

# TRANSITIONS

*Black Hills Workshop & Training Center*

P.O. Box 2104, Rapid City, SD 57709

## Stagecoach Gala!

**Anthony Capra, Brian Essex, Keven Moulton, and Luke Utecht** were honored with Outstanding Achievement Awards at our annual Recognition Gala November 7. Around 725 people attended the Gala which was sponsored by Wells Fargo.

**Evelyne Villines**, a leading national spokesperson for people with disabilities, received our Outstanding Advocate Award. Based in Des Moines, she travels extensively promoting programs to enhance the quality of life and job opportunities for them. Her work has benefitted not only people served by Black Hills Workshop and BH Services, but people across the country.

Psychiatrist **Dr. Richard Renka** was honored with our Health Professional of the Year Award. Dr. Renka has worked with people served by Black Hills Workshop since 1985. Nurse Doree Alexander says, "He is a great teacher. He teaches medical students; he teaches nursing students; he teaches our staff; he teaches the individuals; and he teaches their families."

### Outstanding Achievement Awards

As a child, **Anthony Capra** was attracted to color, and he began drawing at a young age. Since 2004, he has studied with artist Janet Sohl. Earlier this year, his art was featured at the Apex Gallery at the School of Mines and Technology. Much of his work is inspired by experiences from his family's ranch in Montana. When Central States Fair Parade Marshal Lyndell Petersen led the fair's parade in August, he invited Anthony to ride along. Mr. Petersen chose Anthony because Anthony had done a painting which the Central States Fair board gave Petersen last spring.

**Brian Essex** is our first winner from our food service contract at Offutt Air Force Base where he has worked as a cashier for 13 years. He also works

part-time cashiering at Metropolitan Community College in Omaha. As an employee, Brian is able to take classes free of charge and is now taking culinary arts classes two evenings per week. His goal is to become a chef. Brian's mother, Barbara Essex says, "He just amazes me. You don't ever let anything hold you back. A disability can never hold you back. Get out there and do what you want to do and go where you want to go and be what you want to be. He's really taught me that."

In April, **Keven Moulton** graduated from Partners in Policy Making, a six-month training program which teaches participants leadership skills so they can advocate for themselves and others. He currently serves as president of the local chapter of People First, a group which focuses on teaching people with disabilities to speak for themselves. In that capacity, he is assisting the Workshop to update our strategic plan to be more driven by the people we support. "Keven is right now visiting with the 600 plus folks that we support and doing training

on how to have their voices heard so they can tell us exactly what they need," says Chief Executive Officer Brad Saathoff. Keven works at Black Hills Workshop's administration building doing scanning, shredding, and filing.

**Luke Utecht** works on the BH Services food service contract at Ellsworth Air Force Base where he has performed a variety of tasks since 1998. This past year he volunteered to work in our booth at the Chamber's annual Health & Human Service Fair. And along with others from the Workshop, he volunteered to assist with building projects at Meeting the Need camp and the Vicki Powers Memorial Park. His service coordinator Suzette Coy says, "Luke has really expanded in what he wants to do for himself, but also for other people. He has realized that giving back to the community is something he can do and he has really taken that on."

Congratulations to our winners! And thank you to our sponsor, **Wells Fargo Bank**, as well as our committee.



*Anthony Capra, Brian Essex, Luke Utecht, and Keven Moulton*

# Offutt in the running for ACC award

Offutt Air Force Base's two military dining facilities--the Ronald L. King Dining Facility and the Campisi Alert Dining Facility--have been selected to compete against Nellis Air Force Base in Nevada for the Best in Air Combat Command (ACC) Food Excellence Award. Thirty-two people served by BH Services and 10 staff are employed at Offutt Dining Facilities.

The winner in the ACC contest moves on to Air Force-level competition for the Hennessy Award which was established in 1956 to determine the best in the Air Force Food Service Program. It is the highest honor in the program and is based on all aspects of food service operations. Evaluators were at Offutt November 1-3 inspecting the facilities. BH Services has operated the food service contract at Offutt since 1996.

# BHW wins third highest YMCA Participation Award

Black Hills Workshop won the Highest Participation Award for the third year in a row at this year's YMCA Corporate Cup. We also won the Outstanding Sportsmanship award and were runners-up for the overall Corporate Cup behind Rapid City Regional Hospital. Black Hills Workshop's participation was coordinated by Joe Burmeister, director of our Health, Fitness, and Sports Center.

# October 30 Doree Alexander Day

Governor Rounds declared Friday, October 30 Doree Alexander Day to honor Doree as she retired from a 44-year nursing career. Twenty-three of those years were spent with the Workshop. An open house was held on October 30 in our training room and many medical professionals, employees, people supported and their family members stopped by to thank her for her many years of service. Over the years, Doree

accompanied people to medical appointments and helped them to understand their health-related issues; she taught staff and people with disabilities how to manage health, helped to develop a diabetic support group, and supervised other nurses.

