April—June 2019



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CEO Corner Sandi Marshall



Spring Brings Renewed Hopes!

With the onset of Spring, the melting snow and warm sun on our skin brings hope and energy after a long, severe winter. As we emerge from the deep hold of winter, life seems to come alive. We feel free to become more creative and to look forward to all the next few months will hold.

So it is at DHI. There are many events to celebrate with the people we support, their families, and our community. April promises a great opportunity to share with our partners as we sponsor the annual Autism Awareness Walk, to be held on Saturday, April 13t from 9:30 to 11:39 am, at the UND Wellness Center. It is always a great event, filled with a great sharing of information at booths sponsored by many agencies and organizations. It is free and loads of fun, with great door prizes and chances to meet others and get some exercise walking laps in the gym!

Another great event coming up in April is the annual NDACP (ND Association of Community Providers) conference on April 23-25. It is being held at the Ramkota Inn in Bismarck this year. There is a great line-up of national and local speakers, designed to be the best conference in our industry in the state. DHI has submitted two nominations for DSP of the Year. They are for Haleigh Stenseth, who works for Brenda Johnson in ISLA-J, and Cody Bucholz, who works for Danny Holwerda in ISLA-I. Both are amazing employees and great examples of the many, many wonderful direct support professionals who are so committed to the quality of life for the individuals we support. We wish them the best as the winners are selected!

Coming up this summer, we look forward to the opening of our new children's group home at 5509 Cottonwood. The Operations crew is working with contractors to get the home ready for occupancy, and the Program staff are finalizing plans for admission of four youth who now reside at the Life Skills and Transition Center. It is exciting to see this project finally emerge, after months of delays caused by regulatory conflicts. This home will provide great new opportunities for these youth, to live, grow, and thrive in a caring and supportive community setting!

Finally, a hold-the-date reminder: The annual golf tournament will be held on Thursday, July 18th at the GF Country Club. Always a fun time, this one will be special, as well celebrate the 10th anniversary of the tournament! The roster is filling up quickly, so contact Amelia if you are interested in participating, or in volunteering.

And I would be remiss to not thank all of you for helping to transition successfully to the new payment system that became effective last April 1st. Your efforts to streamline services and use our resources wisely has resulted in a seamless transition and a great position in which to provide the highest quality of services. My deepest appreciation to all of our amazing DHI employees.

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Holiday's and Closures

4/21 Easter (Residential & Gaming)

5/27 Memorial Day

Spring Forward and Review Your Safety Checklist

submitted by Cindy Holweger

Isn't it exciting that spring is finally on the way! Here are some things to think about with the warm weather approaching.

<u>Smoke alarms</u>: Three out of five fires results from fires in homes with no smoke alarms. Test your smoke alarms monthly and replace the battery at least 1x per year. If the alarm makes a chirping sound, replace the battery immediately. Smoke alarms can be interconnected wirelessly which means that when one sounds, they all sound.

<u>Carbon monoxide detectors</u>: Anything that burns fuel can potentially become a source of carbon monoxide, an invisible, odorless gas that can kill. CO alarms should be installed in a central location outside each bedroom and on every level of the home. The safety tips for CO Detectors mirror those of smoke alarms: change the batteries, test them, and, interconnect them, if possible. Make sure vents for your gas appliances (fireplace, dryer, stove and furnace) are free and clear of snow or debris.

<u>Family Emergency Plan:</u> The National Safety Council recommends that every family have an emergency plan in place in the event of a natural disaster or other catastrophic event. Put together a home and car emergency kit. An emergency kit should include:

- one gallon of water per day for each person
- three-day supply of food
- flashlight and batteries
- first aid kit
- filter mask
- plastic sheeting and duct tape medications

Also recommended to have in place: a communications plan to outline how your family members will contact one another and where to meet if it is safe to go outside; a shelter-in-place plan if outside air is contaminated (FEMA recommends sealing windows, doors, and air vents with plastic sheeting); and, a getaway plan including various routes and destinations in different directions.

<u>Medications</u>: Unwanted or expired medications can be taken to a prescription drop box, or, a take-back event near you.

<u>Cleaning:</u> Be careful when using cleaning product. Don't ignore the warning labels, and make sure chemicals do not fall into the wrong hands, such as children.

These materials were generated by the National Safety Council.

For additional material and more tips, visit

www.nsc.org/home-safety/tools-resources/seasonal-safety/spring.



