



AVEYRON INK

MAY/JUNE 2020

EDITION # 56



EEOC

Challenging Times Bring out the Best at Aveyron!



Sometimes, the best things in life are not things at all...but the people who make you feel loved and safe.



Clients and staff worked together to create window decorations in support of our community and health care workers during the Covid-19 crisis. They also kept busy, while staying safe, by planting "starter seeds" indoors, getting new movies to watch, going for walks, drives and attending "drive-in" church services, just to name a few.



A Huge **THANK YOU** to our incredible team of Direct Support Professionals, who unselfishly provide care for our clients in good times and challenging times. Team Aveyron is strong and proud to be doing our part!



We're in this Together!



Promotion to PC!



Congratulations to **Jackie Wisch!**

Jackie has been promoted to Program Coordinator of our home on McDonald Dr. Prior to her promotion, Jackie has held the position of Direct Support Professional at both McDonald Dr. and School Rd. since she began her Aveyron career in 2010.

We are excited to welcome Jackie to the management team!



TEAM AVEYRON!

Please Extend a Warm Welcome to New Staff Members:

Kate, Theresa, Brandon,
Allison & Deaja

& welcome back to:

Dani

Outstanding Team Player!



Congratulations to Nicole Arnesen!

Nicole was nominated for her willingness to help out with open shifts and keeping clients busy during this stressful time! Thanks for all you do, Nicole!

Nurse's Nook



Blueberries and Your Health

This month I want to talk a little bit about nutrient-dense blueberries. Blueberries are considered a “super-food”. This means they have a lot of vitamins and nutrients in them and they are low calorie. These little berries are packed with potassium, vitamin C, fiber, vitamin K and manganese, as well as other vitamins and nutrients. They are a natural antioxidant and there are claims that they can help boost your immunity. I am including one of my favorite recipes for a blueberry smoothie. I hope you enjoy it.



½ c skim or 1% milk

½ c plain yogurt

1 c frozen or fresh blueberries

1 tsp. honey

Put in the blender and blend to the desired consistency and enjoy.

~Lindy Soderberg

CLIENT CONNECTIONS

A TRIP TO THE SCIENCE MUSEUM

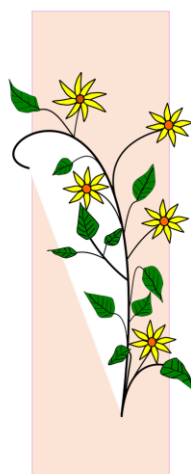
Sam and staff had a great time visiting the Science Museum and seeing all the dinosaur exhibits. Sam is pictured with the Triceratops skeleton.



Never run out of reasons to SMILE!



Katie Jo and Dana



Ashley with the beautiful hair pieces that she made.

Spring is in the air! Many of our clients prepared for Easter and spring by happily creating colorful artwork.

Pictured above with their Easter creations are Dana, Katelyn and Paula. They also displayed their artwork for all to see.

Wonderful job, ladies!



ANNOUNCEMENTS

CANS FOR CLIENTS!

Don't forget to recycle your cans! There is a designated trailer for cans parked at Aveyron's office (222 5th Ave. NW). Funds support client activities.

Please help us recycle!



Team Building



Aveyron's Health Care Coordinator held Team Building sessions, showing staff the importance of working together.

Teamwork makes a difference!

AVEYRON ADVOCATES

Thanks to all our Aveyron Advocates who have generously given their support over the past year. Many have supported Aveyron since our program started in 2013! Our Advocate's support provides our clients with a variety of activities, including State Fair passes, arts and crafts, movie passes, theatre tickets and sporting events, just to name a few. If you would like to become an Aveyron Advocate please visit our website at www.aveyronhomes.com or call the office at 320-587-6277.

THANK YOU

Newsorthy Notes...

- We are essential and are still working!
- Most events have been cancelled or postponed due to the COVID-19 concerns.
- Our Activities Coordinator, Sandy, will be sharing any updates on upcoming activities. She has already contacted homes with ideas to keep clients busy inside. In the meantime, staff and clients are staying safe by practicing social distancing, wearing face masks when necessary and washing hands frequently.
- Aveyron has purchased a new home on Century Ave! Molly and our maintenance crew have been busy making the necessary updates and we anticipate a May opening.



Check us out on Facebook!