

# AVEYRON INK

April-June 2023 / Edition #70



## Making a difference, together!

Last year, Aveyron Homes asked the community to participate in a fundraiser for radon testing and mitigation. We received a 33% response rate, with the average gift of \$190 from each donor. In total we reached \$4,797 out of our \$5,000 goal!

### Thank you to our generous supports!

Branded Solutions  
Charles and Barb Melberg  
Citizens Bank and Trust Co.  
Earl and Konnie Brunberg  
Factory Direct Furniture  
G. John & Diana Anderson  
Garey Knudsen  
Mr. & Mrs. Gerald E. Kirsch  
Glencoe Regional Health  
Heintz Floor Covering  
Hutchinson CO-OP  
Hutchinson Lions Club  
Ian McDonald  
LP Supply Co.  
MAD Automotive LLC  
Midwest Industrial Tool Grinding  
Paulus & Gladys Pilgrim  
Peter Kasal  
Ms. Sandra Sturges  
Stearns Foundation  
Stewart Lions  
VFW Post 906

## LATEST NEWS FROM AVEYRON HOMES

On March 28, Aveyron Home's staff Amber Winn and Molley O'Malley attended Association of Residential Resources in Minnesota (ARRM) Day at the Capital to lobby for increased wages. Once again, the staff of Aveyron Homes is **TAKING ACTION** and letting our elected officials know how they can best support healthcare workers!

Soon, the House and Senate leadership will be working on setting their budget targets. We are adding our voice to the call, urging leadership to prioritize the Human Service budget. The care that healthcare professionals provide is essential to the community, therefore it is crucial that wage increases are prioritized for those working in healthcare. We need the support of the governments to alleviate the crises that disability services are facing. It is up to the state to provide the necessary tools, opportunities, and service structure that allows us to continue caring for people with disabilities.

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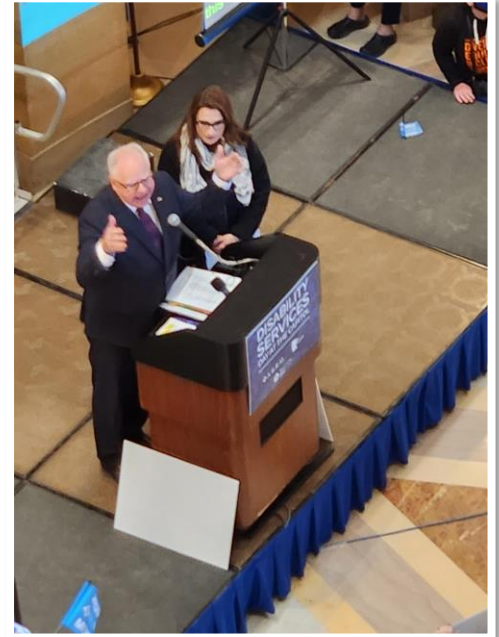
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## STAFFING CRISIS

Aveyron Homes has not been immune to the impact of the staffing crisis that is prevalent in healthcare professions everywhere and we have made the decision to close our Glencoe site. Existing clients and staff have been offered internal options and we hope to retain 100% of our Aveyron family. Help spread the word that we are hiring and contact your legislators to increase funding for human services!

# *THEY SAW US!*

## DISABILITY DAY AT THE CAPITOL



**ON MARCH 28, 2023**, Aveyron Homes staff members, Amber and Molly, joined the Association of Residential Resources in MN (ARRM) in attending Disability Day at the Capitol. ARRM is our lobby group for licensing, legislation, rules, and education. This is the first in-person event since COVID, and it was an amazing turn out!

At the capitol rotunda rally, both the House of Representatives and Senate Health and Human Services committee members spoke. To our great surprise, Governor Walz and Lieutenant Governor Flannigan both spoke at the rally! This is the first time that the Governor has made an appearance at this rally. We are hopeful that this means they heard us and will take action!

