



# AVEYRON INK

## SEPTEMBER/OCTOBER 2019

### EDITION # 52



EEOC

## Aveyron Staff Have Heart!

We are proud to support our **AMAZING** staff during this year's Direct Support Professional's Week!

WE ARE GRATEFUL FOR YOU AND ALL YOU DO!

Every year, during the month of September, one week is designated to recognize **Direct Support Professionals** for the work they do every day to help others live their best lives! We chose "**HEART**" as the theme for this year, because our staff members show heart on a daily basis as they care for our clients! We can't be the best provider without the very best employees!

This year, Direct Support Professional Week is September 8-14<sup>th</sup>, 2019. To thank Aveyron's awesome staff, we will be having contests and giving out prizes daily from Monday September 9<sup>th</sup> through Friday, September 13<sup>th</sup>.

Here is a glimpse of what we have planned:

**H**appy Monday! Email Sandy by 6p on Monday with your favorite client activity. We will also have two drawings; one for staff that have been here 5 years or more, and one for staff that have been here less than 5 years.

**E** mail Julie by 6p on Tuesday with your favorite job duty, to be entered in a drawing.

**A** RRM will host an open house on Wednesday 9-11 at the Aveyron Office. A staff drawing will be held.

**R**eady to show some Aveyron Spirit? On Thursday 9-12 email Julie a picture wearing Aveyron apparel or colors to be entered in a drawing.

**T**hankful for all of our Direct Care Staff. Each of you will receive a prize! **HAVE A GREAT WEEK!**

## Outstanding Team Player!



### Congratulations to Holly Hennen!

Holly was nominated for her help with picking up numerous shifts at Glencoe. Her dedication to the clients and her fellow staff is greatly appreciated!

Thank you, Holly!



Katelyn at the Carver County Fair!

## NEW HEALTH CARE COORDINATOR!



Please join us in welcoming Lindy Soderberg as she joins Aveyron as our new Health Care Coordinator! Prior to joining Aveyron, she worked as a Resident Care Coordinator at a local long term care facility. Lindy earned her RN degree from Northwestern Oklahoma State University and Ridgewater College in Hutchinson. In her spare time, she enjoys volunteer work, spending time with family, traveling and reading.

Congratulations and Welcome, Lindy!

# Welcome To THE TEAM

### New Program Coordinator!

We are excited to announce that **Janett Huerta** has joined Aveyron as the new Program Coordinator at our home on Alan St. Janett joins us with experience as a Designated House Coordinator, responsible for two group home sites in Bloomington, MN. She graduated from Ridgewater College in Hutchinson with a Liberal Arts degree.

Welcome and Congratulations, Janett!

### New Direct Support Professionals!

(Note; Aveyron has chosen to change the name of our Resident Counselors to Direct Support Professionals, which is a more popular job title within our industry.)

**Please extend a warm welcome to new staff members:**

Jennifer, Glen & Sarah

**We would also like to welcome a new client:**

Felicia



### Nurse's Nook

#### Bananas Can Help Improve Your Mood!



A banana has approximately 1/4 of your daily recommended intake of vitamin B6. Vitamin B6 helps your brain produce serotonin, which is considered a mood stabilizer and has been found to help with memory. Serotonin impacts your motor skills and helps level your emotions. It is also the chemical that helps you sleep. Eating a banana can help relieve depression and anxiety by stimulating the serotonin levels in your body and help you sleep better.

#### Don't Forget Your Flu Shot!



With flu season right around the corner, flu vaccinations are the best way to protect yourself and those around you from getting the flu!

Submitted by Nurse Lindy and  
Aveyron's Health & Wellness Committee

## A TRIP TO THE BALLPARK!



Recently, many of our Aveyron clients along with staff, had the opportunity to attend a Minnesota Twins game. It was a nice, warm day with many ballpark favorites that included hot dogs, hamburgers, brats and popcorn! The hometown team didn't end up with a win, but it didn't stop this group, dressed in team apparel, from cheering on the Twins as they push onward towards the playoffs. Thanks to everyone who helped make this outing a successful and positive experience for all! **GO TWINS!**



Kathy enjoying a special treat on a special day!

## CRAFTY CREATIONS!



These lovely ladies are showing off their pretty paper flower creations! Pictured from left are; staff Shelly, Paula, Katelyn and Katie Jo.



