



*Weebles Represent Resilience*

## Thank you, DSPs!

The week of September 11-17, 2022, Aveyron Homes celebrated the hard work of our Direct Support Professionals.

Our Direct Support Professionals are resilient and dependable. Resilience isn't just about how many times you get knocked down...*it's about how many times you stand up again!*

This year, Aveyron gave out water bottles, sweatshirts, and Weebles to all staff members. 43 gift cards were distributed to staff through several drawings during the week.

We are grateful for our DSPs resilient spirits and continued work filling every day with smiles, laughter, and joyful memories.

*Thank you for everything you do to make  
Aveyron great!*

## Department of Human Services Explains Treatment of Minnesota Frontline Worker Pay

For those who applied for Gov. Tim Walz's frontline worker payments between June 8-July 22, DHS has released more information about the status of the program.

For more information, please visit:

<https://content.govdelivery.com/accounts/MNDHS/bulletins/3298258>

# LATEST NEWS

## TEAM AVEYRON

A **BIG** welcome to new staff:

Alysha Curtis

Returning staff:

April Jacobson

Roger Niyokindi



### New School Road PC

Katie Lene has been promoted to Program Coordinator at School Road. Katie has been with Aveyron 7.5yrs. She has a special needs son and enjoys spending time outside with her family, fishing, and hiking. Katie is excited to find more ways to help our clients achieve their goals.

*Congratulations, Katie!*

## Outstanding Team Player

**Jennifer, Kouwe**, is organized, easy to work with, and helps at other sites when needed. She continues to get the clients out in the community, exploring new activities.

Thank you for all your hard work,  
Jennifer!



# September, 9-13-22, Aveyron Homes opened 56 Century!

Newly Opened "56"



"56" Front Door



"56" Kitchen



"56" Bathroom



"56" Dining Area



"56" Living Room

Aveyron closed 360 Lake St. and the building is now for sale, listed with Edina Realty, Hutchinson.

Lake St.



## SEASONAL AFFECTIVE DISORDER

According to Mayo Clinic, **Seasonal affective disorder (SAD)** is a type of depression that's related to changes in the seasons.

SAD begins and ends at about the same times every year. Symptoms typically start in the fall and continue into the winter months, sapping your energy and making you feel moody. These symptoms often end during the spring and summer months.



Don't brush off that yearly feeling as simply a case of the "winter blues" or a seasonal funk that you must tough out on your own. Take these steps to keep your mood and motivation steady throughout the year!

You should try to get as much natural sunlight as possible by going outside or sitting near sunlit windows. Find ways to manage stress through calming activities, like yoga and meditation, and talk about your feelings with friends, family, or a therapist. You can also speak to a doctor about starting medication, such as antidepressants, to reduce symptoms of SAD. Make sure to get plenty of exercise and eat a healthy, balanced diet as well!

In August, Aveyron Homes celebrated the retirement of Program Director, **Karna Blake**, and welcomed new Administrative Assistant, **Delaine Zongo**!

Caroline wanted a photo with her friend, Karna!



Delaine with a big zucchini!

Natalie, Delaine, and Caroline are enjoying the party!



Kathy, Trina, and Sharon were able to find some cool drinks!



Jon met a friendly llama!



Teri, Teresa, and Becky went out to see the horses!

We had fun  
at McLeod  
County Fair!

We're guessing by their beautiful smiling faces that Sharon, Kathy, and Trina had a great time visiting the Hutchinson Fair and eating delicious pie from Carlson's Orchard!



Kathy



Trina



Sharon



Sharon, Trina, Kathy



Kathy

Yes we're OPEN

Felicia, Joey, Staff Emilino, and Adam



Staff Emilino, Adam, Joey, and Felicia



Again, this year Aveyron received free gate passes to the MN State Fair.

It looks like everyone had an awesome day full of fun, laughter, and Sweet Martha's Cookies!

Joey





Becky

Jamie

Teri

Teresa

Goodbye summer!

We wish you'd never end, but we will always have our memories together. Thank you for the sunshine and cheer. We can't wait to see you next year!



Teri



Jamie



Dana

Katie



Joanne, Joan, Sally



Becky

PC Stephine

Many activities are made possible by Aveyron Advocates.

To donate and become our supporter, forward gifts to *Kathy Kalenberg, Aveyron Homes Inc. 222 5th Ave NW Hutchinson, MN 55350.*

Or go online for more information at <https://aveyronhomes.com/>



Joanne and Joan took a trip to Gopher Campfire Wildlife Sanctuary.



Darrin enjoyed a game of cards!



Katie had fun baking a yummy cake!



## Events for October

- *Hutchinson High School Sports Calander for October:*  
<https://wconference.org/public/genie/16/school/1489/date/2022-10-01/view/week/>
- 10/1 and 10/2 MN Renaissance Festival, Shakopee, MN, 9-7PM
- 10/1 Hutchinson PattleSport Rentals open every Thursday & Friday (4:00 - 7:00 pm), Saturday & Sunday (2:00 - 8:00 pm)
- 10/3 and 10/5 Senior Appreciation Day at Hutchinson Pizza Ranch for every following Monday and Wednesday
- 10/5 Hutchinson Farmers Market open every Wednesday (2:30-5:30PM) and Saturday (8-12PM)
- 10/8 Craft & Vendor Market at Hutchinson Mall, 10AM – 5PM
- 10/8 Open Studio at Hutchinson Center for the Arts, 11AM – 3PM
- 10/22 Oktoberfest at Bobbing Bobber Brewing Company – 5:30PM – 8:30PM
- 10/23 Corn Maze at Crow River Winery – 1PM
- 10/28 Halloween Carnival at Vineyard United Methodist Church, starts at 3:15PM
- 10/31 Mall-O-Ween trick or treating at Hutchinson Mall, 4PM – 6PM



## Events for November

- *Hutchinson High School Sports Calander for November:*  
<https://wconference.org/public/genie/16/school/1489/date/2022-11-01/view/week/>
- 11/5 Hutchinson PattleSport Rentals open every Thursday & Friday (4:00 - 7:00 pm), Saturday & Sunday (2:00 - 8:00 pm)
- 11/10 Fare or All at Oak Hights Church, 3:30PM – 5:30PM
- 11/12 Vendor & Craft Market at Hutchinson Mall, 10AM – 5PM
- 11/12 Open Studio at Hutchinson Center for the Arts, 11AM – 3PM
- 11/26 and 11/27 Hutchinson Toy Show at MeLeod County Fairgrounds, 9AM – 4PM, (\$3 admission fee, free for persons 12 and under)
- 11/26 Small Business Saturday in Hutchinson

## Events for December

- *Hutchinson High School Sports Calander for December:*  
<https://wconference.org/public/genie/16/school/1489/date/2022-12-01/view/week/>
- 12/3 Hutchinson Paddle Sport Rentals open every Thursday & Friday (4:00 - 7:00 pm), Saturday & Sunday (2:00 - 8:00 pm)
- 12/5 Senior Appreciation Day at Hutchinson Pizza Ranch every Monday & Wednesday, 11AM – 4PM
- 12/10 Holiday Farmer’s Market, 11AM – 4PM
- 12/10 Open Studio at Hutchinson Center for the Arts, 11AM – 3PM
- 12/18 Live Music “Lower North” at Crow River Winery, starts 3PM