

Enrichment through respect,
empowerment and the
pursuit of dreams

Facebook Face Off

The Facebook challenge was a success and we narrowed our winners down to two. The winners were Sara Scherr from ISLA and Brittany Bonsness from ISLA. Both ladies had a wonderful response to the Facebook Face Off. The challenge consisted of a single question that had to be answered in 25 words or less. The question was, Why do you enjoy working at Enable Inc.?

Each winner will receive a \$25.00 gift card of their choice. Ladies please let us know where you would like us to get your \$25 gift card from. It can be from a gas station, restaurant, a place in the mall. Anywhere!

Congratulations ladies and thank you for your willingness to participate in the Enable challenge! Next month there will be another Facebook challenge that will be available for all Enable employees to participate in. The next challenge will be announced in the November Enable Express Newsletter. So, look for us on Facebook!





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.

10 tips Nutrition Education Series

choose MyPlate

10 tips to a great plate



Making food choices for a healthy lifestyle can be as simple as using these 10 Tips. Use the ideas in this list to *balance your calories*, to choose foods to *eat more often*, and to cut back on foods to *eat less often*.

1 balance calories

Find out how many calories YOU need for a day as a first step in managing your weight. Go to www.ChooseMyPlate.gov to find your calorie level. Being physically active also helps you balance calories.

2 enjoy your food, but eat less

Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you've had enough.



3 avoid oversized portions

Use a smaller plate, bowl, and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.

4 foods to eat more often

Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health—including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.



5 make half your plate fruits and vegetables

Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.

6 switch to fat-free or low-fat (1%) milk

They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.



7 make half your grains whole grains

To eat more whole grains, substitute a whole-grain product for a refined product—such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.

8 foods to eat less often

Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods.

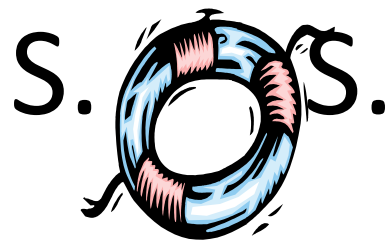
9 compare sodium in foods

Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled "low sodium," "reduced sodium," or "no salt added."



10 drink water instead of sugary drinks

Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar, and calories, in American diets.



Sara's Outstanding Support

Useless Information

Thousands of things you didn't think you needed to know and probably don't.

- If you head directly south from Detroit, the first foreign country you will enter is Canada.
- More than 50% of the people in the world have never made or received a telephone call.
- The cruise liner Queen Elizabeth II burns a gallon of diesel for every six inches that it moves.
- Airbags inflate at a rate of 200mph.
- Cerumen is the medical term for earwax. The ears secrete more earwax when you are afraid than when you aren't.
- When you are looking at someone you love, your pupils dilate; they do the same when you are looking at someone you hate.
- The body uses more than seventy muscles to say one word and three hundred muscles to balance itself when standing still.
- Fingernails are made from the same substance as a bird's beak.
- Cows drink anywhere from 25 to 50 gallons of water each day.
- In the last three thousand years, no new animals have been domesticated.
- An elephant can smell water three miles away.
- Your thumb is the same length of your nose.
- Only 25 percent of babies are born on the day predicted by the doctor or midwife.
- One human hair can support more than six and a half pounds.
- One year contains 31,557,600 seconds.

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Important Dates

Friday 2nd & Saturday 3rd - Yard Sale

Sunday 11th - Patriot Day

Wednesday 14th - Enable Picnic

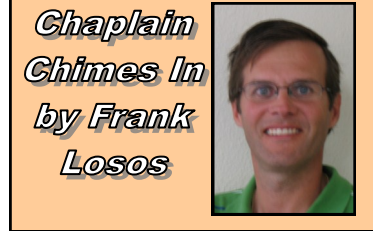
Friday 23rd - Autumn Begins

Change Can be Good

Change Can Be Good

The way of the sluggard is blocked with thorns... A sluggard does not plow in season; so at harvest time he looks but finds nothing... Diligent hands will rule but laziness ends in slave labor.

-Prov. 15:19; 20:4; 12:24



Summer is over so a lot of things are changing again. Different schedules! Different routines! Different supervisors! Different employees! The expectations may be the same, but it may be that you just may have to start over in many areas. You may have had everything in your area figured out and going strong just to see people move around and mess up your nicely organized world. That's life. Things are going to change. It's all in how you deal with it that matters. Is it the end for you or could it be a beginning? I believe these verses above shed some light in this area. It's a great time to perhaps seek to do things better. It's also a great time to reach for new successes, figure out new ways of doing things more efficiently, or possibly discover some top notch workers. It's easy to yield to a complaining lazy spirit and see change or difficulties as immovable obstacles (thorns), and not recognize the opportunities at hand to improve ones' situation. To rise up and work diligently with the stirred-up situation definitely takes effort, but has great potential. Rather than a blockade of thorns that needs to be avoided we need to look at change as a time to plow with hopes for a harvest, and begin again working toward a good result. Don't be like the lazy person who allows themselves to become just a victim of circumstance; a mere slave to their situation. Rather, embrace the change with hope.

