

AVEYRON INK

July-September 2023 / Edition #71



LATEST NEWS FROM AVEYRON HOMES

“Aveyron Homes welcomes people with all sorts of differences!”

For the first time ever, Aveyron Homes has been awarded a major grant from the MN Department of Human Services to create a welcoming environment for employees and clients, regardless of their backgrounds, disability status, religion, sexual orientation/identity, education, or race. This grant will help Aveyron provide training incentives for employees, advertise to attract new employees, and much more!

Our first effort was to update Aveyron’s company logo. After reviewing several options, we will be moving forward with the addition of a “tag line”: ***Every Person Welcome.*** This tagline is representative of our grant to create a welcoming environment for all – clients and staff – and is a philosophy that Aveyron has always held.

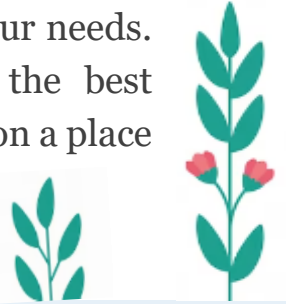


ON JUNE 1, 2023, Aveyron Homes announced a noteworthy upcoming change to staff benefits; the initiation of a health insurance called KAVIRA. This is a new product that allows employees scheduled at least 20 hours/week and their dependents, to receive virtual care for \$5/use. X-rays and some blood work may be completed by a health care worker that comes to you – no more going to the clinic or urgent care for some of the more routine reasons!

This is an exceptional added benefit of working for Aveyron, setting us apart from other organizations!

Welcome

In the past month, Aveyron has welcomed two new clients into our homes. Thank you for choosing Aveyron to provide for your needs. We are committed to providing the best possible service, and making Aveyron a place you can call “home”!



THERAP GRANT

Aveyron has received a Therap grant for our Century site. This grant will provide Aveyron with access to more medical technology such as scales, health monitors, watches, BP monitors, apps and more! This new technology will be used to assist our staff with recording weights and vitals for participating clients.



3D PRINTER

In May 2023, Aveyron was approved for a grant from the Burich Foundation to purchase a 3D printer. The 3D printer will be used to create adaptive devices to assist our clients in their day-to-day lives. There are many items that can be made – like zipper pulls and eating utensil holders. We are very excited for the potential this grant has in providing adaptations to improve our clients lives!

ONGOING STAFFING CRISIS

Healthcare professions everywhere have been impacted by the ongoing staffing crisis. It has challenged Aveyron to reassess our retention strategies, focus on team satisfaction and engagement, and make the very difficult decision to close our Glencoe site.

Aveyron supports our team through these changes and so can YOU! We are recruiting additional talent to join the Aveyron team. Spread the word that we are hiring. Direct interested persons to apply online TODAY on our website:

www.aveyronhomes.com/careers

Estate Planning?

Consider Aveyron's Endowment Account!



When you are making estate plans, please consider a donation to Aveyron's 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!

Each year, the earnings in Aveyron's endowment may be spent but principal funds remain untouched, creating a long-term safety net for Aveyron, our clients and staff members.

Contact Aveyron's Executive Director (kathy@aveyronhomes.com) if you would like more information on estate planning, or to contribute other gifts to Aveyron's endowment account. Aveyron is a 501c3 organization.

NURSES NOOK ADVICE FROM LINDY, RN

STAYING HYDRATED

With the arrival of the summer heat also comes the topic of hydration. Staying hydrated in the summer months is easy to do with a few tips. Our friends at the CDC have compiled this list to help us all stay hydrated.