*The theme this year was “Invest in US” and “Can you see me.”*

# Estate Planning?

## Consider Aveyron's Endowment Account



The first deposits were made into Aveyron's Endowment recently and we'd like to thank the families of Kathy T. and Mark D., who thoughtfully directed memorial gifts into the account. To date, \$1555 has been added. Each year, the earnings may be spent but principal funds will remain untouched, creating a long-term safety net for Aveyron, our clients and staff members.

At the time you are making your own estate plans, please consider a donation to the endowment, supporting Aveyron's efforts to serve people with disabilities locally. Even a small gift can go a long way and have an impact well into the future!

Contact Aveyron's Executive Director ([kathy@aveyronhomes.com](mailto:kathy@aveyronhomes.com)) if you would like more information on estate planning, or to contribute other gifts to Aveyron's endowment account.

## NURSES NOOK

### ADVICE FROM LINDY SODERBERG



#### SPRING IN TO GOOD HEALTH

Start the spring season out right with a wellness exam! Your primary care physician knows you better than any other provider. They know what your baseline health measures are, and they know how to keep you on the right track.

Having a wellness exam gives you a broad overview of your general health and gives you a chance to speak with your physician about any health concerns you may have.

Taking the time to attend a wellness exam could help prevent an ER visit and can help monitor for any significant health changes.



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*Looking for a way to give back to the community and earn some extra money? Come work with Aveyron Homes!*

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## **You'll love working with us!**

- Enjoy many community outings with the clients.
- All homes are located within McLeod County.
- Hours available include evenings and weekends, perfect as a 2nd job!
- Star Tribune Top Workplace 2022 and 2021.
- Aveyron provides all necessary training locally.
- Competitive Pay and Benefits, *new wage increase for 2023!*
- ***Existing employees can receive referral bonus of \$200 if listed on application!***



**Apply online today at:**

**[www.aveyronhomes.com/careers](http://www.aveyronhomes.com/careers)**



## **AVEYRON HOMES WELCOMES NURSING STUDENTS!**

For the past 3 semesters, Aveyron Homes has invited nursing students from Ridgewater to job shadow with our RN nurse, Lindy. During the semester, students attend weekly meetings to learn about chronic health conditions, client advocacy, medication management, root cause analysis, and more! Students also get to see firsthand what the day-to-day services at Aveyron look like. You'll have the opportunity to tour our homes, meet clients, and may even apply to work with Aveyron Homes!

**If you're an RN nursing student looking for real life experience in the healthcare field, join us at Aveyron Homes!**

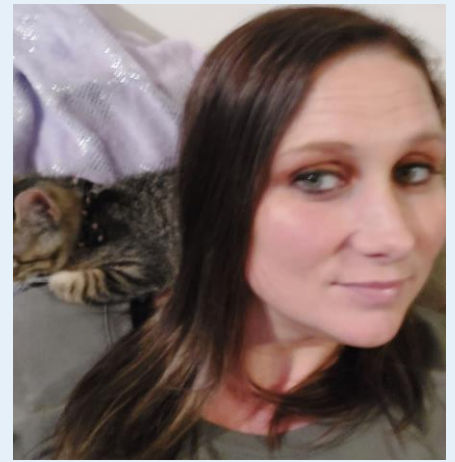


# TEAM AVEYRON

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## OUTSTANDING TEAM PLAYER

Katie Lene goes the extra mile when helping at other sites and inspires our residents to reach their goals! Katie is dependable, picks up shifts at other sites, keeps our residential homes clean and safe, and has individualized relationships with our residents, aiding them in improving their health through specialized diets and exercise. We appreciate all that Katie does for Aveyron Homes and are happy to have her as part of the team!



## LET'S WORK TOGETHER!



Every year, Aveyron Homes attends the *Health and Career Fair* at Ridgewater College and *Careers Day* at Hutch High School. We can hire 16- and 17-year-olds for jobs, with limited responsibilities!

