

Shoptalk

March 2011

Open House honors Connie Whitley

Connie Whitley, the 2011 Artist of the Year, was honored at an open house on February 24 at the Suzie Cappa Center. She will also be honored at Suzie's Royal Tea on May 1, the annual fund raiser which benefits the art center. For information on the tea, contact Brian Munsell at extension 207.



Brad Winter poses with Artist of the Year Connie Whitley during the open house held in her honor on February 24.

Ribbon cutting at Allen Avenue



Thank you to the residents of Jake's Place and Helena's Home for hosting an open house at their new buildings on February 14. Chamber of Commerce representatives were on hand for a ribbon cutting ceremony.



Power of B winners advocate in Pierre

Gene Mason, Jacki Schoenrock, Sandi Dolly, Deanette Frein, Dave Jennings, Michelle Aman and Darrell Slone traveled to Pierre on February 14 to support 17 people with disabilities to testify about how proposed budget cuts may affect services and supports. Michelle Aman says that each of them worked as a team to coordinate and support individuals to have a good experience. "They demonstrated respect for each person and supported individuals to have a positive learning experience regarding our legislative process and in traveling together with a group. They demonstrated excellent teamwork skills and provided top-notch services to individuals demonstrating our organizational mission and vision."

While Michelle nominated the group, we added her to the list of winners because she also attended and spent one nearly sleepless night assisting one of the individuals. Thanks to all of you for demonstrating the Power of B.

Look for Power of B nomination forms elsewhere in Shoptalk or on Lotus Notes. To locate, click on Agency Main; click on Staff (left-hand green buttons); then click on Staff Forms. Choose your location, choose B Recognition Award, launch the document and print. Send your nominations to Dorothy Rosby at RSC. Winners receive \$50 and their story will appear in Shoptalk.

*Published monthly for employees of BH Services, Inc.
and Black Hills Workshop & Training Center.*

Our heroes . . .



Front to back, David Tanner, Chuck Conlee, Mike Turner, and Joe Burmeister took the plunge for Special Olympics at the Polar Plunge Saturday, February 26. Mike Studer, who is not pictured, also participated. The event, which took place at Parkview Pool, raised \$37,000.

Cold drink . . . hot chili



Heroes and Hardrockers held a chili cook-off before the Polar Plunge and raised \$105.47 for future events. Winners were as follows:

- 1st Place-Willie Wonka & The Chili Factory-LaCrosse** (Pictured above are **John Tanner, Carla Streeter, David Tanner, Phil Streeter.**)
- 2nd Place-Red Hot Chili Peppers-CSS**
- 3rd Place-Awesome-School of Mines**
- Honorable Mention-The Blazing Beans-Fir**
- Best Theme-Hampton Harbanaros**

Thank you to the following people who made this years cook-off a success: **Pat McDowell, Sandi Dolly, Shae Stinson, Rhonda Rail, Sharla Woodhead, Stacey Sherwood, Robin Murner, Bill Clucas.**

Judges were **Marty and Holly-KICK 104, Jim Peterson-KEVN, Helene Duhamel-KOTA, Bob Riggio-KNBN.**

Be on the lookout for money saving ideas



This month's tip: Keep tires inflated. Check pressure monthly. If tires are under inflated by 5 pounds, your gas mileage will be reduced 10%. One in 4 cars has at least one tire that is under inflated by 8 pounds or more. Low tire pressure is also a major cause of accidents.

Remember, your cost saving tips can be submitted through the monthly e-mail sent to all staff or by going to:

- Agency main
- Agency
- Create cost savings suggestion

Volunteer program news

Going fishing

Joe Burmeister and Mike Kaiser spoke a few weeks ago with the management team at Cabela's. They are in the process of setting up some fishing trips in the spring and summer for anyone interested. We will have more news and updates as they come, but now that we are aware of how many of you want to participate in this activity, we are doing everything we can to make it a reality.

Volunteer becomes employee

We would like to congratulate **James Swayze** on his new job with the Workshop. James was a volunteer with Black Hills Workshop for several months in the fall, and he did excellent work. We are confident he will do well as an associate instructor at Sitka.

