

POLAR BEAR PLUNGE

Presented by Law Enforcement for Special Olympics Minnesota

You may have heard about it on the news, read about it online, or maybe even seen a video on YouTube, but what exactly is this "Plunge" that everyone's talking about?



Photo taken from Cassie Oslund at last years Polar Bear plunge

The Polar Bear Plunge — presented by Minnesota law enforcement as part of the year-round Law Enforcement Torch Run® events to benefit Special Olympics — is a unique opportunity for individuals, organizations and businesses to support Special Olympics athletes by jumping into frigid Minnesota waters. It consists of 16 different events that take place across Minnesota during the coldest months of the year.



From January through March, our Plunge crew will be traveling around the state to 16 different communities with one goal in mind: raise funds for Special Olympics Minnesota!

On February 2, 2013, family, friends and employees of WorkAbilities have committed to grin and "bear" it for the athletes of Special Olympics Minnesota by participating in the Maple Grove Polar Bear Plunge. This plunge will be held at Maple Grove's Weaver Lake. The time that our team will be plunging is TBD. If you would like to help support WorkAbilities raising money for over 7,000 Special Olympic Minnesota Athlete's, please visit the Polar Bear Plunge page at www.plungemn.org, click on "Find a plunger/team" and type in WorkAbilities. You may pledge to any of the participants on the page (you may recognize some of the names from our staff and management team). Another way to make a pledge is by writing a check out to "Special Olympics Minnesota" and sending it to WorkAbilities (please make note "for Polar Plunge"). Any amount would be appreciated!

We welcome everyone to come and watch us take the "plunge"! They do have bleachers set up for the spectators. Hope to see some of you there!

P.S. Think warm thoughts for us as February 2 approaches. We'll do our best to make our supporters proud!

VOLUME 1, ISSUE 2

Head line: Polar Bear Plunge	1
New Staff /client intros	2
Question of the Quarter	3
Client/Staff birthdays and anniversaries	4
Staff interview	5-6
Client conducting Interview	7

FROST BITE ADDITION

Client spotlights	8
Staff Recognition	9
Sharing of the news	10
Winter Safety Alerts	10-12
Biggest Loser Winners	13
Healthy Tips	13
Looking back	14

Welcome New Employees

Elizabeth (Liz)

Group One

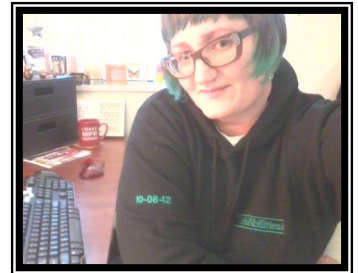
Before Liz started at WorkAbilities, Liz had worked for over 10 years with adults whom are developmentally delayed and have Prader-Willi Syndrome. Something unique about Liz is that she took piano lessons for many years as a child but has now forgotten how to read music! Some of Liz's hobbies include traveling, watching movies and going to concerts. When asked what she would do with her winnings if she won the lottery Liz answered, "I would travel the world and start my own business." Liz's favorite food is Thai food and Dim Sum; favorite TV show is 'Family Guy', 'The Walking Dead', and 'Mad Men'; favorite movie is 'Bridesmaids'; she does not have a favorite book, instead stated she "needs to read more"; favorite musical artist/groups are Lana Del Ray, White Stripes and Radio Head; favorite actor/actress is Johnny Depp and Reese Witherspoon. Please welcome Liz to WorkAbilities!!



Brigette

Group Four

Before coming to WorkAbilities Brigette worked as a case manager for Fraser, she was a PCA manager for MCIL and a supervisor at LSS. Something unique about Brigette is that she was voted "Most Unique Individual" her senior year in high school! Some hobbies that Brigette enjoys are watching documentaries, kayaking, playing bocce ball, cooking and decorating. If Brigette won the lottery she said she would move to Northern California, open an animal sanctuary and an organic, sustainable farm. She would partner with a day program to provide paid jobs to people with disabilities. Brigette's favorite food is pad thai; favorite TV show is 'The Daily Show' and 'The Walking Dead'; favorite movie is 'The Big Lebowski' and "Usual Suspects"; favorite book is "Nickel and Dimed" by Barbara Ehrenreich; favorite musical artist/group is local, POS National and Fugazi; favorite actor/actress is Kevin Spacey and Chazelle Theron. Please Welcome Brigette to WorkAbilities.