## UPCOMING STAFF ANNIVERSARIES:

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Molly O'Malley  
42 Year Anniversary

Kathy Kalenberg  
31 Year Anniversary

Jon Carrigan  
24 Year Anniversary

Marisol Maney  
10 Year Anniversary

Stephanie Peterson  
6 Year Anniversary

Delaine Zongo  
1 Year Anniversary

## A BIG WELCOME TO NEW AVEYRON STAFF:

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Lea Haack  
Tricia Hedin  
Chloe Wikstrom

# WHAT'S FRESH THIS SEASON?

Make your dinner table GREEN this spring with these fresh picks! April is the best month to pick up **snap peas**, **radishes**, and **young carrots** from your local farmers market or grocery. While you're shopping, keep an eye out for **fresh spring garlic**, **spring onions**, **leeks**, and **fennel**. This is also the peak month for **asparagus**, **artichokes**, and **rhubarb**!

## HEALTH AND WELLNESS

Aveyron Homes prioritizes the health and safety of our staff and clients! This year, we hosted a worker's comp insurance representative to review our safety practices. Although this was not a test, our safety practices "passed" and received many compliments for our efforts.

A safe workplace increases positivity, lowers the risk for injury, and improves the wellbeing of everyone!



### Roasted Carrots

By Simple Recipes



Roasted carrots are an easy and delicious side dish that pairs well with any meal! To make this recipe, you will need:

#### Ingredients

- 1 1/2 pounds young carrots (about 5 inches each), clean and pat dry
- 1 red onion, sliced
- 2 tbsp. of minced garlic
- 1 tbsp. chopped fresh rosemary
- 2 tablespoons olive oil
- Salt and pepper to taste

#### Method

Preheat the oven to 400°F. Line a roasting pan with aluminum foil.

Toss the carrots with sliced red onion, garlic, fresh rosemary, olive oil and salt and pepper. Place ingredients on lined pan.

Roast at 400°F for 30-40 mins until browned and tender.

Roasted carrots are best served right away! If you do have leftovers, refrigerate them in an air-tight container for 3 to 4 days.



# Happy Valentine's Day

From your friends at Aveyron Homes!

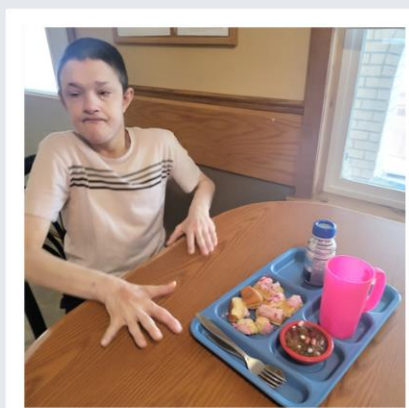


*Kris finished her rocket ship and proudly holds it up for the camera!*

## **Sending warm feelings to friends & family!**

With the help of our creative residents at Aveyron Homes, we were able to decorate the office with lots of Valentine's Day art! We also received photos from those who especially enjoyed getting ready for the holiday!

We are so happy we could celebrate Valentine's Day with our residents. They made the day extra special by sharing with us so much love, joy, and friendship!



Staff made a Valentine's Day snack for Adam!



Rodney finished a page of candy and cupcakes!



## PAULA'S LATCH HOOK RUG

In July of 2022, Paula and her sisters visited a garage sale in Hutchinson, where Paula noticed an unfinished latch hook rug at the sale. The woman having the sale explained that the rug had been a gift from her father. She gave the rug to Paula because of her keen interest in the item.

After many hours spent creating this masterpiece, Paula has finished her beautiful latch hook rug all on her own! Our wonderful residents remind us every day that with effort, patience, and care, you can accomplish amazing things. We are so proud of Paula and congratulate her on the completion of this truly gorgeous craft!

We are so fortunate to live in a community of such kind and generous people - a gift from an anonymous woman made this possible.

