 30th - Memorial Day

Congratulations!

What about you?

I don't know how many of you went to the Elton John concert but I went with my wife. Though I may not approve of his lifestyle, I enjoyed watching him play so skillfully on his piano. He is definitely a guy blessed with musical talent.

*Chaplain
Chimes In
by Frank
Losos*



Teach us to number our days, that we may gain a heart of wisdom.

-Psalm 90:12

We have another daughter graduating from high school in a month, so we are going through a lot of planning and preparation not only regarding her open house but also for college decisions, the search for a car she can buy, etc. We've looked through lots of pictures and have done a lot of reflection. All this has included much reflection on the fleeting childhood years of our kids. Our oldest is a junior in college and the youngest is in 8th grade. Not to mention we are getting older. We can look back on many good memories with some dreams unfulfilled, but overall feel blessed. We can see choices we made that were difficult at the time but now have brought good results. Yes there are also some things that we wish we had done differently too. When I was young I had many older adults tell me how time would move fast. I did believe them, but I didn't realize just how fast it would go. "To number our days" is to accept the fact that our days and opportunities for certain things are not going to last forever. We need to pursue today, those relationships, values and opportunities we deem important. For instance the time we have to train our children and to invest our time and energy in them lasts only a season and it's gone. This includes opportunities with parents as well. No regrets (or, few regrets), has been our goal. Though neither my wife and I, nor anyone, can count on tomorrow, we are still looking forward to the joys and opportunities of the future. So according to this passage, we will "gain a heart of wisdom" because we will not be taking our life and people for granted, but taking advantage of every opportunity. Therefore we will get the most we can from life. My prayer is that I will not pass the opportunities of today for the hopes of tomorrow. What about you?

Your chaplain,

Frank

Quote of the Month

We are always getting ready to live, but never living.

Ralph Waldo Emerson

East Princeton

Happy May to all..... We are waiting for the snow to go away and the rain to stop to start enjoying those evenings outside. What's new at East Princeton is our dining room table. It makes everything look more homier, (is that even a word)? Anyway, we are also getting some work done in our med room which is turning out to be very nice. Always thanks to Lee for doing a great job in keeping things fixed and working and only a phone call away. Also a big thanks to the staff here for the extras that they have done. Until next month....

Kelly Emineth, Residential Supervisor

For Your Information

Raven Theatre Dates

- Tuesday, May 10, 2011
- Tuesday, May 24, 2011

Self Determination will continue to be the topic through June so that staff will be able to attend more than a few nights and be able to see the different theatres. If you are interested in planning and developing the next topic that will be offered in July, please give Dixie a call or scomm.

Food Drive

A food drive will be taking place May 1- May 31. Please check out the back page for more information. If you have any questions please email or call Micah or Sara.

Lion Strides Walk

On Saturday, May 21, 2011 the Mandan Dacotah Lions are hosting a Lions Walk for Diabetes Awareness. It will be a walk taken place at the Lions Park at 1000 Division St. NW. All proceeds will support vision and diabetes related projects. Pledges are encouraged. Teams or individuals can participate. Registration begins at 9:00am and the walk is from 10am-noon.

Doing a Project at the Office

If you have any shoeboxes with lids, please drop them off at the main office. It will be greatly appreciated! Thank you.

IN YOUR COMMUNITY

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

Date	Event	Time	Place
1	Leo Kottke	8:00pm	Belle Mehus
3	Conservation Day @ Dakota Zoo	9-11:30am & 12:30-3pm	Dakota Zoo
7	2nd Annual Mother's Day Tea & Cookies	N/A	411 W Main Mandan
7	Bismarck ALS Walk	9-10 am	Sertoma Park
7	The Spring Meltdown	8:00pm	N/A
7	Nitty Gritty Dirt Band	7:30pm	Prairie Knights
10	BHS Orchestra Spring Concert	7:30pm	BHS Knaak Center
12	CHS Spring Choir Concert	7pm	CHS Auditorium
12-15	Forever Plaid	Thurs-Sat 7:30pm Sun 2pm	412 E Main Ave
13	BSC Graduation	2:30pm	BCC
13	Band Day Dance	7:30pm	BCC
13	Annual Band Night Parade	6:30pm	Capitol to BCC
14	Riverdance	8:00pm	BCC
14	Mandan Sports & Rec Rendezvous	11am-6pm	Main St. Mandan
18-22	Forever Plaid	Thurs-Sat 7:30pm Sun 2pm	412 Main Ave
20-21	Snow White	Fri 7:30pm Sat 2:30pm	Belle Mehus
27	Jeffrey Ross-Rescheduled	8:00pm	BCC
28	Mike Swenson	8:00pm	Mr. Delicious
30	Military Appreciation Day	9:00am	Cross Ranch State Park

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

West PRINCETON



Greetings from West Princeton!