Look who's New to WorkAbilities!!!

Rebecca

Group Four; Started on 12/4/12

Rebecca is a new client in Group Four. Rebecca likes to travel and especially likes to camp! Rebecca's LOVES the color purple and having her nails painted. Since Rebecca has started she has participated in many different classes and craft projects. She recently attended the Macy's Holiday Display downtown. Rebecca is excited to meet new people! Rebecca's birthday is in February and she lives with her brother. Welcome Rebecca!!



Question of the Quarter

BJ— “To get my drivers license”

Mohamed— “To be a straight talker”

Margo— “To drive less and bike more!”

Nicole B— “To lose weight”

Sylvester— “To be a good man....and a Millionaire!!”

Betsy— “To Quit smoking!”

Mike S— “Work Harder!”

Heather B— “Lose weight”

What is your New Year's Resolution?!!?

Nikayla— “To be healthier”

Brigette — “Save more \$”

Quinn— “To remember birthdays and to be more patient”

Veronica— “Have an organized house!”

Stacey— “To work in phlebotomy”
(what she has been going to school for)

Deb— “To work more and hang
out with friends more!”

Kelly D— Made a New Year's resolution years ago to never have a new year's resolution... She is up-holding that!

Denise— “To WIN the lottery!!”

Upcoming Staff

birthdays:

January:

1st—Mohamed Kaba
7th—Ervine Douglas
9th—Andy Haga
10th Shirleen Jordan
11th—Kelli Regan
15th—Denise Johnson
17th—Bill Blake
20th—Willie Johnson
24th— Margo Heidt
26th—Lora Stearns

February:

1st- Tiffany Dallas
1st—Jessica Streed
28th—Susan LaBonne

March :

10th—Stacey Johnson
27th Johnetta Freeman
30th Veronica Vodak

January Birthdays

Group One

Terri
Samantha
Tim J

Group Two

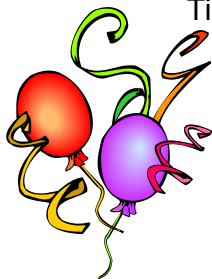
Tara

Group Three

Sara C

Group Four

Lois A
Anthony G
Jean H
MJ J
Kelly L
Jane P
Paul Sc.
Sahra M
Betsy M



February Birthdays

Group One

Markie
Laurie
Kelly
Paul W

Group Two

Erik L
Gene
Dean
Chadea
Michelle

Group Three

Janet
Adriane
Ed S

Group Four

Marilyn B
Matthew B
Mark B
Tammy D
Dai L
Luanne L
Kiebler N
Amy S



March Birthdays

Group One

Mary De
Ellen
Lisa H
Kim
Greg
Timera

Group Two

Rene
Tom H
Liz

Group Three

Shannon
Simon
Tyler
Terri
Tim B

Group Four

Aaron E
Carolyn G
Wendy G
Jason G
Russell H
Scott M
Rebecca M
Mary Lou S
Molly Z

Happy birthday!

Employee Anniversaries

January:

Cassie—1 yr

February:

Stacey—1 yr

March:

Josh—1 yr
Molly—3 yrs

Client

Anniversaries

January:

Ed S—40 YRS!!

Molly Z—5 yrs

February:

March:

Simon B—10 yrs
Steve S—5 yrs

GETTING TO KNOW YOU...

Getting to Know You... Brigitte

Brigitte is a new Group IV Planning Manager

WAIR: Rumor has it you're into "retro vintage collectables." Name five favorites.

- 1) I collect "big eye" art prints from Keane (and knock offs from Alvarez, Maio)
<http://www.keane-eyes.com/>.
- 2) All of my glasses have a vintage flare, I can't pick a favorite!
- 3) My 150cc Il Bella scooter. It's red and shiny and fast, and I get to wear a polka dot helmet.
- 4) I restored my grandpa's Schwinn Cruiser (looks like the Pee Wee Herman Bike).
- 5) Retro teal costume jewelry passed down from my husband's grandma.