## DAY OF FUN AT THE MALL



Jamie and Teresa pick out books at Barnes & Noble.



Becky, Teresa, Jamie, and Teri have a lunch break at A&W.

Staff Maddie, and the residents of Glencoe, spent a day of fun at River Hills Mall, Mankato! The ladies visited Barnes & Noble, JCPenney, Bath & Body, and the Dollar General. Everyone had a chance to get their favorite snacks and products!

The best time was spent in Barnes & Noble looking for books to read, coloring books, and craft books such as the sticker-by-number and diamond dot art kits. The ladies also enjoyed shopping for clothing in JCPenney, buying gifts for family members.



## Upcoming Events in Hutchinson, Lichfield, and Glencoe

### April

- ❖ April Hutchinson High School Events:  
[https://www.usd308.com/o/hhs/events?start\\_date=2023-04-01&end\\_date=2023-04-30](https://www.usd308.com/o/hhs/events?start_date=2023-04-01&end_date=2023-04-30)
- ❖ Thursdays & Fridays 4PM-7PM, Saturday & Sunday 2PM-8PM  
Hutchinson PaddleSport Rentals open for Kayaks and Canoes
- ❖ Every Monday & Wednesday, Hutchinson Pizza Ranch Senior Appreciation Day
- ❖ April 4, Spring City Wide Garage Sales
- ❖ April 4, 9AM-3PM Blood Drive at Ridgewater College
- ❖ April 8, 11AM Last Winter Farmers Market
- ❖ April 8, 11AM-3PM Open Studio at Hutchinson Center for the Arts
- ❖ April 22, Special White Goods, Hard Goods, and Electronics Pick-Up

### May

- ❖ May Hutchinson High School Events:  
[https://www.usd308.com/o/hhs/events?start\\_date=2023-05-01&end\\_date=2023-05-31](https://www.usd308.com/o/hhs/events?start_date=2023-05-01&end_date=2023-05-31)
- ❖ Thursdays & Fridays 4PM-7PM, Saturday & Sunday 2PM-8PM  
Hutchinson PaddleSport Rentals open for Kayaks and Canoes
- ❖ Every Monday & Wednesday, Hutchinson Pizza Ranch Senior Appreciation Day
- ❖ May 13 and every following Saturday, 8AM-12AM Farmers Market
- ❖ May 13, 11AM-3PM Open Studio at Hutchinson Center for the Arts
- ❖ May 14, Valleyfair Opening Day
- ❖ May 17 and every following Wednesday, 2:30PM-5:30PM Farmers Market
- ❖ May 18 – May 20, Christ The King Annual Rummage Sale

### June

- ❖ June Hutchinson High School Events:  
[https://www.usd308.com/o/hhs/events?start\\_date=2023-06-01&end\\_date=2023-06-30](https://www.usd308.com/o/hhs/events?start_date=2023-06-01&end_date=2023-06-30)
- ❖ Thursdays & Fridays 4PM-7PM, Saturday & Sunday 2PM-8PM  
Hutchinson PaddleSport Rentals open for Kayaks and Canoes
- ❖ Every Monday & Wednesday, Hutchinson Pizza Ranch Senior Appreciation Day
- ❖ Every Wednesday 2:30PM-5:30PM & Saturday 8AM-12AM Farmers Market
- ❖ June 10, 11AM-3PM Open Studio at Hutchinson Center for the Arts
- ❖ June 12 – June 18, Hutchinson Jaycee Water Carnival
- ❖ June 17, 8AM – 10AM Habitat Hustle 5K & Kids K hosted by Crow River Habitat for Humanity

## Aveyron Homes, Inc.

Aveyron Homes is a non-profit organization dedicated to providing the highest quality homes and supported living services for people who need up to 24-hour supervision or assistance.

(320) 587-6277 

[Aveyronhomes.com](https://www.aveyronhomes.com) 

We'd appreciate your feedback regarding our services. Rate and review us on Google, today! 