Valentine's Day Dance

And lastly: the Valentine's Day Dance was a blast! Thank you to everyone who came or provided transportation to a person supported. Special thanks to **Vinny** from Yo Vinny! Karaoke for providing the music; **Mike Turner, Mark Samuelson, Tina Boshee, and Russell Reynolds**, four people supported who helped with set up and tear down and served refreshments; and to **Lisa Chiba and Kirsten Tornes**, two volunteers who decorated the gym and hung out to dance with folks. The gym looked beautiful thanks to you!

Check out TSA account on line

If you have been a participant in the TSA since January 1, 2011 and have had a payroll deduction for the TSA, you should be able to view your account on-line at Fringe Benefit Design – www.fbdmn.com. Choose Log-in: 401(k) Plans & 403(b) Plans

To log into your account for the first time please enter your Social Security Number (without dashes) as your User ID and use the last four digits of your Social Security Number as your password.

Follow Instructions on how to change password and login id.

You will need to use this site for any changes to your plan.

If you have any questions, please e-mail Marie Greenfield-Sahli, Payroll Manager.

Congratulations

Congratulations **Laura Gibson** on the birth of granddaughter **Leah Ava**.



Welcome new employees

James Swayze	Sitka
Jessica Garro	Minnesota
Christ Lovato	Commissary
Collin Beecher	Community Transitions
Nicolette Theriault	Quincy
Ashley Hespe	Quincy
Brooke Rhoads	Quincy

**6th Annual
Black Hills Brain Injury Conference
May 5 & 6
Ramkota
Rapid City, SD
Keynote address by Lee Woodruff**

See brainrehab.org for information

Congratulations Hunter Plumman



Congratulations Hunter Plumman who, with the help of a PASS account was able to save up money to purchase a used car. This is his first car EVER. He was also able to complete the driving test. He had already passed the written test, but needed a car to do the driving test and get his driver's license.

People 1st Meetings

You have a choice

Friday, March 11 at the BHWS Industries
1:30 p.m.- 2:30 p.m.

Friday, March 18 at the BHWS in the Art Gallery
At 1 p.m. to 2 p.m.

Or

Saturday, March 19 at the Public Library
At 11 a.m.-12 noon

You only need to attend one meeting

Happy St. Patrick's Day



John Shoemaker



Zumba with KERRY!

Sponsored by
The BHWS Health, Sport & Fitness Center
Mondays, 4:30- 5:30
and
Wednesdays, 4:30-5:30 in the Gym
\$3 per session!

And during March, there will be a Saturday
Zumba class from 8 a.m.-9 a.m. in BHWS gym.

Punch cards can be purchased for \$27 and
can be used at all classes. Zumba is open to staff,
people we support, friends, and family.

For more info,
contact Colleen Fines

Pancake Benefit held February 27



Eugene Leroy and Jackie Wald work with Lions Club members
at the annual Pancake Benefit. Thanks to all who attended.
Money raised at this year's event will be used to build a picnic
area behind BHWS.