New Employees That Have Joined the DHI Team

Aaron Landrie Alexus Meduna Taylor St. Germaine Daniel Bianca

Samantha Schmidt McKayla Woods Habsa Aden Marquis Pilkington

Asiya Ahmed Thersea Kerkula Katroya Weston Hannah Carlson

Dylan Barnes Adar Jumalee Andraya Hanson

Viginia Hammond

Janee Harris Bailey Riehl Jordan Mooney

Loretta Moran Binita Rai Dominic Nkemngong

Jessica Williams DeeAnn Baier Ibrahim Gross

Kendall Peterson Rachel Cheatley Winston Wilson

Bridget Reuss Tiana Schake Mohamed Ismail

Saditu Massaquoi Samantha Larson Hailee Anderson



EMPLOYEE WELLNESS



The Wellness Committee is very excited to announce that we will be offering educational classes for employees starting in April. Each month will be a different topic focusing on all aspects of health and wellness. This will be a free event for employees. Our mission is to inspire, create and maintain a workplace and environment that supports each person's healthy lifestyle choices. A flyer with more information on the first class will be sent out to employees soon.

If you are interested in joining the Wellness Committee or have any recommendations or input to help support our mission contact Monica Fallon at (701) 335-4000 or send a Therap S-Comm.

We look forward to seeing you at the first class in April!

Thank you,

From the DHI Wellness Committee

Barb Jensen, Employment & Community Services Specialist

Kelly Ferguson, Direct Professional Leader

Kristi Ness, Direct Professional Leader

Ruby Olerud, Direct Professional Leader

Danny Holwerda, Residential Manager

Hayley Lorenzen, Residential Manager

Allie Jaynes, Adult Services Coordinator

Cindy Holweger, Quality Enhancement Director

Pam Hevd, Chief Financial Officer

Monica Fallon, Human Resources Director

Pinterest Projects of the Month Kristie Aarvig

Fun craft to do with the kids and one that you can use every year instead of making it then pitching it after the

Here's what you'll need:

1 foam cone

4 packs foam glitter egg ornaments

1 paper Easter grass

Hot glue gun

- 1. Start by pouring all the eggs on the table. Cut all of the ribbons off.
- Put a dab of glue on egg then hold it in place for a few seconds. Start at the bottom and work your way up.
- 3. Although this pic shows grass being put on along the way, wait till the end to fill the holes with grass. It's much easier. I used a pencil to push the grass into the gaps well. Make sure you let the glue dry well before filling the gaps. It goes pretty quickly once you get going.









Supplies for making mosquito repellent candles:

Some links below may be affiliate links which means you do not pay anymore but a portion of your purchase will go to support this site.

Pint mason jars

Floating candles

- Lemons
- Limes
- Basil
- Lemongrass essential oil
- 1. Slice one lemon and one lime (this will be enough for two candles).
- 2. Add a couple of slices of lemon and lime to the jar.
- 3. Add a couple of sprigs of basil.
- 4. Fill jar with water up to threads.
- 5. Add in 10 15 drops of lemongrass oil.
- 6. Stir.
- 7. Add in floating candle.

Great idea when camping or for a picnic







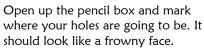
DIY ROASTING
FORKS COVER
simple camping hack





When the drilling is done string your shoelace through the holes. Open up the box and lay your marshmallow roasting forks inside. This pencil box case will hold 4-6 roasting sticks depending on the size.

Tie the show strings around the neck of roasting forks to hold them in place. Closed the pencil box and your cover is in place.



You will need to cut a larger hole on the side for the forks and small holes on the bottom of the box to wrap your shoelace through. The lid of the box will snap closed to hold the forks in place.



RECIPES

Submitted by Julie Vold

HERSHEY'S SYRUP BROWNIES

- o 1/2 cup butter (no substitutes, melt in microwave)
- o 1 cup granulated sugar
- o 4 eggs
- o 1 teaspoon vanilla extract
- o 1 cup flour
- o 1 (16 ounce) cans Hershey's syrup
- o 1 cup chopped nuts (optional)
- o 3 cups confectioners' sugar
- o 1/2 cup butter, melted (no subs)
- o 4 tablespoons cocoa
- o 4 tablespoons milk

o 1 teaspoon



Preheat oven to 350 degrees. Grease the bottom of a 10 by 15 inch pan

- 2. After melting butter in microwave, cream sugar and butter together. Add eggs, one at a time and beating well after each addition.
- 3. Add vanilla extract.
- 4. Add flour, mix well.
- 5. Add Hershey syrup, mix well.
- 6. Add chopped nuts, if using.
- 7. Pour batter into pan. Bake for 35-40 minutes or until brownies test done with a toothpick.
- 8. When the brownies are almost done baking, prepare icing.
- 9. Bring to boil in the microwave, the butter, cocoa and 1 T. milk.
- 10. In a mixing bowl, add confectioners' sugar. Add the cocoa mixture to the sugar and beat well. Add 1 t. vanilla extract. Add the rest of the milk. Add enough to get the desired spreading consistency.
- 11. Let brownies cool about 5-10 minutes. Spread icing on brownies. Sprinkle with some more chopped nuts, if desired. The icing will harden to a fudge-like consistency.

