

LIVING INDEPENDENTLY

AUGUST NEWSLETTER 2010

Woodson & Allen County

True you..Uniquely Me "Feminine Mystique" Advocacy group

10 ladies attended our advocacy group on August 18th! We enjoyed potluck lunch of cheese and crackers, brownies, macaroni salad, corn, strawberry and banana surprise, cinnamon rolls, fruit salad, and more. Each person was given a weather safety booklet and a pepper or tomato plant. Our door prize winners were Donna, Betty, Pat, Linda and Jane! Congratulations ladies. The prizes won were a hanging strawberry plant, a box of wildflower seeds (2) and an herb grow kit. THANK YOU TO OUR LOCAL DOLLAR GENERAL FOR DONATING THEIR OUT OF SEASON ITEMS TO OUR SKIL CENTER FOR DOOR PRIZES! Since we were studying bad weather; we made homemade tornados in two liter bottles with glitter for fun effects! Then we made Red Neck Wind Chimes. These were made from sticks, fishing line, string, and different sized bolts, nuts, screws, nails, etc. They turned out really awesome and the chimes were all a little different. Watch for the next invitation to our group and please join us. We have a lot of fun projects, great peer support, community involvement, and total confidentiality.

Come Advocate for yourselves and be a True You..Uniquely Me "Feminine Mystique" Advocacy member!! We have a membership card waiting for you>

Delicious in the Kitchen!!

BREAKFAST CASSEROLE---great for ATKINS diet

Ingredients:

8 to 10 eggs (can use a less amount)
2lbs. hot ground sausage
2 small cans green chiles
Shredded cheddar cheese

Directions:

1. Spray a 9x13 cake pan w/ non stick spray.
2. In a skillet; brown sausage w/ green chiles. Drain grease.
3. Scramble eggs in a separate bowl. Pour a little more than half of the eggs into the sprayed 9x13 pan. Then spread cooked sausage over the eggs. Layer as much cheese as you want on top of the sausage. Pour the rest of the eggs over the top.
4. Bake at 350 until the top is brown and the eggs are cooked.

Extra can be refrigerated. Cut a piece every morning for breakfast!
Its great reheated.

You're a contestant on.....ARE YOU SMARTER THAN A FIFTH GRADER?

WHAT DOES THE WORD "RUCTION" MEAN? Answer is hidden in the news!

THIS WEEK IN THE NEWS!

*NEW OFFICE MEMBER! We would like to introduce our new morning receptionist. Her name is Leona and she works from 8am to 12pm Monday through Friday. She is doing an awesome job and we appreciate everything she is doing for our front desk.

*SKIL OFFICES ARE NOW OPEN MONDAY THROUGH FRIDAY FROM 8AM -5PM.

WOODSON COUNTY COMMODOTIES ARE SEPTEMBER 8TH AT 9:30 AT THE COMMUNITY BARN.

*FOR SALE: MAYTAG DISHWASHER \$25.00/ MAYTAG DRYER \$50/ TIRES & RIMS

*NEEDED: 2 REFRIGERATORS/ 110 & 220 AC/ GAS HEATING STOVE/ 2WASHING MACHINES/GAS PIPING WITH A t-BAR.

** The word RUCTION means a disturbance, quarrel, or row**

If you need or have any items please call the SKIL office in Yates Center at 620-625-2818.

CARE ATTENDANTS!! PLEASE RESPECT YOUR CUSTOMER'S NEEDS AND CALL THEM IF YOU ARE GOING TO BE ABSENT THAT DAY! ESPECIALLY IF THERE IS MEDICATION INVOLVED!!

TEAM WORK!!

Listed below are the job duties for each person in the Yates Center SKIL office. To save time passing your call to other persons; we ask that you look at the list and find the right person you need to speak with for that specific question; and tell the receptionist that name. This saves you time explaining the same question to three different people before you find the right person for your need.

RECEPTIONIST- MARDETTA & LEONA: time sheets mailed or picked up/ hiring packets/ copying and faxing papers (no cost)/ PCA applications/ employment/ phone use/ scheduling for Marylin/ addresses and phone numbers-- changes in your addresses or phone numbers/easy messages for Marylin or Linda.

COORDINATOR – LINDA: Resources for food, housing, repairs, dental, transportation, and more/ srs services/ paperwork-application assistance/ Social Security benefits/advocacy groups/ assistive technology/ prescription assistance/ advocate/ budget advisor/ financial advisor/ clothing resources/ project-special occasion coordinator/ training coordinator/ veteran's benefits/ APS reports/ home visits.

COUNSELOR- MARYLIN: Customer annual assessments/ customer hours/ counseling/ APS reports/ home visits/ Coordinate services w/ providers/ complete reviews/ client obligation issues/ coordinate with EES workers and state of Kansas.