Lunch Menu for March

Wk.1 Mon. 02/28	Por	gram	Tue. 03/01	Por	gram	Weds. 03/02	Por	gram	Thurs. 03/03	Por	gram	Fri.03/04	Por	gram
*Steamburger	1/3c	6	Chicken tenders	3		*Beef Stew	1c	16	*Chinese Chicken			*Vegetarian Chili	1/3c	14
*Bun	1	30	*BBQ beans	2/3c	36	*Fruit Salad	1/2c	22	*w/Stirfry Vgs.	3/4c	11	*Baked Potato	1/2	15
*Coleslaw	1/4c	5	Caulif/Broc.	1/3c		*Bread slice	2	30	*Brown rice	1/2c	23	Cheese/FF S.Crm	2T/1pk	
*Fresh Apple	1	15	*Cinn.Apple.	1/3c	15	*Milk	1	12	*Jello Fruit Salad	1/2c	22	*Corn	1/3c	15
*French Fries	3oz.	22	*Bread slice	1	15				*Bread slice	1	15	*Orange/Bread	1ea.	15/15
*Milk	1	12	*Milk	1	12				*Milk	1	12	*Milk	1	12
Wk.2 Mon 03/07	Por	gram	Tues.03/08	Por	gram	Weds. 03/09	Por	gram	Thurs. 03/10	Por	gram	Fri. 03/11	Por	gram
Baked Chicken	1 pc		*Spaghetti	1c	34	*Ham Sandwich	2oz/2	30	*Chick Noodle Soup	1c	12	Baked Pollock	1	
*Rice/Veg. Cas.	2/3c	19	*Toss Veg. Salad	1c	10	*Macaroni Salad	1/2c	15	*Crackers	4 ea.	10	*Potato Wedges	4	22
*Norm. Vgs.	1/3c	5	*Garlic Bread	1c	15	*Green beans	1/2c	5	*PB&J Sandwich	1	35	*Carrots	1/3c	10
*Fresh fruit	1	15	*Baked Apples	1/2c	17	*Fresh fruit	1	15	*Peaches	1/2c	15	*Coleslaw	1/3c.	7
*Bread slice	1	15	*Milk	1	12	*Milk	1	12	*Juice	1/2c	15	*Bread slice	1	15
*Milk	1	12							*Milk	1	12	*Milk	1	12
Wk.3 Mon. 03/14	Por	gram	Tues. 03/15	Por	gram	Weds. 03/16	Por	gram	Thurs. 03/17	Por	gram	Fri. 03/18	Por	gram
*Hot Hamb Sand.	2	30	*Chicken Salad	1/2c	7	Baked Turkey	2oz.		*Tatertot Hotdish	1c.	30	Taco Salad	1/3c	
*Mashed Potatoes	1/3c	15	*Sandwich	2	30	*Fresh Swt. Potato	1/2c	20	Green beans	1/2c	6	*Tortilla Chips	1/2c	32
Gravy	1/3c	15	*Beef Veg. Soup	1c.	12	Broccoli	1/3c	10	*Diced Pears	1/2c	15	Lettuce/*Fruit	1c/1/3c	15
*Pickled beets	1/2c	18	*Crackers	4ea.	10	*Jello Fruit Salad	1/3c	15	*Bread slice	1	15	Cheese/FF S. Crm.	2T/1pk	
*Fresh Orange	1	15	*Diced Peaches	1/2c.	17	*Bread stuffing	1/2c	22	*Milk	1	12	Salsa/*Corn	1oz/1/3c	15
*Milk	1	12	*Milk	1	12	*Milk	1	12				*Milk	1	12
Wk.4 Mon. 03/21	Por	gram	Tues. 03/22	Por	gram	Weds. 03/23	Por	gram	Thurs. 03/24	Por	gram	Fri. 03/25	Por	gram
*Chicken Hotdish	1c.	21	*Beef Tamale Pie	1pc	23	*Beef Stroganoff	4oz.	3	*Goulash	3/4c	26	*Breakfast Bake	1pc	11
*Diced Beets	1/2c	8	Shredded lettuce	1/3c		*Brown Rice	1/3c	23	*Tossed Veg Salad	1c.	10	Ham Slice	2oz.	
*Fruit	1/2c	18	Broccoli	1/2c		*Corn	1/3c	15	*Pineapple tidbits	1/3c	17	*Blueberry Muffin	1	25
*Bread slice	1	15	*Diced Peaches	1/2c	17	*Waldorf Fruit Salad	2/3c	9	Cauliflower	1/3c	5	*Mandarin Oranges	1/2c	15
*Milk	1	12	*Milk	1	12	*Bread	1	15	*Bread slice	1	15	*Juice	1/2c	15
						*Milk	1	12	*Milk	1	12	*Milk	1	12
Wk.5 Mon. 03/28	Por	gram	Tue. 03/29	Por	gram	Weds. 03/30	Por	gram	Thurs. 03/31	Por	gram			
*ChiliConCarne	1/2c	16	*Scalloped Potatoes	2/3c	23	Hot Hamburger	1		*Thick Veg.Soup	1c.	29	*Ketchup	1T.	4
*Crackers	4ea.	10	w/Ham			*Sandwich	2	30	*Crackers			*Ranch dressing	2T.	2
Shredded Cheese	2T		*Peas	1/3c	10	*Mashed Potatoes	1/3c	15	*Ham Sandwich	2oz/2	30	Serving Info: 1/3c.= #12 SCOOP 1/2c.= #8 SCOOP 2/3c.= #6 SCOOP		
*Broccoli Salad	1/2c	31	*Jello Fruit Salad	1/3c	15	Gravy	1oz		*Diced Pears	1/3c	15			
*Fresh Apple	1	15	*Bread Slice	1	15	*Carrots	1/3c	10	*Milk	1	12			
*Bread Slice	1	15	*Milk	1	12	*Fruit Mix	1/3c	15						
*Milk	1	12				*Milk	1	12						

