

AVEYRON INK

October-December 2023 / Edition #72



LATEST NEWS FROM AVEYRON HOMES

DIRECT SUPPORT PROFESSIONAL WEEK

This year, September 10 – September 16 was spent celebrating the hard work of our Direct Support Professionals (DSPs)! Every day of the year, our staff provide essential services to our clients. DSPs meal prep, help clients with brushing teeth, toileting, banking, house cleaning, shopping, crafts, organizing activities, medical appointments, and so much more. DSP Week is an opportunity for all of us to show our support for everything that they do.

THANK YOU FOR YOUR SUPPORT!

For DSP Week, Aveyron Homes gave away grey hooded sweaters and goodie bags to all employees, as well as 30 gift cards to those who responded to our surveys.

Throughout the year we offer our employees prizes like MN State Fair, Valley Fair, and Renaissance Fair passes, gift baskets, cash, and gift cards for gas and goodies. To pay for this, we can't increase our fees to charge more because our rates are legislatively set. Such perks are dependent on our ability to collect donations. THANK YOU to our donors for helping show our DSPs that **what they do matters!**

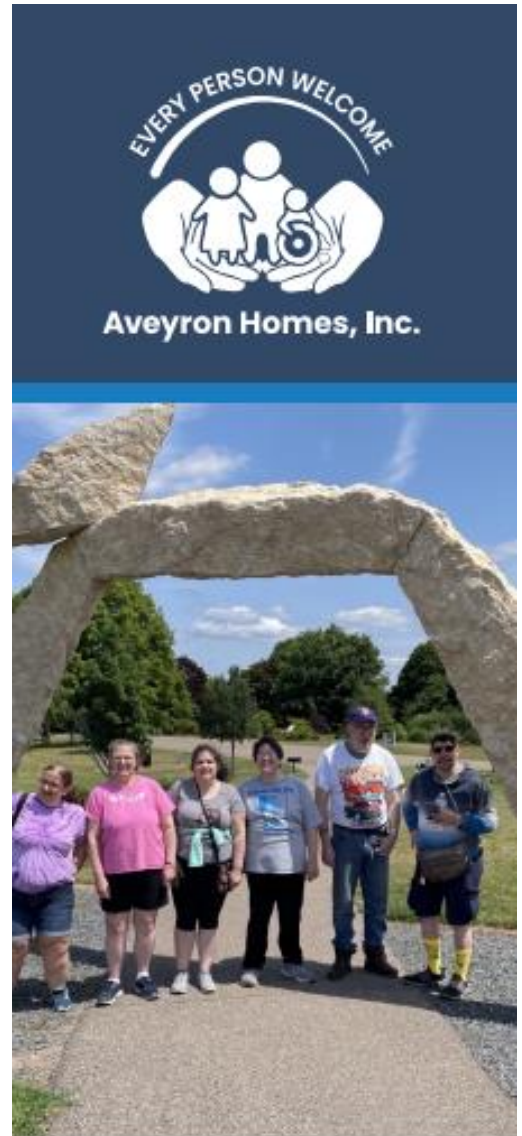


Aveyron Homes is a welcoming environment to all!

This year Aveyron Homes was awarded a major grant from the MN Department of Human Services to create a welcoming environment for employees and clients. Aveyron has always supported the philosophy that every person is welcomed in our company. With this grant, we are able to provide more training and changes within our company that will further support that principle.

During the month of July, Aveyron's logo was updated with the tagline, "Every Person Welcome." In September, our brochure was overhauled with the inclusion of the new logo design and up-to-date information about our services.

Training opportunities will be provided for our staff in November that will help them create a welcoming environment for all persons, both coworkers and the people we serve.



Serving by the Golden Rule
*Treating others as we'd like to
be treated*



Winter Prep for MN Residences & Weatherization Assistance

Winter Prep Checklist

When temperatures drop, it's time to winterize your home for the season. Here is a short list of tasks you can do to ensure your household is ready for winter!

- ✓ Make sure you have adequate winter gear. *i.e.*, snow shovels, ice scrapers, jackets, water resistant gloves, and insulated snow boots with good traction.
- ✓ Keep jumper cables, first aid kit, flashlights, blankets, non-perishable snacks, and bottled water in your vehicles in case of emergencies.
- ✓ Check that your central heating is operational. Turn up the thermostat and open vents to ensure they are working properly.
- ✓ Apply caulk or weatherstripping to seal up any drafts around windows and doors.
- ✓ Check your smoke alarm and carbon monoxide detector.
- ✓ Download the Red Cross Emergency Alerts app. This app provides real-time push notification updates on severe weather conditions and other hazards in your area.