When Doree came to the nursing department in September of 1986, there were just four staff in the department and we served 214 people. Today the department has grown to nine and we serve more than 600. She says back then, they wrote the contact summaries and other paperwork by hand. "I asked for a typewriter and got a computer instead." She then got busy along with the other nurses and the computer department to create all the necessary forms.

While she's excited about the new phase in her life, it's bittersweet. "I could not ask for a nicer nursing department. And Colleen (Ronning) has been a wonderful supervisor. And she's a mentor and she's a friend," says Doree." The same can be said of Doree. We wish her the best; she will be missed!



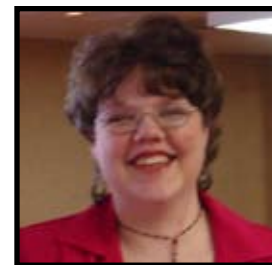
*Mandi Trebbe, Kimberly Tollman, Jenna Gortmaker, Doree Alexander, and Elizabeth Lehmann pose during Doree's party on October 30.*

# Eight chosen for new mixed-ability dance company

Eighteen people were picked to be in the new Outright Dance Theatre company, eight of them from Black Hills Workshop. Outright Dance Theatre company is a new mixed-ability dance directed by Andrea Schaefer from Barefoot Dance Studio. Heather Pickering, who directed last year's production of Flutter, will help with the first show.

Outright Dance Theatre provides an opportunity for people with disabilities as well as others from our community to get involved with dance. Auditions for the company were held October 16 and 18. Congratulations **Nancy Weiss, Connie Whitley, Karrin Rolfstad, Cindy Rooney, Shad Bebout, Tim Hathaway, Shawn Stratton, and Tom Emley**, who were selected along with a mix of people from the community. Rehearsals are underway for the show on the evening of Sunday, January 24. "Winter Blooming" will be held at Central High School Theatre.

# Amy Fugate appears in production



Amy Fugate was one of the actors selected to appear in the Journey Museum's first production of the museum theatre season,

Radio Play: The Holy Terror Mine, October 23-24 in the Journey's Wells Fargo Theatre. This is not Amy's first theatrical experience. She has appeared in productions of Oklahoma, Flutter, and Anything Goes. In Radio Play, she played the role of Cora, the young woman who discovers the Holy Terror Mine. Amy was one of our Outstanding Achievement Award winners in 2002 and was our 2007 Artist of the Year.

*Dear friend of BHW,*

*In August, five women we serve took one of life's biggest steps: They moved into a house. While many of us take having a home for granted, for Rosa Keogh, Darlene Running Bear, Anita Rich, Ranae Soulek, and Aimee Johns, their new five bedroom home is a dream come true. And it happened because of the many generous gifts to our Homes from the Heart Campaign.*

*The home was purchased by the Black Hills Workshop Foundation and is now leased by the ladies, an arrangement designed to keep rents manageable. We are so grateful for the generosity that made this home possible. And we are working to see that the same dream comes true for many more of the people we serve. People with disabilities continue to move away from group living to homes where they can enjoy the same lifestyles the rest of us take for granted in neighborhoods where they can become part of the community. Meanwhile, Black Hills Workshop continues to have a waiting list of more than forty individuals who are in need of a safe, accessible, and affordable place to live. If you would like to help us make more homes available, mail your check in the enclosed envelope and mark it Homes from the Heart. And many thanks to those who have already contributed!*

*Brad Saathoff,  
Chief Executive Officer*

## Five move into new home

In August, **Rosa Keogh, Darlene Running Bear, Anita Rich, Ranae Soulek, and Aimee Johns** moved into the first home purchased with money from the Homes from the Heart Campaign, a five bedroom home on Arizona Street.

Community Living Supervisor Tara Wilcox says one of the special things about the home is that it kept people together who were like family. Anita and Ranae had lived together in an apartment for more than 20 years along with a friend who died recently. Tara credits associate instructor Rita Lantz for helping to make the house a home. Rita is there each evening to assist the women with budgeting, transportation, grocery shopping, banking, and medicine. An overnight staff person is also available as needed.

"These ladies rock," says Rita. "They get along so good. If they don't agree, they'll vote. But most of the time they agree." She says the women divide up the chores and take different evenings to do their own laundry. All work during the day, so they have their evenings together. Darlene is employed in the Black Hills Workshop kitchen. Aimee works at our Concourse Enterprises building doing mailings and Rosa, Anita and Ranae are all employed at BHW Industries on our contract assembling blinds.

The roommates enjoy scrap booking and taking craft classes, bowling, and attending events like the Halloween Dance and the recent BHW Gala. They have a regular Friday pizza and movie night, often inviting friends over to join them in their new home. And right after they moved in, they hosted a family picnic for their families.



