



AVEYRON INK

MAY/JUNE 2021

EDITION # 62



EEOC

Disability Services Day at the Capital

Disability Services Day at the Capital had a different look this year. Due to COVID restrictions, it was held virtually on March 9th.

Instead of gathering at the Capital rotunda, people were asked to register ahead of time and participate in a Zoom meeting. After the initial Zoom meeting, attendees were able to schedule their own meetings with legislators. It was also live streamed on ARRM's Facebook page.

Many Aveyron staff and clients participated in this important event and those that registered were entered in a prize drawing. Linette Miller, Program Coordinator of our Century home, was the lucky winner of a gift certificate!



Thanks to all those that participated. Contacting our state legislators and asking for their support in serving people with disabilities is the best way to make a difference!

Anniversary Milestone!



Molly O'Malley recently celebrated 40 years with Aveyron! She started her career with Aveyron in April of 1981. She has been with Aveyron longer than any other staff, which is quite an accomplishment!

So many things have changed over the years and Molly continues to adapt and move forward. 40 years is a long time to create memories and Molly has plenty to share!

Congratulations Molly! Your dedication and service to Aveyron is greatly appreciated!

Generous Donation

Aveyron received an awesome gift! A pass to the Minnesota Arboretum was donated and is available for client use.



Outstanding Team Player!



Congratulations to Laura Martinson!

Laura was nominated "for being an example to others and showing great Team Work at Century! She has been putting in extra hours covering open shifts."

Thanks for all you do, Laura!
Nominated by PC Linette.

TEAM AVEYRON!



**Please extend a warm welcome to
our new staff members:**
Savanna, Celeste, Trent, Dereck & Grace
and welcome back to:

Candice

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

David



Recent staff drawings and contests have resulted in several staff winners:
Paula, Angie, Dorothy,
Darlene, Roger, Amy and
Frances.

Congratulations!

Nurse's Nook

OPTIMISM CAN HELP YOU LIVE LONGER

The *American Journal of Epidemiology* did a study in 2004 and 2008 on the impact of optimism and health. The study found that the top 25% of people who are optimistic have a 40% lower risk for heart disease and stroke, this is compared to those in the lowest 25%. There were also associations with lower rates of cancer, however at a lower percentage. These studies included over 70,000 people. Researchers also collected information on educational and socioeconomic status, smoking, alcohol consumption, cancer, hypertension and other diseases and behavioral characteristics. These risk factors were included when comparing the overall outcome.



Trying to find the good in bad situations and starting the day with a positive attitude can not only impact your mental health but your physical health as well.

~ Lindy Soderberg

Look what we've been up to!



Paula and Becca



SPA TIME

A little pampering turned into a lot of fun for these ladies. Enjoying spa time with help from staff Becca, are Paula, Dana and Joan. Looking lovely!



Joan with her newly polished nails to match her beautiful smile!



Staff Emily & Trinity



GAME TIME!



Genessa playing Bingo at Mystic Lake Casino.



A friendly game of UNO between Deb and Ashley.



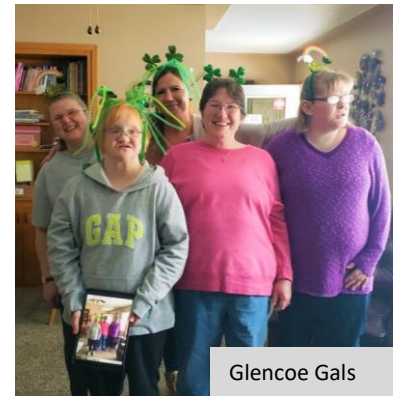
Glencoe and Milwaukee celebrating St. Patrick's Day and enjoying bingo.



Kris & Caroline



Karen & Katie



Glencoe Gals

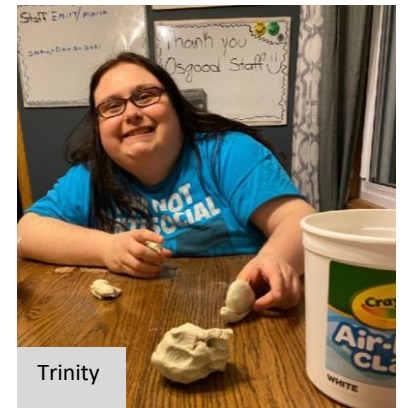
Variety is the spice of life! Shopping, dining out, party themed celebrations, clay sculpting, coloring eggs, and painting rocks are just a few of the many activities enjoyed by clients and staff, too.



Joan & Sharon



Darrin with Paul 😊



Trinity



Paula, Katelyn & Katie Jo

In the Kitchen



Aveyron has some creative cooks; Don with homemade soup, Trinity with a smiley faced cookie and Deb making shamrock shakes. Yum! 😊



A BIRTHDAY CELEBRATION!



Deb recently celebrated her birthday with a special cake made just for her. It looks amazing and we heard it was delicious too!



ON THE JOB

Dana proudly displaying her work award!



Ari helped vacuum the car she uses to be out and about.

PLANTING SEEDS



Katelyn and Katie Jo are excited for their plants to grow!



Newsworthy Notes

- Tornado drills were completed on April 15th in conjunction with state wide drills.
- Wish lists were okayed at sites. Be looking for new outdoor furniture, grills and plants.
- 1st Aveyron client to move into an apartment at our newly purchased 4-plex in May.
- Julie (Information Manager) will be moving to a Consultant position beginning in June.
- Our Century home was the winner of the activity contest held recently. They won a pizza party!

More Technology

- New laptops throughout the company.
- Working towards automated billing – huge leap to move away from manual efforts.
- Insurance benefit renewals.
- Training on-line, including quizzes that must be correct before moving to the next question.
- Onboarding of new hires.
- Utilizing Paylocity (payroll software) to streamline tasks, like calculating company turnover.