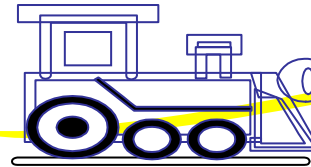




**Flu symptoms VS Cold symptoms**

	<u>Flu symptoms</u>	<u>Cold Symptoms</u>
Onset	Sudden	Gradual
Fever	High (>101F); lasts 3-4 days	Rare
Cough	Non-productive- can become severe	Hacking
Headache	Prominent	slight
Muscle aches	Characteristic-can be severe	slight
Fatigue/weakness	Can last 2-3 weeks	mild

Just a reminder that Flu season is right around the corner as well as other illnesses that are already in full force; colds, bronchitis, pneumonia, sinus infections, just to name a few. Be diligent about washing your hands before and after patient contact and after removing gloves. You need to wash your hands with soap and water for at least 15 seconds or more to remove the bacteria or you can use the alcohol sanitizers that are available. Remember when using the alcohol sanitizers you must keep rubbing until the alcohol has evaporated. Also, cover your mouth when you sneeze, cough etc... and to remind the people we serve to do the same thing. If we all practice this, the chances for getting sick greatly decrease.



Enrichment through respect, empowerment and the pursuit of dreams

## Thanksgiving Trivia

1. What is the name of the ship that came over in 1620?
2. Bradford and the other Plymouth settlers were not known as Pilgrims, but as what?
3. The pilgrims sailed across what ocean to reach North America?
4. The Mayflower landed near?
5. Pilgrims would be the first permanent European settlement in what land?
6. What state is the top turkey producing state in America?
7. How long were the English colonists on board the Mayflower?
8. How many people died on the 1620 Voyage of Mayflower?
9. What year was declared the First national Thanksgiving?
10. When is Thanksgiving Day celebrated in the U.S.?
11. Who celebrated the first Thanksgiving?
12. What drink did the Puritans bring with them on the Mayflower?

1. The Mayflower Voyage 2. Old Comers 3. Atlantic Ocean 4. Plymouth, MA 5. New England 6. Minnesota 7. 7-9 months depending on when they joined the voyage 8. two, but after the ship arrived many people died of illness 9. 1777 10. the 4th Thursday of November 11. Plymouth Pilgrims 12. Beer





## Enable, Inc.'s Value Statement

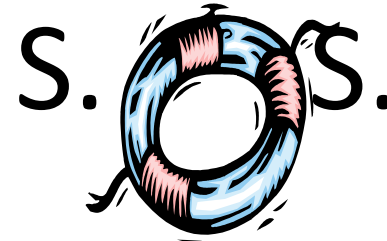
Enable, Inc. is a community that supports people with disabilities. We provide an environment in which the dreams and wishes of the people we serve are identified, respected, and become the basis of our services. Our mission statement is:

***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

### Chex<sup>o</sup> Pumpkin Pie Crunch

#### Ingredients

¼ cup brown sugar  
1 tbsp. pumpkin pie spice  
¼ cup butter  
2 tsp. vanilla  
2 cups Cinnamon Chex<sup>o</sup> cereal  
2 cups Wheat Chex<sup>o</sup> cereal  
2 cups Honey Nut Chex<sup>o</sup> cereal  
8 oz pecans



#### Step 1

In small bowl, mix brown sugar and pumpkin pie spice; set aside. In small microwave-safe dish, microwave butter on High about 30 seconds or until melted. Stir in vanilla. In large microwavable bowl, mix all cereals and pecans. Pour butter mixture over cereal mixture, stirring until evenly distributed. Add sugar and spice mixture and stir until coated.

#### Step 2

Microwave uncovered on High 5 minutes or until mixture begins to brown, stirring every minute. Spread on wax paper or a cookie sheet to cool. Store in airtight container.

Recipe from taken from Betty Crocker.com.



## Technically Speaking

1972 Campers and Wasp Nests, Technically Speaking...

About four years ago my parents bought a 1972 Klasic hard-shell camper. It was what you'd expect from a recreation trailer of that time period. The exterior was sheathed in black, white and golden tin siding. There were also some windows and a door which had a convenient drop-out step for easy entrance. Upon entering the trailer a person could observe that a semi-amateur remodel had taken place only years ago. The cabinets were painted red and therefore weren't as ugly as you'd expect. Also my corneas weren't attacked by walls covered in wood paneling. Someone had taken the trouble to re-cover them with imitation brick-board. The floor was also re-covered with linoleum that looked like wood. The whole atmosphere was very cozy. This was in disregard to the fact that an old olive-green oven sat untouched and unpainted in the middle of the kitchenette... it added its own nostalgia to the effect.