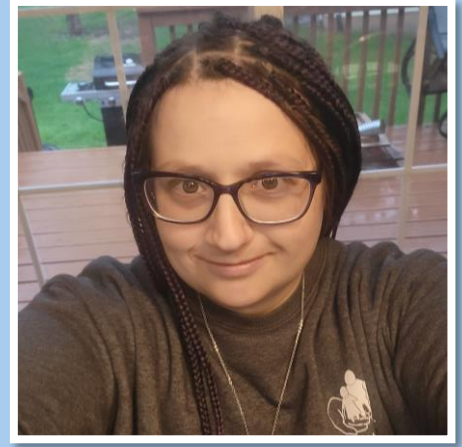
- **Choose water** (tap or unsweetened, bottled, or sparkling) over sugary drinks.
- **Need more flavor?** Add berries or slices of lime, lemon, or cucumber to water.
- **Missing fizzy drinks?** Add a splash of 100% juice to plain sparkling water for a refreshing, low-calorie drink.
- **Need help breaking the habit?** Don't stock up on sugary drinks. Instead, keep a jug or bottles of cold water in the fridge.
- **Water just won't do?** Reach for drinks that contain important nutrients such as low fat or fat free milk; unsweetened, fortified milk alternatives; or 100% fruit or vegetable juice first. (NOTE: Check with your doctor for children up to age 6.)
- **At the coffee shop?** Skip the flavored syrups or whipped cream. Ask for a drink with low fat or fat free milk, an unsweetened milk alternative such as soy or almond, or get back to basics with black coffee.



TEAM AVEYRON

OUTSTANDING TEAM PLAYER

Rena is a dependable worker and helps out at the homes whenever her assistance is needed. Rena participates in activities around the homes and in the community with Aveyron clients, making sure everyone is having a good time. We appreciate all that Rena does for Aveyron Homes and we are happy to have her as part of the team!



YOU'LL LOVE WORKING WITH US!

- Enjoy many community outings with the clients.
- All homes are located in Hutchinson.
- Hours available include evenings and weekends – perfect as a 2nd job!
- Star Tribune Top Workplace 2023, 2022 and 2021.
- Aveyron provides all necessary training on site.
- Competitive Pay and Benefits – *new wage increase for 2023!*
- Employees scheduled 20 hr/week get virtual health care KAVIRA, for employee and dependents. Aveyron pays 100% of premium.
- Dental insurance is available for eligible employees.
- 401k match is available for eligible employees.
- ***Existing employees can receive a referral bonus of \$200 if listed on an application of someone who is hired!***

Apply online TODAY on our website:

www.aveyronhomes.com/careers

UPCOMING STAFF ANNIVERSARIES:

Lindy, RN

4 Year Anniversary | July

April

19 Year Anniversary | August

London

2 Year Anniversary | August

Jennifer

8 Year Anniversary | August

A BIG WELCOME TO NEW AVEYRON STAFF:

Keerstin

Hailey

Bella



ARRM Cares Award

Aveyron is excited to announce that two employees have been nominated for the ARRM Cares Award. Winners will be publicized in September. Our staff members were nominated because of their exceptional dedication to their work and clients. Aveyron is lucky to have employees so driven and ambitious. They inspire us every day!

HEALTH AND WELLNESS

U.V. SAFETY AWARENESS

The month of July is for raising awareness around U.V. safety and protection.

Summer months are when most of us spend the most time outdoors soaking up the sun! However, with direct sunlight there is a higher risk of U.V. exposure. The longer you spend outdoors, the greater the risk of sun damage if you do not use proper protection.

Protect yourself from harmful U.V. rays by using a high S.P.F. (at least 30), wearing hats with wide brims, sunglasses, and breathable clothes that cover a large part of your body.



Strawberry Walnut Salad



Leafy green foods and walnuts are a great source of brain fuel! They are both filled with healthy nutrition that keep the brain happy and healthy.

Ingredients

- 1 tbsp. balsamic vinegar
- 6 cups baby spinach or mixed greens
- 1 cup sliced strawberries
- ½ cup grape tomatoes
- ¼ cup crumbled feta cheese
- ¼ cup toasted chopped walnuts
- Salt and pepper to taste

Method

Prepare ingredients by washing tomatoes and strawberries.

Place ingredients on a plate or bowl. Layer the greens with strawberries, walnuts, tomatoes, and feta cheese.

Add balsamic vinegar or salad dressing of your choice! Best served right away.

TIP: Add cooked chicken or salmon for added protein!