*Ranae Soulek, Darlene Running Bear, Rosa Keogh, and Aimee Johns. Anita Rich not pictured.*

## Tom Miller wins Wind Beneath Our Wings Award



Tom Miller is one of six people who were honored at the 2009 Wind Beneath Our Wings awards luncheon on Friday, November 7. The award is designed to recognize people in health and human service professions for outstanding service to their organization, their community, and their profession.

Since October, 1990, Tom has been employed at the Bandit Inn at Ellsworth Air Force Base. As a supervisor, Tom is a mentor for other employees. He has also become an advocate for people with disabilities. In 1993, he was selected to participate in Partners in Policy Making, a training program which teaches leadership and self-advocacy skills to people with disabilities. He also presented to members of the Black Hills Workshop's People First group. All of these experiences increased his knowledge of government policy, human rights, and public speaking and led him to his current position on the NISH Board of Directors where he has served for several terms. NISH is a nonprofit organization that assists agencies serving people with disabilities to obtain contracts with the federal government.

Tom has made numerous trips to Capitol Hill with the Grass Roots Advocacy group to meet with congressional delegates and advocate for rights and employment options for people with disabilities. He now provides training to other people with disabilities on how to present their own stories to congressional members. Tom travels frequently to advocate for keeping contracts that employ people with disabilities at Ellsworth Air Force Base. These contracts provide employment to more than 80 people with disabilities who receive competitive wages and benefits.

Tom's leadership skills and desire to advocate for others led to his recent election on the Workshop's Board of Directors. Because of his experience and his own disability, he is able to bring a unique perspective and a "first hand view" to the Board.

BLACK HILLS WORKSHOP AND TRAINING CENTER, INC.  
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## Buddy of the Year



*Darcy Peterson (center) was named Buddy of the Year by the Ups of Downs Family Support group during this year's Buddy Walk. On the left is Mona Drolc, vice-president of Ups of Downs and on the right is Rhonda Grant, president.*

## Check your label!

Send your address changes or corrections to: Sheila Muehlberg, Black Hills Workshop, P.O. Box 2104, Rapid City, SD 57709. Or e-mail your changes to [smuehlberg@bhws.com](mailto:smuehlberg@bhws.com) or call 605-718-6208.

### **E-newsletter available**

To receive this newsletter via e-mail, contact [drosby@bhws.com](mailto:drosby@bhws.com). Your e-mail address will not be shared with other organizations.

Transitions is published bimonthly by the Black Hills Workshop Foundation. The Black Hills Workshop Foundation is dedicated to supporting comprehensive, quality services for people with disabilities. The Foundation is committed to ensuring those services now and in the future. Comments and questions are encouraged and may be addressed to Dorothy Rosby, Editor, Box 2104, Rapid City, SD 57709, or call (605) 343-4550. You can also e-mail [drosby@bhws.com](mailto:drosby@bhws.com). Visit us at our web site at [bhws.com](http://bhws.com).

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The Foundation's new Facebook page keeps Facebook users up to date on Workshop events. Become a fan and help introduce the Black Hills Workshop to your Facebook friends.

# Heroes & Hardrockers

The kick-off for the new Heroes & Hardrockers program took place at a tailgate party before the School of Mines game against Valley City on October 24. Heroes & Hardrockers is a joint effort between the South Dakota School of Mines & Technology Circle K group and Black Hills Workshop. The goal is to match the people we serve with students to create new friendships and natural supports and increase community involvement. Thirty people supported were selected for the initial kick-off.

After the initial kick-off, Heroes & Hardrockers first event was on Halloween night. Seven people from Black Hills Workshop joined Circle K members in trick-or-treating for canned goods which were donated to the food bank.



*Heroes & Hardrockers participants enjoyed the football game before the rain started.*

# BHW gets ribbon of cash from First Interstate Bank



*When First Interstate Bank (formerly First Western) held a ribbon cutting on September 28, the ribbon was made of bills totaling \$250. After the ribbon cutting – done carefully between bills – the cash was presented to Black Hills Workshop Chief Executive Officer Brad Saathoff. Pictured are one of First Interstate's owners, Tom Scott, local President Robert Nicholson, Brad Saathoff, and Senior Vice President Carol McCollam, who also serves on the Black Hills Workshop's foundation and operating boards.*

# Art chosen for BHW Christmas card



*Molly Holsworth*

A watercolor done by Molly Holsworth has been chosen for this year's Black Hills Workshop Christmas card. Along with watercolor, Molly enjoys working with charcoal, pastel, crayon, and pencil as well as clay. This isn't the first time Molly's art has graced a Christmas card. In 2008, her painting was chosen for the Lutheran Social Services card. Molly has been with Black Hills Workshop since June 2009. She is employed at Safeway as a bagger.