Over the next few years we pulled it to Canada and Lake Tschida, among other places. All this traveling brought to our realization a very terrifying truth about our camper. Since it was so heavy, the weight of the hard-shell would frequently cause the entire trailer to bob, weave, and wiggle. Because it weighed ten million tons the behavior would typically transfer into the chassis of our pickup, and that was the terrifying part. We deduced that the reason it was so bad was the tires, but we never did change them.

Years went by until I was staring at it through the window of my parents' house on a cold winter afternoon. We'd only used it once during the previous summer and due to age the back end had started to sag around the bottom frame (you know how it is). It had served its purpose and was clearly letting go. Mom wanted to sell it and dad didn't care so long as it didn't continue to be an eye sore in their yard. When spring arrived my dad I started a big project that ended with a brand new pole barn sitting just outside the driveway. When we were nearly finished I texted my mother and asked her, "If I tear down the old camper and make a good flatbed out of it, can I have it?" I think she must have asked my dad and they must have decided that a young man could make good use of such a thing because two days later she replied with a yes. It also probably helped that towards the end of the previous weekend I had pulled the camper out of the weeds and parked it in such a place that they'd have to see it every time they came home or left for work. Then I returned to Bismarck for the week.

When I came home the next Saturday I picked a convenient spot and ripped the siding off. This resulted in several finds that were both disturbing and shocking enough to make a man act strangely. The first was that the wood frame had progressed in rotting badly enough that as I attempted to stand on the edge of it my foot went through the floor and my entire body collectively landed on planet Earth at the exact same second. An hour later my brother came to find out why I was lying on the ground for so long. So I stood up, shook it off and got back to work. I then started pulling more tin off and ran into the second surprise - a wasp nest. That seemed like as good a time as any to take a small break and observe my progress from far away. I looked and saw that it was good.

To be continued...

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## Important Dates

Sunday 6th - Daylight Savings Time Ends

Friday 11th - Veterans Day

Thursday 24th - Thanksgiving Day

# Justice, Mercy, Humility

# Wellness and Health

*Meanwhile, the people in Judah said, “The strength of the laborers is giving out, and there is so much rubble that we cannot rebuild the wall.” Also our enemies said, “Before they know it or see us, we will be right there among them and will kill them and put an end to the work.” Then the Jews who lived near them came and told us ten times over, “Wherever you turn, they will attack us.”*

- Nehemiah 4:10-12

*Chaplain  
Chimes In  
by Frank  
Losos*



Have you ever experienced those who seem to always have a reason why something won't work, something is going to happen, or someone is not going to be happy? I think we all do. You may even see yourself being this kind of person sometimes. This reference comes from the Old Testament account of the Israelites under captivity in the kingdom of the Medes and Persians in the fifth century B.C. The Jews of Judah were beginning a mission to rebuild the walls of their city that had been totally destroyed. They had a plan, they had the people and they had the resources, but it was a huge undertaking and they faced a lot of opposition. What was worse, some of their own people were getting discouraged, starting to whine, and discouraging each other.

When you are facing difficult times or big plans as a leader, you probably can deal with your own second thoughts, but being around those who just remind you of the obstacles and what could go wrong, can take its toll. Also if you as a worker are on board with a plan, only listening to other's "what ifs" and the problems, can be very demotivating. In both cases your perspective of the goal in focus must be maintained with an intentional determination to not listen to the whining. As a leader you can miss the opportunity and as a worker you can become a detriment to your team's or company's progress.

If you read farther in the account you'll see that, though prayer played a big part of his confidence, Nehemiah did his due diligence to fully understand his situation. He clarified the stakes to his people and didn't back down to fear, but made a plan to provide protection, created an emergency battle response, and strategically reset the rebuilding schedule to move a little slower to allow proper protection from the threats. He also provided great assurance to his supervisors and workers by his thorough preparation. Workers didn't give way to fear but worked hard one step at a time focusing on doing their tasks according to the plan.