Taco Balls: An Easy Dinner Where Tacos and Meatloaf Meet

Servings: 4

Ingredients

To Make The Taco Balls

- 1 lbs hamburger no more than 10% fat
- 1/2 cup chopped onions
- 1 package of taco seasoning or what you usually use for 1 lbs of beef
- 1 tsp. garlic salt or onion salt
- 1 cup of cooked Mexican or white rice
- 2 eggs beaten
- 12 oz bottle of red or green taco sauce any brand, whatever level of heat you like
- 1 can of condensed cheese soup I use Campbell's
- 8 12 oz shredded Mexican cheese blend or whatever cheese you love for tacos

Serve With Your Favorite Taco Toppings

additional Mexican Rice, tortillas we love to stuff warm tortillas with taco balls, chips, guacamole, salsa sour cream, onions, tomatoes, olives, lettuce

Instructions

Preheat the oven to 350 and spray a 9x9 baking dish with nonstick spray. Set aside.

Crumble the beef into a bowl. Add the chopped onions, taco seasoning, garlic or onion salt, rice and eggs.

If desired use food service gloves or spray your hands with nonstick cooking spray. Use your hands to mix the contents of the bowl until combined but do not over mix.

Divide the meat into 9 portions and form into balls. Place in the prepared pan and bake at 350 degrees for 20 minutes. In a medium bowl whisk together the taco sauce and cheese soup. After the balls have baked for 20 minutes spoon the



RECIPES Submitted by Julie Vold

Rice-A-Roni Chicken Bake Yield: 4-6 servings Ingredients 4 quarters or 8 chicken legs

1 box Rice-a-Roni, chicken flavor

1/4 cup white rice, calrose or long grain

1 2/3 cup water

Seasoning (for the chicken):

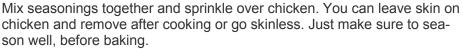
1 tsp Fresh Ground Pepper – pantry

2 tsps Garlic powder – pantry

1 tsp Salt – pantry

2 tsps Paprika – pantry

Instructions



Preheat oven to 350. Mix 1/4 cup white rice to packaged rice a roni vermicelli/rice mixture and pour into a 13 x 9 roasting pan. Spread rice around to coat bottom of pan. Microwave water till near boil. Add rice a roni seasoning and pour over rice.

Place seasoned chicken onto rice, spread out from each other by a few inches or so. Cover with tin foil and seal tightly. Place pan in oven and let bake for 1 hour (depending on size of chicken, you might have to go 1 1/2 hours). Remove cover and baked an additional 10 -20 mins or until chicken looks nice and brown. Serve hot with a salad or fresh garden veggies and





Puzzles



IN THE GARDEN WORD SEARCH PUZZLE

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BEETS
BELL PEPPERS
BROCCOLI
BRUSSELS SPROUTS
CARROTS

CELERY
CILANTRO
CUCUMBER
EGGPLANT
GREEN BEANS

LETTUCE ONION PEAS RADISHES RUTABAGA SWEET CORN SWISS CHARD TOMATOES WATERMELON ZUCCHINI

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Payroll Dates

April Mon.15th & Tues.30th

<u>May</u> Wed.15th & Fri. 31st

June Fri. 14th & Fri. 28th

Please also keep the payroll office/HR Department updated with any change of address that you may have throughout the year. All forms are available in the waiting room at the main office.

Save the Date



Save the Date!

DEVELOPMENT 7th Annual Autism Awareness Walk HOMES, INC. & Community Celebration

> Saturday April 13, 2019 **UND Wellness Center** 9:30 am - 11:30 am

Music, activities, informational booths, prizes and more!

You can register online by going to developmenthomes.org and click on the save the event date. Questions call 335-4000.





NEWSLETTER TITLE Page 9

Aktion Club Marj Sobolik



The members of the Aktion Club put their hands to work creating a source of warmth and comfort for local cats and dogs. At their March meeting members made 40 polar fleece tie blankets which were donated to the Circle of Friends Humane Society in Grand Forks and the Humane Society of Polk County, Inc. in Crookston. Both organizations were extremely excited and thankful for the thoughtful donation!