We are all very excited about the nice weather! Thanks to Jim, the grill is ready to go and full of Propane! The bird feeder is full and the garden is ready for tilling.

We have a busy spring and summer to look forward to. A few folks plan to participate in Special Olympics Track this spring. We are also busy planning for our summer outings and adventures .

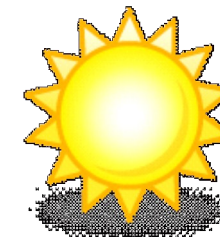
For now the house is watching the NBA playoffs , it seems everyone is cheering for someone different. O well, that makes it interesting!

We had a few people go home for the Easter Holiday. Others stayed back and dyed eggs and enjoyed the beautiful Easter Sunday we had.

All in all All is well, We have all our same staff going into the spring and summer, which is great! Again, I would like to thank them for all they do. I am sure we will have a busy and fun filled summer.

Enjoy the upcoming sunshine!

Carmelle Lips RS



15 SIMPLE STEPS THAT ACTUALLY MAKE A DIFFERENCE FOR THE ENVIRONMENT

Give Up Plastic (and Paper) Bags

Cost: \$1

Do you opt for paper or plastic when at the grocery store? Neither is a good choice. Twelve million barrels of oil were used to make the 88.5 billion plastic bags consumed in the United States last year. And it takes four times more energy to make paper bags. The best choice is reusable shopping bags made of cotton, nylon or durable, mesh-like plastic. Put a few reusable shopping bags in your car so you have them handy on your next shopping trip. And if you happen to forget your reusable bag (as we all do!), choose paper if you will recycle it or plastic if you will reuse or recycle it.

Stop Buying Bottled Water

Cost: \$14.98 for aluminum water bottle

Did you know that it takes 26 bottles of water to produce the plastic container for a one-liter bottle of water, and that doing so pollutes 25 liters of groundwater? Don't leave a trail of plastic water bottles in your wake! Stop buying bottled water. Use reusable water bottles instead made from materials like stainless steel or aluminum that are not likely to degrade over time. If you choose a plastic water bottle, check the number on the bottom first: Plastics numbered 3, 6 and 7 could pose a health threat to you, so look for plastics numbered 1, 2, 4 or 5.

Stop Receiving Unwanted Catalogs

Cost: \$0

Each year, 19 billion catalogs are mailed to American consumers. All those catalogs require more than 53 million trees and 56 billion gallons of wastewater to produce -- and many of us don't even know how we got on so many mailing lists! So grab that stack of catalogs piling up on your coffee table and clear out the clutter. Visit CatalogChoice.org to put a stop to unwanted catalogs. Within 10 weeks, your mailbox will be empty of unwanted catalogs. A less cluttered mailbox means less pollution, less waste and less of the pollution that causes global warming.

Give Up Conventional Detergents

Cost: \$10.25 for one 112-oz box

Many natural detergents today are made to clean clothes just as effectively in cooler water temperatures. Choose detergents and other laundry products that are plant-based, concentrated and biodegradable.

(Stay tuned next month to find out the final 11 simple steps that actually make a difference for the environment).

We[🥕]NESS AND HEALTH TIPS

8 REASONS WHY PEOPLE DRINK SODA & 16 REASONS TO GIVE IT UP

1. It's very tasty
2. It's everywhere
3. Convenience
4. Promotion and advertising
5. Soda habit
6. It is cheap
7. Thirst
8. Caffeine addiction

Give it Up!

1. Soda is Useless
2. Weight Gain & Obesity Diabetes
3. Diabetes
4. Weakened Bones and Risk of Osteoporosis
5. Dental Caries and Erosion
6. Kidney Damage
7. Increase Blood Pressure
8. Likely to Cause Heartburn
9. Metabolic Syndrome Risk Factor
10. Harmful Effects On Liver
11. Impaired Digestive System
12. Dehydration
13. High Caffeine Content
14. Toxins-Aspartame
15. Possible Cell Damage Ability
16. There Are So Many Healthy Alternatives!