Don't let discouraging thinking or people distract you from what you believe you need to do, whether leading or following. Keep your purpose in focus, do your homework, and be flexible in the process.

Your Chaplain,

Frank

## 1. Keep a Log

This can be as simple as a little piece of paper on the fridge, or a page in your day planner. Just make a little checkmark, or dash on the piece of paper every time you drink a glass of water. The log will help you keep track of how much water you have had in any given day. You'll also be surprised how motivating it is to try to get those eight little checkmarks on there every day. Another idea would be to use little stickers instead.

## 2. Add Some Lemon Juice

I tend to get bored with drinking just water after a few days. Change things up and add a little flavor by adding a teaspoon or less of lemon to your water. You can also try some other fruit juices. Just make sure you are still drinking mainly water. Just a splash of juice should be enough to make things interesting and give the water some flavor without adding a lot of sugar and calories.

## 3. Try Some Club Soda

If you are craving the fizz of a soda, try some Club Soda. Most brands have a little too much fizz for me. I end up watering them down with - guess what - water. If you want to get really fancy, check your local grocery store for flavored club sodas. Alternatively, you can also add a splash of fruit juice to your watered down club soda.

## 4. Drink Some Water When You Feel Hungry

Unfortunately many of us have gotten so out of tune with our bodies that we feel hungry when we are actually thirsty. If you feel hungry, try drinking a glass of water first. You may just be thirsty.

## 5. Carry A Water Bottle

It's much easier to drink water when you have it readily available. Carry a bottle of water around with you in the car, at work, while running errands, in the yard, and even while you are working around the house. You'll be sipping away the water without even noticing it.

## 6. Drink More If You Are Working Out

We already touched on this, but it bears repeating. Make sure you drink a few extra glasses of water if you work out, or if you spend some time outside while it's hot. Your body uses and needs more water when it sweats a lot. So don't forget to fill back up on water during and after your exercise.

Just pay attention to how much you drink and implement some of these ideas if you don't get the recommended eight glasses of water a day. Your body will thank you for it in the long run.

# In Your Community

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

Date	Event	Time	Place
2	Rodger's & Hammerstein's: South Pacific	7:30pm	BCC
4-5	The Strange Dr. Weird	8pm	Dakota Stage
4-6	Capital Quilt fest	N/A	Doublewood Inn
5	Disney Live	1pm & 4pm	BCC
6	Now That She's Gone	2pm & 8pm	Dakota Stage
11-12	The Big One Art & Craft Fair	Fri: 10-7 Sat: 9-5	BCC
12	Festival of the Arts	6-Midnight	Radisson Hotel
14	Fiddler on the Roof	7:30pm	BCC
17	6th Annual Holiday Food & Wine Experience	5-9pm	BCC
18-19	Symphony Concert: Annual Holiday Concert	7:30pm	Belle Mehus
19-22	Coming Home for Christmas Festival	N/A	Mandan
22	Holiday Home Walk	N/A	11am-5pm
26-Dec.31	15th Annual Sertoma Christmas In the Park	6-10 nightly	Sertoma Park



## FYI

Robyn is looking to get rid of two fish aquariums. There is a 10 gallon and 30 gallon available with the hood, lights, cover, and accessories. If you have interested or have any questions please call Robyn at 471-5976.

Don't forget about Daylight savings time on Sunday, November 6, 2011! This is the time of year when we set our clocks an hour behind. "Spring ahead Fall behind".

## East Princeton

Hello all from East Princeton!

October has been full of lots of fun things! We've been visiting the pumpkin patch quite a bit! On weekends and for Red Hats and Aktion Club! We've had a couple trips to the park to enjoy the wheelchair swing and have a picnic! Expect those dang bees were just as hungry for our lunch as we were!