WAIR: Where and when do you go kayaking?

I rent kayaks from Lake Calhoun. I've only kayaked in the summer, usually on weekends. I am hoping to buy my own kayak and explore the waters over in North Minneapolis/Golden Valley. I'd love to kayak the coast at Grand Marais, never been there and hear it is breathtaking.

WAIR: Just how many pair of shoes do you own? Do you have any that are impractical and ridiculous?

I don't count them anymore; I just hide the boxes like an alcoholic does their empty bottles... After spine surgery my doctor said anything 2" and taller had to be sworn off. I lined all my heels up like a funeral procession, took a picture of them and then sent them off to my friends. Since then, I have an insatiable desire for ankle booties.

WAIR: You didn't exactly rave about the Spielberg movie, "Lincoln." Tell me about a documentary that you enjoyed.

I really enjoyed Waste Land. It captures a community that lives alongside Brazil's largest garbage landfill. It shows a stark comparison from the excess and indulgence of people that flock for the annual Carnivale festival to the people who depend on that waste to earn a meager living. A renowned artist (Vik Muniz) comes in to film their grueling work and desolate conditions at the same time that a revolution within the community is stirring to redefine the value in their work and their desire to break out of the pre-set expectations that their social order had prescribed for them. The artists and the workers meld into each other and the transformation that takes place in each of their lives is a very strong, remarkably beautiful message. <http://www.wastelandmovie.com/>

WAIR: Are you going to see, "The Hobbit?"

If my husband pays. I'm sure it will be pretty eye candy though... but I wasn't raised on these stories, so I have been catching up on trying to connect to them. I'd love to see Tim Burton remake "The Secret of NIMH."

WAIR: Are you a founding member of Heck's Angels – or did you somehow hear about it? Either way, how long have you been involved with this club? Tell me about it.

I learned about Heck's Angels two years ago, after completing the 2010 Rattle My Bones Scooter Rally. It's a very diverse group of people who dig all things scooter culture. We organize group rides here in the Twin Cities. I've learned a lot about maintenance of my bike and have fallen in love with our cities parkway system!.

WAIR: Are you involved in any other clubs?

I did found the NOMI Scooter Collective, which tries to herd the couple of scooter riders on the North side of Minneapolis. I'd like to re-join a pool league.

WAIR: Can you tell me a funny story about pit bulls?

One of our ambassador dogs at Save A Bull is named Henry- he is one of the founders dogs. Henry is a good 70 plus pounds, we call him "the road block" because he rolls over onto his back, blocks traffic walking by and demands his belly be rubbed. We entered Henry in the long jump competition at the 2012 Pet Expo. He had to wear a life jacket. He should have won first prize not for distance, but for best cannonball!

<http://www.youtube.com/watch?v=VxS8yJ07gdc>

GETTING TO KNOW YOU...CONTINUED...

Getting to know your Brigitte continued...

WAIR: You're said to be a "strong advocate for the community of persons with disabilities." Are you hard as nails or a lofty softy?

I'm unapologetic about my views on equal access, opportunity and full participation for people with disabilities. I understand that there is a "un-learning" curve for people in regards to what they think they know of a person with a disability, i.e; through harmful and misleading stereotypes, language that isn't person-first, expressing pity, etc., and that many people do not realize that there good intentions are actually setting the movement towards equality back. We are all works in progress, but that work has to keep moving forward.

WAIR: Would you consider changing your hair tint to a nice WorkAbilities teal? (Watch out for a "tie-in").

I'm sure that I can mix it up into a bowl... but it fades quickly and always ends up looking like 2000 flushes blue instead of a vibrant peacock teal! I guess on a good hair day, I am rocking the official TealAbilities.

WAIR: I'm going to ask you a purely open-ended question. What's your favorite part about being on the WorkAbilities team?

Wait the other questions weren't open ended? My favorite part about this team is that everyone plays a role in the production! I've been very impressed that there is no one "go to person" but rather each staff person brings an area of expertise to the team. I think it is very important that DSPs (our program techs) are included in the opportunity to share skills and teaching opportunities and I am happy that WorkAbilities promotes DSP leadership and career ladder opportunities.