The DHI Aktion Club is sponsored by the Grand Forks Kiwanis. They are always looking for projects to work on and help out the community if you have an idea of something they could do let us know! The club meets the first Thursday of every month, 10 am, at Development Homes Inc. They are always ready to welcome





DHI Gaming Information Janelle Mitzel

Development Homes, Inc. sponsors 8 locations for live gaming in the Grand Forks area. Gaming is located at Rumors Bar & Grill, Joe Black's, The Hub, Charlie Brown's, El Roco Nightclub, Kelly's Bar and Johnny's Lounge. Live gaming includes bingo, quickshot bingo, blackjack, pig wheels, pulltabs and simulcast horse racing.

DHI Bingo Giveaways Every Week!!!

Rumors - Tuesday - \$1000

Wednesday - \$1000

Thursday - \$1000

Kelly's – Wednesday - \$400

Friday - \$150 & \$250

Charlie Brown's – Every Night - \$100 & \$300

Saturday Afternoon—\$500

Johnny's – Wednesday – \$400

DHI Bingo Session Times:

Rumors - Monday - Friday - 12:15 PM

Monday - Saturday - 5:30 PM

Kelly's - Monday - Saturday - 6:30 PM

El Roco Lounge – Monday - Friday 5:30 PM

Charlie Brown's – 7 days a week – 7:45 PM

Saturday & Sunday 3 PM

Johnny's – 7 days a week – 4 pm & 7:30 pm



For daily jackpot information call the Bingo Hotline at 335-4051.

DHI Gaming Information Continued

Development Homes, Inc. sponsors 7 locations for live gaming in the Grand Forks area. Gaming is located at Rumors Bar & Grill, Joe Black's, The Hub, Charlie Brown's, El Roco Nightclub, Kelly's Bar and Johnny's Lounge. Live gaming includes bingo, quick shot bingo, blackjack, pig wheels, pull tabs, simulcast horse racing and now electronic pull tab machines.

ELECTRONIC PULL TABS ARE HERE!

Play your favorite pull tab games digitally displayed on a cabinet style kiosk, featuring extended play, exciting graphics and differing purchase prices. This is a fan favorite!

HORSE RACING

Rumors gaming provides the only pari-mutuel horse betting and live racing broadcasts in Grand Forks.

Bet on your favorite ponies for the Triple Crown Races this spring!

Kentucky Derby - Saturday May 4th

The Preakness Stakes – Saturday May 18th

The Belmont Stakes – Saturday June 8th

Last chance to buy your Tax Time Raffle Ticket!
For the low, low price of only \$20
You can purchase a chance to win awesome prizes!
4 - \$1000 cash drawings, or 2-\$500 L&M Gift Cards!
For tickets see Neal at Rumors Gaming!

Movie Reviews Submitted by Seth C.

Aquaman





Comments: This movie is AWESOMELX EPIC! It's like an underwater outer space adventure with some land scenes. The effects are like nothing you've seen before. The cast is AWESOME and the story is, too. If you like superhero movies, you'll LOVE Aquaman!

POPPINS

Mary Poppins Returns



Comments: This movie is AWE-SOME! The cast is superb, the story is great, and the music is sensational! Compared to the original, however, this one is way darker. If you liked Mary Poppins, you'll LOVE Mary Poppins

Bumblebee





Comments: This movie is SO GOOD! It has action, comedy, and heart. If you're a fan of the Transformers movies, you'll LOVE Bumblebee.



The Lego Movie 2



Comments: This movie is AWESOME! It has comedy, drama, music, a great cast, a good story, time travel, and an AMAZING villain. I liked it better than the original, and I recommend it for families, and/or anyone who likes Legos.



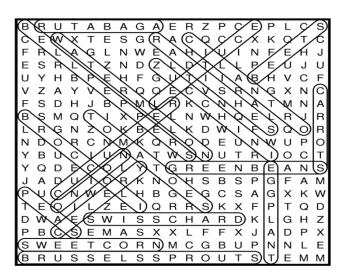
Puzzle Answer

WACKY WORDIES REVISITED

- 1. A house divided
- 2. Crossed wires
- 3. The mind's eye
- 4. High seas
- 5. Wide-awake
- 6. Unbalanced
- 7. Tilting at windmills
- 8. Jailbreak
- 9. The lesser of two evils
- 10. Back to basics
- 11. Enlightening
- 12. Tightwad
- 13. End in itself
- 14. Parting of the ways

- 15. Midnight *or* middle of the night
- 16. Six of one, half dozen of the other
- 17. On the outside looking in
- 18. G-men
- 19. Grandstanding
- 20. United States
- 21. Big cheese
- 22. American Revolution
- 23. Lickety-split
- 24. Blockhead

SOLUTION TO IN THE GARDEN PUZZLE



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