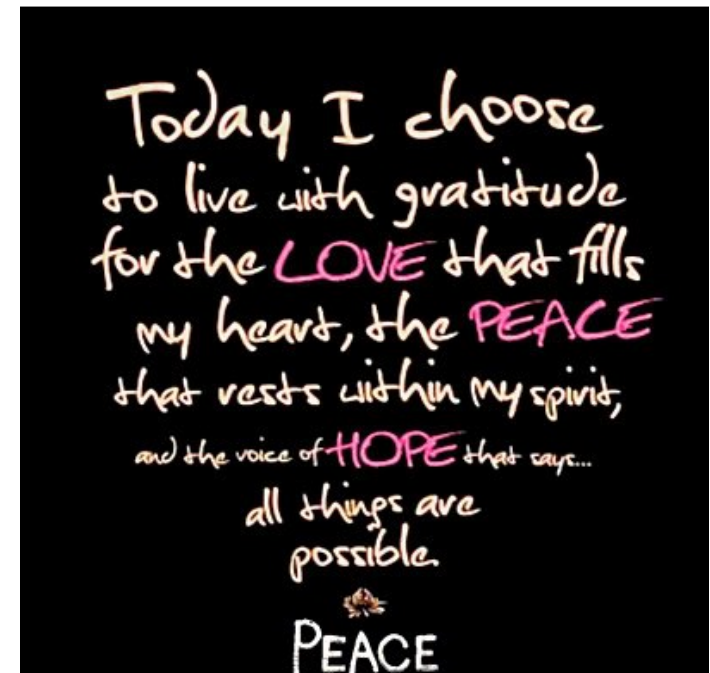
We would also like to congratulate our staff, Becky Ibach, on receiving the rover position! She will be missed, but we'll be seeing her quite a bit down here!

Another staff has a little bundle of joy on the way and we are all way too excited to meet HER! :) HaHa! Well, I'm rooting for a "her" anyways! :) Either will be such a blessing!

Well October hasn't been too harsh to us, so maybe November will have a little mercy too! Hope everyone has a fun-filled and not too cold November!

-Britt Mosbrucker, DSP11

"Quote of  
the  
Month"



# South Washington

Well we knew it was coming soon, right around the corner old man winter is gearing up for the big chill. We still have a window of time to still get out and enjoy fall activities. All of us at South Washington have been busy decorating the house for fall and Halloween along with some spooky looking cupcakes and cookies. They seem to disappear with our a trace.

Papa's pumpkin patch was visiting of course and resident family members have been very active with some of our extended family members.

The new linoleum has been layed in the hallways and the bathrooms. Lee trimmed all of the heavy doors to fit and glued all of the molding down for a nice finish. Liz, RS added some scenic appliques to the bathroom to brighten them up.

The rumor is Enable will soon be the proud owner of a Transit style bus to transport our resident. It will be hard to let Big Blue go, but we didn't call it the "ice box" in winter for no reason at all!

A thought for the day— "So to the world you may be one person, but to one person you may be the world." and for our four footed friends. "For love of a dog."

He's your friend, your defender, your dog. You are his life, his love and his leader. He will be yours, faithful and true to the last beat of his heart. You owe it to him to be worthy of such devotion.

Anyway, dig out those bunny boots. Winter is coming, sooner than we think... The coffee pots are always on at South Washington, stop by even if you don't need to borrow anything. Until next time, stay warm!

-Gerry DSPI and Buddy DSP 1/4

# EDS

Howdy again from EDS Country. Oh where or where did October go. How true never to return. As this letter goes to print out in October will be over. SO I'd l better share a few things going on down in EDS County. The staff and clients have the Halloween decorations out and have it all looking Halloween down here. Everyone is excited about dressing up and going to the Halloween party and dance. Boss Sara has been busy painting some of our rooms down here. Blue must be her favorite color, that's what's on the walls. Carl has been keeping an eye on Sara since she stared and keeps me informed every morning, when in doubt ask carl.

We will be welcoming Jackie back as in November she's taken time off to do some much needed child bonding. She said it's hard to leave him with someone else all day while she is at work. We are thankful we had such a nice October NO SNOW mild temperatures. But the weather man says watch out for low temperatures from November through January. Above normal rain and snow, welcome to winter. Ha ha.

Since Thanksgiving is the end of November. It's only fitting we talk a little about what Thanksgiving is all about. Giving thanks to God the Father for all we have giving thanks to family, friends, loved ones, and of course those co-workers that we spend so much time with each day. I'm so thankful I have someone to tease and play a joke or two on me each day. Now don't take this wrong...THEY DO IT RIGHT BACK!..RIGHT GIRLS???

But seriously, as I look around this great nation God has placed us in we need to be thankful that Enable Inc. has blessed us all with jobs, health care and time off. With all the unemployment in the U.S. we will still have a place to go to work. Thanks Enable for being a great place to work.

So lets try being thankful this month

Happy Thanksgiving to All!

Until next time,

-EDS Country Reporter Ken Nickels