Your Chaplain,

Frank

EDS

Howdy from EDS! Man how summer has flown by. August is gone and fall is three weeks away. The sandbags are finally coming down along with the dikes and the poor old boats are just now getting out on the mighty Missouri River. So much for the summer of 2011.

Things are running smoothly at EDS, thanks to Sara and Mary. WE are back to site seeing at the Dakota Zoo. The monkeys from Minot are a real hit with EDS clients and especially the staff! Those new monkeys were a real hoot to watch and oh they talk too. Yes, we talk to them. By the way, they answer back. We are very sad to say goodbye to Matt LaBlanc. He was our part time summer staff. You might no know Jackie Lausch is having a baby any day now. She'll be off a few months, we have hired a replacement for her in her absences. Welcome Kayla Biwer!...Jackie's new replacement. We also want to welcome Jennifer Gabriel who has accepted a full time job at EDS. I tried real hard to get the new employees to fill the candy dish, we have lots of chocolate lovers down here. I told them we have a tradition here... that new employees have to keep us supplied with chocolate. They thought it was a dumb idea and laughed at me. Yes, they did laugh because I would see the smirks on their faces. With or without candy we will accept them anyway. Welcome aboard ladies!

The dog days of summer are upon us so lets enjoy them each day while we can. I hope you don't have short memories. Remember October to December 2010 and January to April 2011? Are your light bulbs burnt out, do birds fly backwards? Lets hope summer hangs on a few more months.

We received a new iPad at EDS and everyone is having a great time using it. It takes great pictures, bright clear and they are up close an personal. They can even make you look completely different.

For now we wish everyone a good September that is filled with sunshine, warm weather and big smiles! Till next time.

-Ken Nickels

EDS Reporter

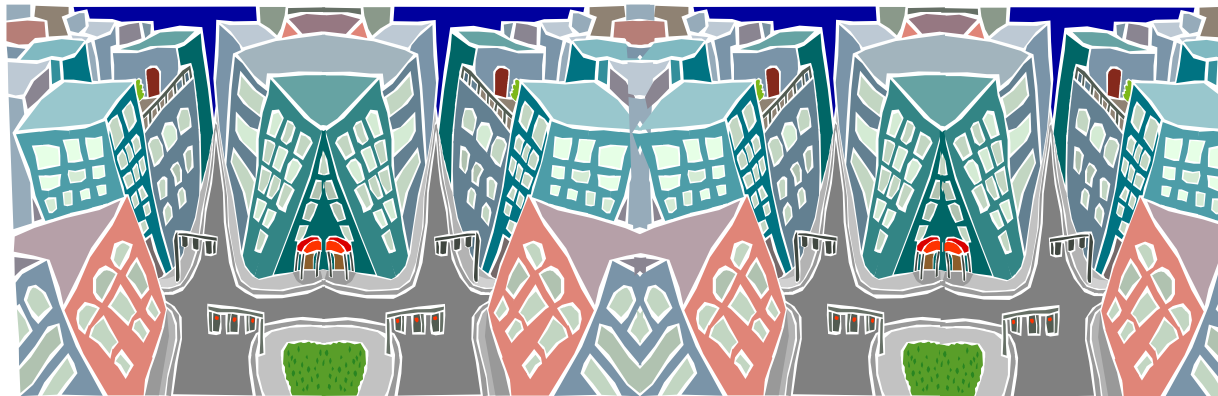
That's the news and I am sticking to it!

P.S. With school starting please be on the lookout for the little munchkins because they are out and about. Jerry and I have seen them already.

In Your Community

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

Date	Event	Time	Place
1-5	ASA Men's Northern Class C National Softball Tournament	N/A	N/A
8-11	United Tribes International Powwow	Thurs: 7pm Fri: 1 & 7pm Sat: 10am Sun: 1 & 7pm	Tribes Tech. College
11	Apple Dash Walk/Run 4 Education	4pm	Hughes Educational Center
11 - Oct.23rd	Papa's Pumpkin Festival	noon-7 daily	5001 Fernwood Drive
16	Beerfest	5-9pm	BCC-Exhibit Hall
16-17	Downtowners' Street Fair	Fri:10-8pm Sat:9-6pm	Downtown Bismarck
17	Kroll's Diner Bismarck Marathon	N/A	N/A
17	Symphony Concert 2011-12	7:30pm	Belle Mehus
17	Zarfos Softball Tournament	N/A	Mandan Softball Complex
22-24	FLW Walleye Tour Championship	N/A	BCC
24	Autumnfest	10am	N/A
24-25	Applefest	Sat:10-6pm Sun: Noon-6pm	Buckstop Junction
25	Last Full Day of Dakota Summer Season	All day	Dakota Zoo
TBA	Amazing Corn Maize	Fri-Sat: 7-10pm Sun:1-4pm	Mandan Hwy 1806
TBA	Great Plains Energy Expo	N/A	BCC-Exhibit Hall