Calendar

Suzie's Royal Tea-May 1

Black Hills Brain Injury Conference-May 5 & 6

Set your clock ahead

Daylight Savings Time starts March 13



OT Outlook

By Pam Ekberg

EADLs - ELECTRONIC AIDS TO DAILY LIVING

Electronic aids to daily living, formerly called environmental controls and adaptive equipment are alternative ways to control a variety of home devices such as the TV, VCR, lights, telephones, doors, etc. They can vary from simple adaptations like large button telephones to very sophisticated voice-activated systems that can automate nearly an entire home. Many individuals within the BHW are already using these devices to assist them in daily activities.

The EADLs serve a variety of purposes depending on the individual's need. Limitations of mobility, dexterity, hearing, vision, cognition, and security concerns can be addressed through EADLs. Following are examples of EADLs and their uses.

AUDIO VISUAL EQUIPMENT. For individuals who have difficulty moving about in their home, a remote control that operates not only the TV but also the DVD or stereo equipment can be helpful. A "universal remote control" can sometimes be programmed to "learn" the codes for multiple appliances eliminating the need for many separate remotes. For individuals with small motor limitations, a remote control with large, easily identifiable buttons can be obtained. Some models have backlit buttons for better visibility. Remotes with extra large buttons are also available that can be programmed to operate only the basic functions of on/off, channel and sound for individuals with cognitive limitations

LIGHTS AND APPLIANCES. To control other electronic devices within the home such as lights and appliances, X-10 technology allows a single device to be plugged into a single receiver. A remote control can access different devices by sending a specific signal to a specific receiver. Touch activated lamps, foot switches, or lap switches may also be helpful for those mobility or dexterity limitations. Motion sensors can also be used to turn lights on and or when a person enters or leaves a room.

COMMUNICATIONS. Cordless or cellular telephones can be used and kept close to the individual with mobility limitations. Headsets or speaker telephones are also available if holding the telephone is a problem. Telephones with programmable memory

dialing and pictures rather than names can allow individuals with cognitive limitations to make calls. Intercoms can allow conversation between different areas of the home to alert others that help is needed. For individuals with sensory loss, amplifiers are available for both the receiver and the ringer and flashers can alert an individual that the phone is ringing.

MOBILITY AIDS. Many home activities can be accessed while seated, while other individuals only need assistance to be mobile within their homes. Some of these options include canes, walkers, wheelchairs, or power mobility. There are also mechanical seat lifts for the recliner, bathroom, and supports to assist in getting out of bed. Physical Therapists typically assess and provide these devices.

DOOR. Secure automatic door openers with remote access, keyless entry systems, or simply changing the doorknob to a lever can improve access to and within one's home. For individuals with sensory limitations, a flashing light or a vibrating-type pager can be used to alert an individual to a knock on the door.

SECURITY CONCERNS. Security systems can allow the individual to see who is at the door before opening it. Outside motion sensors can also provide increased peace of mind for the individual or family members.

MEDICAL ALERT. There are several types of medical alert systems to notify either family, caregivers, or medical assistance when needed. Some systems require a contract to contact a person in an emergency; others can be programmed to call support staff or family members. A pendant with a push button to speak to a medical alert service, to call directly to 911 or to enable the individual to communicate with someone to obtain assistance can be used. Some companies offer monitoring by calling the individual at a specified time.

Many of these EADLs can be obtained locally through electronic stores such as Radio Shack, telephone stores, or medical supply stores. Others are available from specialty catalogs or home health catalogs. OT has a variety of catalogs where EADLs are available.

I visited Jake's Place and Helena's Home for the grand opening and was very pleased to see many devices were built into these new homes.