WAIR: When was the last time you waited in line for a concert ticket?

I waited in line outside the electric fetus to get tickets for the Jane's Addiction concert back in the summer.

WAIR: Have you read any interesting books lately?

I'm reading a recently acquired signed copy of Lyn Rosetto Kasper's "The Splendid Table" right now. I'm getting fatter as I turn the pages!

WAIR: Name a favorite cartoon.

pleasure alert: I love South Park!!

WAIR: Do you have a signature dish that you prepare?

I sure do... It's called "Boozy cake." It's inspired by the Irish Car Bomb drink (I used to be a bartender). The double layered cake is dark chocolate made with a chocolate stout beer, the center is filled with an whiskey chocolate ganache (I use Sailor Jerry's) and the whole cake is frosted with a Baileys buttercream frosting. NSFW (Not Safe For Work).

WAIR: Last question. Do you have a, "new year's resolution?"

Yes, I am going to save more money. I have very poor impulse control and like a crow, I get easily distracted by shiny things.

WAIR: One more last question. Do you ever keep, new year's resolutions?"

2 years ago I resolved to not eat fast food anymore. With the exception of Jimmy Johns, I've kicked the drive through habit!

Thank you Brigitte!

It was nice GETTING TO KNOW YOU.

Interview conducted by:

Larry L



CLIENT CONDUCTING AN INTERVIEW

Interview conducted by Janet on WorkAbilities Staff Josh.

Janet: How long have you been at WorkAbilities?

Josh: I have been working here for about 10 months, already!

Janet: How did you hear about WorkAbilities?

Josh: I was working at a Comcast warehouse packaging up boxes to send to WorkAbilities. Since I had just started going to school again to become a Special Education teacher, I figured that WorkAbilities was a better fit for me.



Janet: What do you like about working at WorkAbilities?

Josh: I love working with the clients, and they put a smile on my face daily!

Janet: What have you been doing to (other people's) "touch-talkers", and what have you been doing to get ready to work on those "touch-talkers"?

Josh: I attended a class on how to program touch talkers, and I am currently trying to add relevant information to individual's devices in order for people to communicate more effectively.

Janet: Do you have any other family in Minnesota?

Josh: Yes! Almost all of my family lives in the Twin Cities area.

Janet: Where are you from?

Josh: I was born in Robbinsdale and grew up in Wayzata. Since graduating from Wayzata High School in 2001, I've lived in Iowa, Florida, and California. I moved back to Minnesota about three years ago and I currently live in St. Louis Park.

Janet: How long have you been married?

Josh: I have been married for just over two years to my wonderful wife, Tiffany.

Janet: What classes are you taking at school?

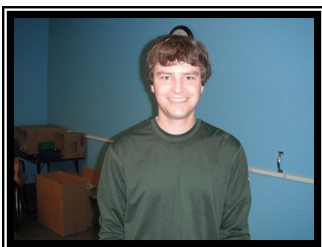
Josh: I am currently at Augsburg College working towards a degree in Special Education. This semester I am taking: American Sign Language I, Mathematics for Elementary Teachers, and Diversity in the Schools.

Janet: Do you have a pet?

Josh: Yes, I have two cats named Loki and Loralie.

Janet: What do you like to do – any hobbies?

Josh: I like to do pretty much anything outdoors. I enjoy Frisbee golf, camping, exploring state parks, etc. I also like discovering new music and cooking. My wife and I have a hobby of winemaking, as well!





CLIENT SPOTLIGHT

Group One

Greg C

When did you start?

Greg started at WorkAbilities in July 1980.

What type of music do you like?

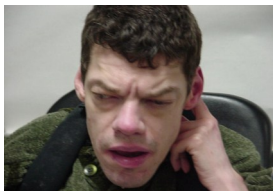
Classical music is his favorite, but he does listen to other types.

What is your favorite food?

Greg really doesn't care about food, but whatever he does eat has to be warmed up. He does like to drink warm milk

What is something that you like to do for fun?

Waving a hanky or the wind makes Greg happy.



Fun Fact: in 1980 'The Smurfs' TV show was very popular!!

Group Two

Jim B

When did you start?

Jim started at WorkAbilities in April 1980

What type of music do you like?