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



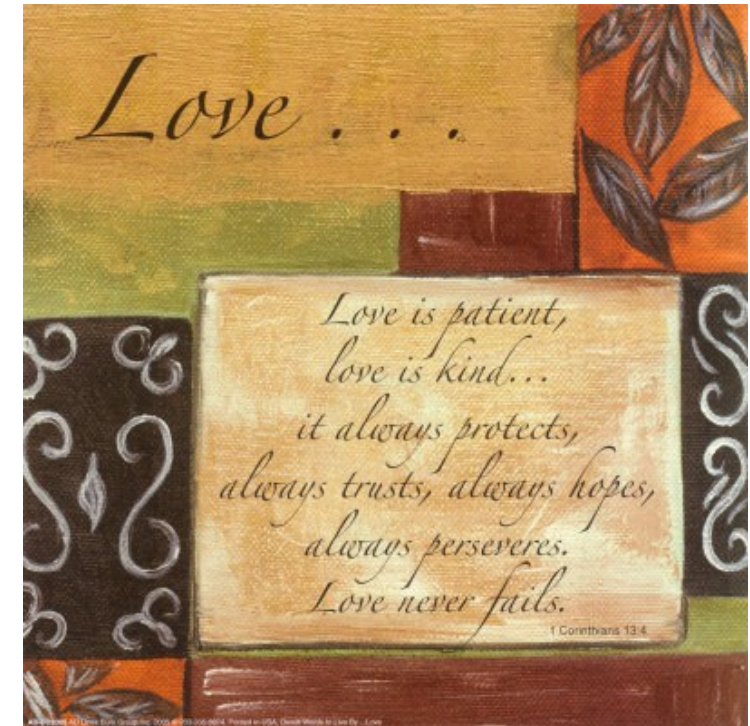
Sad News - Please join me in remembering YET ANOTHER great icon of the entertainment community. The Pillsbury Dough Boy died yesterday of a yeast infection and trauma complications from repeated pokes to the belly. He was 71. Dough Boy is survived by his wife Play Dough, three children; John Dough, Jane Dough, and Dosey Dough, plus they had one in the oven. Services were held at 3:50 for about 20 minutes.

FYI

We have rescheduled our annual agency picnic for **Wednesday, September 14, 2011 from 4:00pm to 7:00pm at the Sertoma Indoor/outdoor shelter**. All staff and their families are invited to attend as well as all the people supported by Enable, Inc. The menu will be the same as before and will include hamburgers, hot dogs, potato salad, chips, cookies and beverages.

I hope to see you there!...

“Quote of the



The Laughing Cow Craze!

Mini Babybels are a wax-wrapped cheese that has a mild taste and are only about 70 calories. Laughing Cow wedges are individually wrapped light cheese wedges. The delicious wedges are only 35 calories per wedge! With so many different varieties, you are sure to find one that will please you. Tackle your favorite cow and flavor today!



Mini Babybel flavors

- Original
- Light
- Bonbel
- Cheddar
- Gouda
- Sharp Original
- White Cheddar

Laughing Cow Wedge flavors

- Light Creamy Swiss
- Light Garlic & Herb
- Light French Onion
- Light Mozzarella, Sun-Dried Tomato & Basil
- Light Queso Fresco & Chipotle
- Original Cream Swiss

Cheesy Beefy Quesadilla

Ingredients

- 1 whole Large La Tortilla Factory Smart & Delicious Low Carb/High Fiber Tortilla
- 1/3 cups Frozen Ground-beef-style Soy Crumbles (like The Ones By Boca And Morningstar Farms)
- 1/4 cups Shredded Fat-free Cheddar Cheese
- 1/2 whole Wedge Of The Laughing Cow Light Original Swiss Cheese
- 1 Tablespoon Fat-free Sour Cream
- 1/2 Tablespoons Chopped Scallions
- 1/4 teaspoons Dry Taco Seasoning Mix

Preparation

In a small microwave-safe bowl, combine soy crumbles, cheddar cheese, scallions, sour cream, and seasoning mix, stirring thoroughly. Microwave for 30 seconds, stir again, and set aside. Lay tortilla flat and spread cheese wedge evenly over one half. Bring a medium-large pan sprayed with nonstick spray to medium heat, and lay tortilla in it with the cheesy side up. Cook for about 30 seconds. Top the cheesy tortilla half with soy crumble mixture. Using a spatula, carefully fold the plain tortilla half over the other half, pressing down with the spatula to seal. Cook for about 1 minute, until slightly toasted on the bottom. Flip and continue to cook for about 1 minute, until both sides are toasted. Remove from heat and cut into four triangles. Serve with sour cream for dipping, if you like. Enjoy!
Makes 1 serving