Happy birthday

Lynnette Braun	1
Jimi Obretenov	1
Dawn Fairbanks	2
James Swayze	2
Timothy Bedore	3
Amanda Anker	3
Donna Tatum	4
Cynthia Carner	5
Catie Haich	5
Lorrie Bowar	6
Heather Rahder	6
Candice Phillips	7
Chenoa Jeannotte	7
Bailey-Meier, Don	8
Carla Oerter	9
Cameron Parette	9
Ashley Tinsley	10
Debra Gipson	11
Darra Woodward	11
Erna Grinnell	11
Amy Jobgen	13
Michelle Klick	13
Taylor Nicolaisen	15
Debra Stone	15
John White	16
Doreen Schulze	16
Carie Diro	17
Jennifer Garro	18
Gina Emerson	18
Chris Wager	19
Daniel Woods	19
Lori Clanton	19
Heather Arnold	20
Jeremy Kester	21
Zackery Schellin	21
Carla Streeter	23
Ravonna Schryvers	23
Rick Van Eyck III	25
Riley Osborne-Hudson	25
Jessica Frison	25
Jennifer Cummings	26
Billy Clucas	28
Beth Dubay	28
Jacquelyn Osnes	28
Sara Giles	30

April Birthdays

Amie Bach	2
Jacquelyn Evenson	2

Employment anniversaries

Justine Ashokar	7 years
JoAnne Schriver	20 years
Martha Cook	13 years
Mary Corneliuson	27 years
Judy Condon	13 years
Sheila Huether	16 years
Barb Larsen	27 years
Tammie Quinn	25 years
Sandy Runde-Wilhelm	9 years
B.J. Strand	7 years
Bob Truman	26 years
Chris Wager	15 years
Crystal Young	7 years
Loyd Gale	2 years
Jennifer Harp	5 years
William Stevens	3 years
Nicole Kaiser	3 years
Eileen Urich	3 years
Tina Commack-Ball	3 years
Alpheia Vopat	3 years
Christine Wooten	2 years
Mary Wheeler	2 years
Joseph Sabrowski	2 years
Jennifer Garcia	1 year
Patricia Naugle	1 year
Stephanie Reoh	1 year
Matty Christensen	1 year
Kathy Porubensky	1 year
Brian Anderson	1 year
Tara Gary	1 year



“B” Recognition Award



Name of the staff person you'd like to recognize: _____

Title of the person you are recognizing: _____

Department of area they work in: _____

What you'd like to recognize them for: Check the "B" that applies with the example of the "B" they demonstrated. Please be specific.

- For Being Respectful of Others
- For Being Accountable
- For Being Your Best (Their Best)
- For Being Supportive

Your name and title: _____

Your department or area: _____

Please send this form to Dorothy Rosby at RSC. Your nominee could be selected to receive the \$50 prize and be featured in *Shoptalk*. Feel free to make copies of this form for additional people you'd like to recognize.

2011
WORK RELATED ACCIDENTS
Requiring medical attention



**Invest in
tomorrow.
Practice
safety
today!**

		February accidents requiring medical attention	February work accidents resulting in lost time	Total thru Feb 2011 medical attention claims	Total 2010 medical attention claims
BHWS Admin					
Mfg/Production/Elderly cc:17					1
Kitchen					
Sensory/Lettershop/Suzie Cappa					1
Hospital Contract					1
BHWI Admin					
Production					
Community Transitions					
Community Homes				1	2
Concourse Enterprise Admin					
DLT					
Production					
Edwards A					
Edwards C					1
Edwards D					
Enclave		1		1	
Fir					3
Hampton					3
Indiana					1
Johns					
Lacrosse					
Maintenance					
Mechanics					1
Minnesota				1	3
Parkview					
Quincy					3
Resource & Support (Service Coord/Nursing/CSS)					4
RSC					
Sitka					2
St Cloud				1	
Wisconsin					5
BH Services Admin					
Bandit Inn					2
Commissary				2	2
Custodial/Janitorial				2	7
Drivers (EAFB & OPC)					
Offutt Commissary				1	6
Offutt Food Service					1
Supply Store					
Switchboard					
Totals		1	0	9	49