## FOOTBALL FUN!

Staff Nate & Mike had a blast at the Vikings game! The weather was perfect and the Vikings won! Meeting and posing with a couple of pretty cheerleaders was an added bonus!



## Enjoying the Great Outdoors



Aveyron clients, accompanied by staff Riana, went to the Sanctuary in Glencoe.

It's always great to be outdoors, and being up close to animals is an extra bonus!



Katelyn is showing us proof that pretty Fall colors are on the way!



Staff Riana & Joan



The Century ladies spent the afternoon at Lake Ripley. Left is Katelyn, enjoying some time on a tire swing!

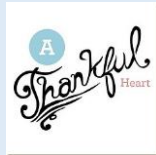
Right are Katie Jo, Katelyn, Paula, and Dana sitting on a park bench, posing for a perfect shot!



# ANNOUNCEMENTS



Aveyron will be participating in some upcoming job fairs!  
 \*September 11 at the First Baptist Church in Cokato, 9-Noon  
 \*October 9 at the Hutch Event Center, 2p-5:30p  
 Stop by to see what Aveyron is all about and chat with our HR Director, Krystal.  
 We also accept applications online at:  
[www.aveyronhomes.com](http://www.aveyronhomes.com)



Thanks to all of our **Aveyron Advocates**, who have recently made donations! Your generous support provides our clients with a variety of activities, including State Fair passes, arts and crafts, movie tickets, & sporting events, just to name a few. We are grateful for all of you!



## RENAISSANCE FESTIVAL TICKETS FOR SALE!

Aveyron, once again, has discount tickets available for the Renaissance Festival in Shakopee.

- Adult tickets – \$20.00 (save \$4.95)
- Children - \$13 (save \$2.95)
- Food coupon books - \$5.00 (\$6 worth of coupons)

Open weekends thru September 29<sup>th</sup>, plus Labor Day. To purchase tickets, stop at Aveyron's office, located at 222 5<sup>th</sup> Ave. NW, during normal business hours.



Check us out on Facebook!

## Upcoming Events for September & October:

- Aug. 30 –Sept. 2 – Red Rooster Days in Dassel
- Sept. 2 – **Labor Day**
- Sept. 6,7,8 – Biscay Days – Live music all 3 days, \$3 hamburgers & brats
- Sept. 6-7 – Hutchinson city-wide garage sales
- Sept. 7 – Ice Cream Social, 4:30-6p, concert at 5p, polka worship 6:15p, Peace Lutheran Church
- Sept. 7 – Free family movie at Century 9 Theater, 10a, "The Lego Movie"
- Sept. 7 – Fall Extravaganza, Faith Lutheran Church, Hutch, 11a-1p, food, game, music & more
- Sept. 7,8 – St. Anastasia Fall Festival, Hutchinson
- Sept 8 - Community Bingo for seniors, Ecumen Oaks & Pines, 2p, 25cents/card, \$1 coverall
- Sept. 10 - Adaptive Rec, Cookie Bingo, Hutch Event Center, 7-8:30p, \$5
- Sept. 13,14 – Hutchinson Arts and Crafts Festival, Library Square
- Sept. 13,14 – Taste of Hutchinson, Library Square
- Sept. 22 – St. Boniface Fall Festival, Stewart, The Basics will be singing at the Mass, followed by food & fun
- Sept. 28 – Special white/hard goods and electronic pickup, Hutchinson, curbside by 6a
- Oct. 1 – Adaptive Rec, Pumpkin Bingo, 7-8:30p, \$5, Hutch Event Center
- Oct. 5 – Free Family Movie, Century 9 Theater, 10a, "Hotel Transylvania 3: Summer Vacation"
- Oct. 8 – Adaptive Rec Harvest Dance, 7-8:30p, \$5, Hutch Event Center
- Oct. 13 - Community Bingo for seniors, Ecumen Oaks & Pines, 2p, 25cents/card, \$1 coverall
- Oct. 29 - Adaptive Rec, Black & Orange Dance & Pizza Party, 7-8:30p, \$5, Hutch Event Center
- Oct. 31 – **Happy Halloween**



Be sure to check out the local high school sporting events (football, soccer, volleyball, etc.) These hardworking teams would love to have your support!

Contact Sandy, Aveyron's Activity Coordinator, if more information is needed on the above events:  
[sandy@aveyronhomes.com](mailto:sandy@aveyronhomes.com)