Let it grow!



Photo of Don holding up a tomato plant and smiling in front of a truck bed filled with many green plants.

Tomatoes, peppers, and petunias, oh my!

Thanks to Buffalo Lake Hector Stewart (BLHS) and Future Farmers of America (FFA) Greenhouse for generously donating a healthy collection of plants to our residents. This is a gift clients can enjoy all summer and is a beautiful addition to everyone's lives! Thank you for making a difference!



Photo of Jeff and Sam standing next to an above ground garden built by Aveyron's maintenance.



Photo of Rodney standing beside several plants outside.



Photo of Paula, Candice, Katie Jo, Kris, and Dana enjoying the picnic together.

JUNE 19, 2023, Aveyron Homes came together for a picnic. We celebrated differences in ability, background, culture, beliefs and what makes us all unique individuals. We appreciate our staff and client's differences. With everyone's support, we can create a more welcoming and inclusive community!



Photo of Molly serving food to Caroline.



Photo of people filling their plates at the potluck table.



Photo of Adam and staff, Pablo, holding hands.



Photo of Joey smiling at the camera.

Upcoming Events in the Hutchinson Area

JULY

- ❖ Hutchinson Paddle Sport Rentals for kayaks and canoes:
 - **Every Thursday & Friday | 4PM – 7PM**
 - **Every Saturday & Sunday | 2PM – 8PM**
- ❖ Farmers Market:
 - **Every Wednesday | 2:30PM – 5:30PM**
 - **Every Saturday | 8AM-Noon**
- ❖ **July 5, July 12, July 19, July 26 | 11:30AM – 12PM** Summer Concert at Hutchinson Sanctuary
- ❖ **July 8 | 9AM – 12PM** Open Art Studio at Hutchinson Farmers Market
- ❖ **July 10, July 17, July 24, July 31 | 6:30PM – 8PM** Music in Hutchinson Library Park
- ❖ **July 14 – July 15 | 8AM – 5PM** Rummage Sale at Heart of MN Animal Shelter
- ❖ **July 15 | 4PM** Huskies Baseball vs. Maple Plain
- ❖ **July 20 – July 22 |** Hutchinson CRAZY DAYS
- ❖ **July 22 | 4PM** Huskies Baseball vs. Maple Plain
- ❖ **July 29 | 10AM – 5PM** Minnesota Pottery Festival at Masonic West River Park

AUGUST

- ❖ Hutchinson Paddle Sport Rentals for kayaks and canoes:
 - **Every Thursday & Friday | 4PM – 7PM**
 - **Every Saturday & Sunday | 2PM – 8PM**
- ❖ Farmers Market:
 - **Every Wednesday | 2:30PM – 5:30PM**
 - **Every Saturday | 8AM-Noon**
- ❖ **August 2 | 11:30AM – 12PM** Summer Concert at Hutchinson Sanctuary
- ❖ **August 11 – August 12 | 8AM – 5PM** Rummage Sale at Heart of MN Animal Shelter
- ❖ **August 12 | 9AM – 12PM** Open Art Studio at Hutchinson Farmers Market
- ❖ **August 17 – August 20 |** McLeod County Fair

SEPTEMBER

- ❖ Fall City Wide Garage Sales **Usually the first weekend after Labor Day*
- ❖ Hutchinson Paddle Sport Rentals for kayaks and canoes:
 - **Every Thursday & Friday | 4PM – 7PM**
 - **Every Saturday & Sunday | 2PM – 8PM**
- ❖ Farmers Market:
 - **Every Wednesday | 2:30PM – 5:30PM**
 - **Every Saturday | 8AM-Noon**
- ❖ **September 8 – September 9 | 8AM – 5PM** Rummage Sale at Heart of MN Animal Shelter
- ❖ **September 9 | 11AM – 3PM** Open Art Studio at Hutchinson Center for the Arts
- ❖ **September 9 | 1PM – 7PM** Reigndown Christian Music Festival
- ❖ **September 15 – September 16** Hutchinson Arts & Crafts Festival

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 

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