Weatherization Assistance Program

The Weatherization Assistance Program is a nationwide, federally funded program of the U.S. Department of Energy. The program provides free home energy upgrades to income-eligible homeowners and renters to help save energy and ensure your home is safe and comfortable. To see if you qualify for assistance and to apply for the program, visit the U.S. Department of Energy and Utilities at <https://mn.gov/commerce/energy/consumer-assistance/wap/>



Aveyron is pleased to announce that we've hired a Health Care Coordinator, Stephanie Whalen. She comes to us with much experience as a Personal Care Attendant (PCA) supervisor and with years of case management experience in home care. Stephanie enjoys spending time with family, watching the Vikings, and traveling. Her most recent trip was to Florida in February 2023.

Please help us welcome Stephanie to Aveyron Homes. She is excited to get to know everyone and willing to answer any health-related questions! ***Welcome to Team Aveyron, Stephanie!***

NURSES NOOK **ADVICE FROM STEPHANIE, RN**

STAYING HEALTHY THIS FALL

With the arrival of the flu and cold season, staying healthy is important. Our friends at the CDC have compiled this list to help us all stay health this Fall.

- To help protect you from the seasonal flu, schedule an appointment early this fall to get your flu vaccine before flu season begins.
- Avoid close contact with people who are sick.
- If you are sick, limit contact with others as much as possible to keep from infecting them.
- Cover coughs and sneezes. Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose, and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with viruses that cause flu.
- For flu, CDC recommends that people stay home for at least 24 hours after their fever is gone except to get medical care or other necessities. Fever should be gone without the need to use fever-reducing medicine.



TEAM AVEYRON

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:

Amber

17 Year Anniversary | October

Linette

11 Year Anniversary | October

Nikki

4 Year Anniversary | November

Natalie

4 Year Anniversary | December

Chrystal

21 Year Anniversary | December

A BIG WELCOME TO NEW AVEYRON STAFF:

Aaliyah

Darla

Emmanuel

Lynette

Maria

Nancy

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.

HEALTH AND WELLNESS

BENEFITS OF NATURE WALKS

Walking in nature is not only refreshing, but it can boost your mental and physical health. Spending 30 minutes outdoors getting fresh air and moving your body can reduce anxiety, depression, blood pressure, and improve your overall mood. Take a walk through one of Hutchinson's many parks or trails this season and enjoy the beautiful autumn colors!



Chicken Noodle Soup



Cooler months make this the perfect time to enjoy a bowl of warm soup! Try out this home-made chicken noodle soup recipe for a hearty fall meal.

Ingredients

- 1 tablespoon olive oil
- 3 cups cooked, shredded chicken
- 5 peeled, sliced large carrots
- 5 thinly sliced ribs of celery
- 5 minced garlic cloves
- 1 diced small onion
- 12 cups chicken broth
- 2 cups dry pasta of choice
- Salt and pepper to taste

Method

Heat olive oil in a large saucepan on medium heat. Add onion, carrots, celery, and garlic. Cook for 5-6 minutes, until vegetables are tender, and onion is translucent.

Add chicken broth and turn stove up to high, bringing broth to a boil.

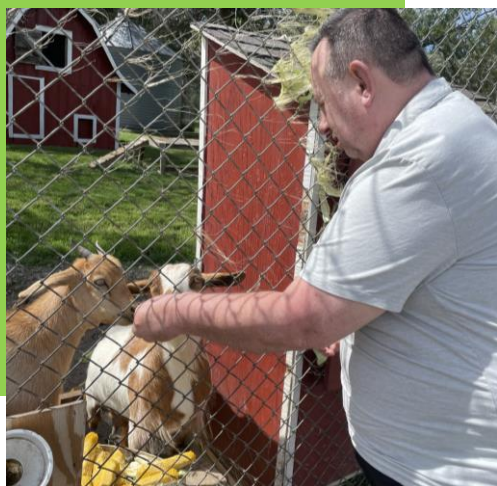
Turn stove down to medium low and add shredded chicken. Simmer for 15 minutes. Add pasta and simmer for additional 10-12 minutes, until pasta is tender, and chicken is warmed through.

From hoof to heart!

In late summer, Aveyron Homes clients and staff have been visiting a unique goat farm in Glencoe, MN.

“Goat Shine” is a family run business that specializes in goat therapy, goat yoga, and “snuggle sessions” ...with baby goats! The farm is home to a small herd of Nigerian Dwarf goats, who are known to be very friendly and playful. We love seeing the big smiles these adorable animals brought to everybody’s faces!

Pictured right: Becky, Jamie, staff Emmy, Teri, staff Paula, and Teresa visiting “Goat Shine” in Glencoe, MN.



Photos of Rodney, Trina, and Samara feeding the goats.