Jim really doesn't have an interest in music

What is your favorite food?

Jim is not a picky eater and will eat just about everything!

What is something you do for fun?

Jim like to sort colors.

Fun Fact: In 1980, it was "cool" to carry a boom box on your shoulders!



Fun Fact: In 1979, Mother Theresa was awarded the Nobel Peace Prize



Cindy B

When did you star?

Cindy started at WorkAbilities in September 1979

What type of music do you like?

She likes to sing something that she really enjoys at the time. When she does sing, she is very quiet.

What is your favorite food?

Cindy really enjoys peanut butter and jelly sandwiches.

What is something you like to do for fun?

Cindy really enjoys watching Disney movies and getting her nails done!



Group Three

Marilyn B

When did you start?

Marilyn started at WorkAbilities in September 1983.

Marilyn also works at McDonald's 2x a week!

What type of music do you like?

Elvis Presley is her first choice, but she also likes Rock and Roll.

What is your favorite food?

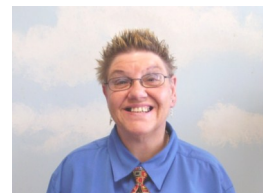
Give Marilyn pizza and you will make her VERY happy!

Do you have any pets?

Marilyn has a cat named Texas Ranger and she takes EXTRA good care of him!

What do you do for fun?

Marilyn likes to go camping every year. Marilyn also like to make Holiday ornaments around the holiday season.



Fun Fact: in 1983, mullets were the hairstyle to have!

Group Four

LOOK WHO WAS RECOGNIZED!!!

Clarence is deserving of this award for many reasons! Clarence is a leader within Group I. He is very knowledgeable about the staff schedules and can run the schedule without difficulty, even when we are very short staffed.

Clarence works very well with all of the clients at WorkAbilities! This is noticed most at bussing times when Clarence interacts with clients from all of the groups. He engages in conversation with them and continues to do active treatment as well as monitoring clients' safety while in bus rooms or at a bus door.

In Group I, Clarence has developed a great rapport with all of the clients. This is important because Clarence is a float staff and his work assignment changes every day, sometimes being revised during the day as the need arises to cover various locations in the schedule. Clarence works well with the clients in whichever room he happens to be assigned. He is very flexible in his job responsibilities and is willing and able to work in all work assignments as a Program Technician in Group I.

Clarence makes the day fun for clients, talking to them, playing games with them, doing art projects, music classes, cooking classes, gym classes, and sensory activities. However, he also makes sure that meds. and feedings are given at the proper times and that clients are positioned according to their outcomes. He runs all of the clients' outcomes with them, asking for clarification if he is uncertain of something.

October 2012

Clarence enjoys outings and does a great job of planning and organizing outings! Clarence also assists in party planning for special events throughout the year. He works well with others to help ensure that everything runs smoothly!

Clarence assists managers whenever asked to do something. He has a very positive attitude and provides necessary assistance. He helps with WorkAbilities barbecues, parties, and special events.

Thank you, Clarence, for your hard work and dedication! It makes a very meaningful difference and is greatly appreciated!

The WorkAbilities Management team would like to recognize John for his exceptional work performance. John has been a valuable part of Group 2 for the past 10 years. In addition, his willingness to contribute of himself radiates throughout the agency.

John's positive attitude and smile are very welcoming. Over the years John has welcomed many new staff to Group 2 with warmth and made them feel very comfortable. John always makes sure to greet you in the morning and wish you well on his way out the door for the evening. John is always respectful of clients and coworkers alike.

We are grateful to John for his willingness to always lend a hand. You can find John helping carry large items out the garbage, lending a hand to Group 4 on the work floor, and helping out with any other special project around the agency. As managers we are appreciative of John's willingness to be flexible. He is always willing to skip his break when the group is short and cover a room at the last minute.

John does a great job in getting clients involved in activities. Throughout the week John engages the clients in his room in a variety of activities. We can find John's clients playing games in the gym, singing karaoke, or enjoying a relaxing sensory class. You can tell that John takes pride in knowing that his clients are getting the most out of their day while they are here.