AUGUST 2023, Aveyron Homes staff Nikki and Rena brought our clients on a trip to the Como Park Zoo & Conservatory in Minneapolis, MN. We appreciate our awesome staff for working together to make this trip possible. It was a fun day for everyone!

Jamie, Anya, Elena, and Becky with a bronze seal statue.



Jeff on a bronze turtle statue.



Darrin comparing the length of his arms with a gorilla cut-out image.



Sam next to the bronze turtle.



Becky and Jamie in front of the seal enclosure.



Making Memories Together

We love seeing photos of our clients out enjoying all that life has to offer. Thanks to our amazing staff for making these trips possible!

Pictured above: Genessa and Caroline went to tour the Largest Candy Store in Jordan, MN.

Pictured to the right: Sam, Kerry, and Jeff attend the Winthrop drive car show and check out some of the cool cars.

Walley and Tristen went to Stahl's Lake for a fishing trip. Wally caught a small crappie and threw it back, while Tristen enjoyed watching the fish swim around the dock.

Isabelle put on her best "Barbie outfit" to watch 2023's hit summer movie, *Barbie*!



OCTOBER

- ❖ Hutchinson Area Storm Special Olympics bowling, \$6/week covers 2 games and shoe rental. Sign up at <https://specialolympicsminnesota.org/get-involved/athletes/>
 - **Every Sunday | 4PM – 5:30PM**
- ❖ Farmers Market:
 - **Every Wednesday | 2:30PM – 5:30PM**
 - **Every Saturday | 8AM-Noon**
- ❖ **Every Tuesday, all day** - \$6 Movies at the Odyssey Century 9 Theatre
- ❖ **Oct 14 | 11AM – 3PM** Open Studio - Hutchinson Center for the Arts
- ❖ **Oct 14 | 9AM – 10:30AM** Cups and Conversation - Our Savior's Lutheran Church
- ❖ **Oct 25 | HAY** Trick or Treat for the Food Shelf - Hutchinson Area
- ❖ **Oct 27 - 28 | 8AM – 5PM** Rummage Sale - Heart of Minnesota Animal Shelter
- ❖ **Oct 31 | Halloween**
 - **1PM – 5PM** Costume contest, free cider and snacks, and balloon animals - Farm Bureau Financial Services 19 Main St N Hutchinson

NOVEMBER


- ❖ Hutchinson Area Storm Special Olympics bowling, \$6/week covers 2 games and shoe rental. Sign up at <https://specialolympicsminnesota.org/get-involved/athletes/>
 - **Every Sunday | 4PM – 5:30PM**
- ❖ ReMax Annual Gift Drop Off: *Help spread Holiday Joy to children in need in our community by dropping off unwrapped gifts/donations. Teens: body wash, shampoo, deodorant, gift cards for gas and/or target. Toys for younger children.*
 - **Starting Nov 6 | 10AM – 3PM** ReMax Results 255 Hwy 7 East
- ❖ **Every Tuesday, all day** - \$6 Movies at the Odyssey Century 9 Theatre
- ❖ **Nov 4 | 9AM – 3PM** Annual Holiday Craft Show - McLeod County Fairgrounds in the commercial building
- ❖ **Nov 5 | Daylight Savings**
- ❖ **Nov 7 | Election Day**
- ❖ **Nov 11 | 11AM – 3PM** Open Studio - Hutchinson Center for the Arts
- ❖ **Nov 23 | Thanksgiving**
- ❖ **Nov 24 - 25 | 9AM – 4PM** Christmas Village - McLeod County Fairgrounds **Vendors, crafts, activities, and Santa*
- ❖ **Nov 25 | Small Business Saturday** – Sales and stores all over Hutchinson
- ❖ **Nov 30 | 5PM – 7PM** Rockin' Around the Christmas Tree Family Fun Event - Library Square Downtown Hutchinson **Free beverages and snacks, Santa & Mrs. Claus, Story Walk, and tree decorating contest*

DECEMBER

- ❖ ReMax Annual Gift Drop Off:
 - **Ending Dec 8 | 10AM – 3PM** ReMax Results 255 Hwy 7 East
- ❖ **Every Tuesday, all day** - \$6 Movies at the Odyssey Century 9 Theatre
- ❖ **Dec 2 | 9AM – 2PM** Christmas Trees and Traditions Event - Christ the King Lutheran church
- ❖ **Dec 2 | 10AM – 5PM** Winter Craft Boutique Sale - Hutchinson Center for the Arts
- ❖ **Dec 9 | 11AM – 4PM** Holiday Farmers' Market - The Depot Marketplace
- ❖ **Dec 9 | 1PM – 4PM** Main Street Christmas - The Depot Marketplace
- ❖ **Dec 25 | Christmas**

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! 