Lately, John has been challenged with some higher behaviors from a client. Since Day 1 John has taken E.L. under his wing and really tried to engage him. John is the first one there to try to de-escalate him when things are getting tough. E.L. needs the consistency and perseverance that John shows while handling E.L.'s behaviors. The dedication that John has shown has made E.L.'s transition to our program smoother than expected.

Thank you John for your hard work with the clients of Group 2 and all your other contributions to WorkAbilities. It is greatly appreciated!

Written by Laura E

Written by Becky R

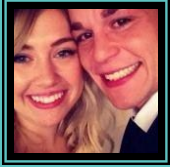


November 2012

Sharing the News

Congratulations!!!

Completed by Laura E



Darla Butler's son, Brad Butler, was married on December 1st Amie Hylton!



Lisa Anderson married Bruce Ferch on October 20th 2012!



Congrats to **Kelly Duncan** as her house was voted Best "Decked" house (inside and out) in the St. Michael/Albertville area! Her house was pictured in the St. Michael PATCH!

Winter Weather Alert from the Ombudsmen

Get Ready For Winter

Stock extra batteries for radios and flashlights.

Consider an alternate heat source and a supply of fuel.

Install a UL-approved carbon monoxide (CO) detector in your home and facilities, which will sound an alarm when unsafe levels of CO are present.

Have all fuel-burning appliances safety checked in the fall. This will not only reduce the risk of CO poisoning, it will also promote energy efficiency.

Make sure smoke detectors are installed and working. Check all fire extinguishers to make sure they are ready to be used.

Try to avoid using space or portable heaters. They can create a fire hazard.

Communicable Diseases

Get a flu shot.

Don't share drinking glasses and cups.

Encourage careful and frequent hand washing. "Hand Washing is the single most important means of preventing the spread of infection"- CDC.

Regularly clean and disinfect articles touched by many people such as phones, doorknobs, and faucets.

Provide disposable paper tissues and a proper place to dispose of them.



Frost bite Alert from the Ombudsmen

Prevention

Be aware of the temperature including the wind chill factor. (Refer to the accompanying Wind Chill Chart.)

Wear several layers of warm clothing, as well as protection against dampness and wind.

Cover exposed skin. In cold weather, cover as much of the face as possible, without blocking vision.

Wear a hat that covers the ears.

Keep hands and feet dry.

Make sure boots and mittens do not restrict circulation.

Although anyone who is exposed to freezing cold for a prolonged period of time can get frostbite, people who are taking beta-blockers, which decrease the flow of blood to the skin, are at greater risk. So are people with peripheral vascular disease (a disorder of the arteries). Other things that may increase the risk of frostbite include: smoking, windy weather (which increases the rate of heat loss from skin), diabetes, peripheral neuropathy, and Raynaud's disease

Complete by Cassie O

Frost bite Alert from the Ombudsmen continued...



What To Do

- Get the victim out of the cold and to a warm place.
- Call 911 for immediate medical attention.
- Remove constricting clothing items that could impair blood circulation.
- If the affected part is partially thawed or the victim is more than two hours from a medical facility, use the wet, rapid rewarming method: 1. Place the frostbitten part in warm (102 to 106° F) water. Rewarming usually takes 20 to 40 minutes or until tissues are soft. (DO NOT use water hotter than 106° F since burns can result.) Immerse the affected areas in warm (never HOT) water -- or repeatedly apply warm cloths to affected ears, nose, or cheeks - for 20 to 30 minutes. Keep circulating the water to aid the warming process. Severe burning pain, swelling, and color changes may occur during warming. Warming is complete when the skin is soft and sensation returns.
- 2. Provide aspirin or ibuprofen, if not otherwise contraindicated, to help control severe pain during rewarming.
- 3. Slightly elevate the affected part to reduce pain and swelling.

DO NOT break any blisters.

DO NOT rub or massage the part since ice crystals can be pushed into body cells, rupturing them.

DO NOT rub with ice or snow.

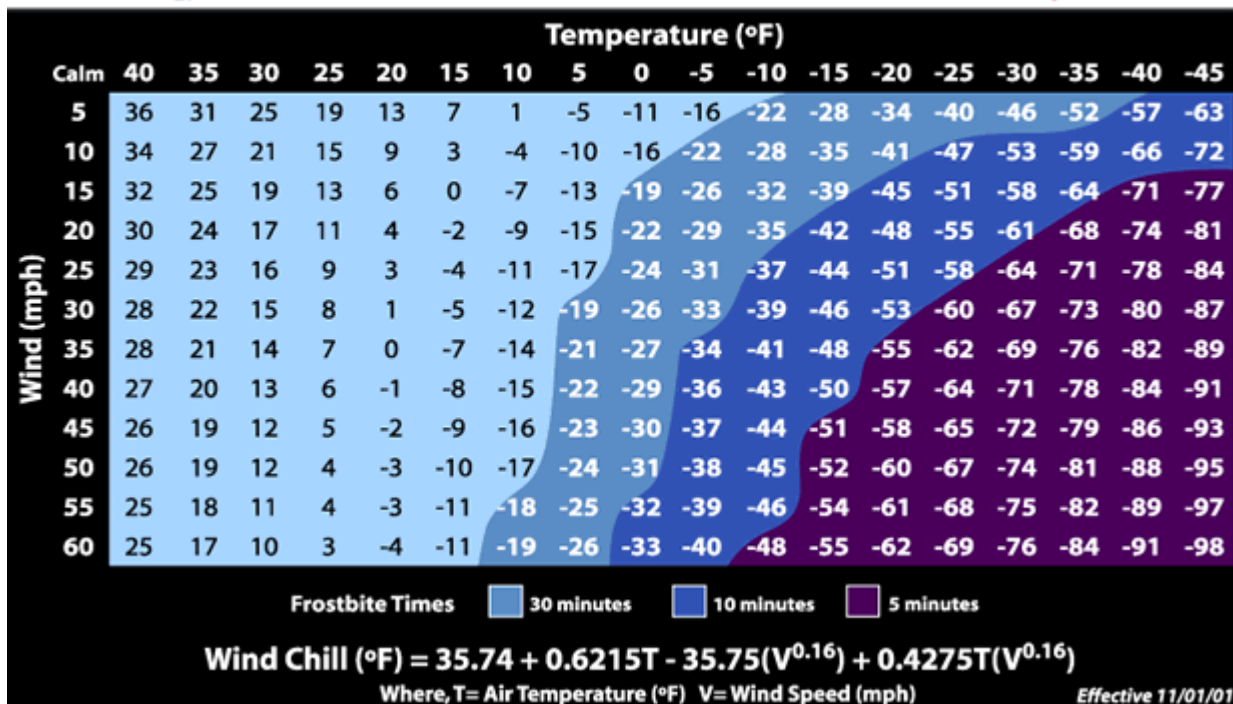
DO NOT rewarm the part with a heating pad, hot water bottle, or other external heat source.

DO NOT rewarm if there is any chance of refreezing.

DO NOT allow the victim to smoke since smoking constricts blood vessels impairing circulation



NWS Windchill Chart





BLIZZARD BASICS



Complete the sentences below by filling in the blanks with the missing word. Then, find the missing words, which are hidden in the word search. (Words are spelled forward, backward, horizontally, vertically, and diagonally.)

1. During a _____ a r _____, the best advice is to stay _____ r s. This is especially true if you have a condition aggravated by the _____ o _____, such as _____ e _____ t disease or asthma.

S E O V E R E X P O S U R E H I G
K F I R E S N G I D E P P A R T N
S Y R D S O I B L Z N A M R A W I
I N H O A E K Q I G N I W O L B R
R W T Y S D S E M N R I W T U P E
B E C R P T O O B V C L O W E R V
A D T Y A O B O O C G R O H O M I
T I M L E E T I F L O M E L T D H
T S R K E Y H H T V O L U A L H S
E O O C T H B S E E L A D I S T B
R R T I E S S R U R N A M E I E L
Y I S U E S H O S S M T Y P G H S
H E E Q R E B O D Y E I M E I R G
W N O F A R F D U J I R A P R U U
E T C T X D K N O A A S T M A S L
F E E M E C H I L L R E H T A E W
Z D R A Z Z I L B F U R N A C E S

2. When you must go out in the extreme cold, _____ r _____ s _____ in several _____ a y _____ of _____ s _____ fitting cloths.

3. O _____ r h _____ t _____ d stoves and _____ u _____ n _____ c _____ s are major causes of winter _____ r _____.

4. If you're _____ r _____ p _____ p _____ d in your car during a winter _____ t _____, stay in it unless you are certain that you're within a _____ minutes of s _____ l _____ r.

5. It is very easy to become _____ d _____ s _____ t _____ d when trying to walk in _____ l _____ w _____ snow.

6. Do not eat snow unless you _____ it first; otherwise, it will l _____ your body temperature.

7. After a heavy snowstorm or _____ blizzard, _____ i _____ yourself out of your home slowly; o _____ e r _____ p _____ s _____ e and overexertion in cold _____ t _____ increases the _____ k of a heart attack.
8. Exposure to cold can lead to both _____ s _____ and _____ y _____ o _____ h _____. Both conditions may start out with _____ l _____ symptoms. But things can get worse _____ u _____ c _____ y until the situation becomes life or _____ i _____ b threatening.
9. Symptoms of mild hypothermia include s _____ v _____ r _____ g _____, _____ e to urinate, loss of coordination and confusion. Also, areas of the _____ that are usually warm like the _____ m _____ i _____ are cold.
10. The most important thing to do when someone has hypothermia is to get them _____ a _____ and _____.
11. The wind _____ factor refers to the affect of combined cold and _____ on human _____ n.
12. If a blizzard is coming, check _____ e _____ - powered emergency equipment, including radios and lights. Also, keep a _____ d stock of items that do not need refrigeration or cooking.
13. Drinking alcohol _____ r _____ e _____ your chances of getting hypothermia.

**** Answer Key on the back page****

Biggest Loser Winners!!

Before we begin, you must know that we are not personal trainers or trained dieticians. But having a good support system is a very important step in success! Any staff in the agency can weigh in at the monthly coffee connection. The next weigh in then will be the following month's coffee connection. The staff who loses the most weight WINS! Group IV clients also participate in "The Biggest Loser".

October 2012 Winners:

David F in Group IV lost 1.74%

Becky; Area manager Group I lost 2.55%

November 2012 Winners:

Aaron E in Group IV lost 2.70%

Becky; Area Manager from Group I lost 2.24%

December 2012 Winners:

Mark in Group IV lost 3.19%

Becky (Yes, AGAIN!!); Area Manager from Group I lost 2.94%

Excellent job to all!

Great Job!

Healthy Tip

Can I Exercise When I am Sick?

Q: Should you work out when you have a cold? Anything special to keep in mind?

A: The rule of thumb for exercising while sick is called the above/below-the-neck rule. If your symptoms appear above the neck (runny nose, sneezing, sore throat), then yes, you can continue with a low-intensity workout. Studies have shown that exercising at a moderate-intensity level does not intensify cold symptoms or compromise the immune system. Avoid high-intensity exercise, such as heavy weight lifting and high-intensity aerobic training, which has been shown to have a negative impact on the immune system during a cold or any respiratory infection.

If your symptoms are below the neck (diarrhea, intense coughing, vomiting, fever), then the American College of Sports Medicine and the Centers for Disease Control and Prevention suggest you let your illness run its course before resuming physical activity.

Chicken Supreme "Oscar"

A 'healthy' way to say "I love you" on Valentine's Day!

Ingredients:

- 2 -4 boneless skinless chicken breasts
- 1/4 cup flour
- crabmeat (canned works fine) or shrimp (canned works fine) or lobster (canned works fine)
- salt
- pepper
- asparagus spear, cooked about 3-4 minutes
- hollandaise sauce



Directions:

1. Dredge the chicken in flour seasoned with salt and pepper.
2. Sauté in clarified butter until lightly browned on both sides, approximately 6-7 minutes.
3. Reduce heat, and cover.
4. Cook until chicken is done.
5. Remove chicken to serving platter and top with the shellfish and asparagus laid across the top.
6. Coat with Hollandaise sauce.
7. Serve immediately.

Laura E
Larry L
Kelly D
Margo H
Quinn B
Editor: Cassie O

WorkAbilities Employee's 2012

14