



Helping People with disabilities since 1965

Find us on the web at:
WWW.Elmview.org

Or Email us at:
Elmview@elmview.org



Retirement plan? hmmm

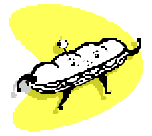
Ok, here we go with a pitch for the retirement plan. I know most of you are just about as interested in hearing this as in watching C-Span 2, but someday you will be as old as me and facing the prospect of reaching the end of your working career with dread or excitement, depending on your inclination and your income. There is a slight problem, though. Company pension plans, which have paid people a set income and often provided health care, are biting the dust by the day or being turned over to the government to cover with money it doesn't have either. I have heard that the most current predictions are that Social Security will run out of money in 2040. At that point some of us will be resting in very quiet places, but many of you will just be approaching the time when you would traditionally take this job and shove it. This means that you all are going to have to figure out a way to support yourself without government help, not only now, but also for the rest of your life. One option is that you can just live on what you bring in now, not save, and continue working until you drop dead. With life spans increasing, that could be a very, very long time and besides, all the RV parks in Arizona would go bankrupt. Or you could win the lottery, but the odds of that are very, very long and with all the relatives that would pop out of the woodwork if you won, the money would probably only last a year. But I did hear that if a 20 year old put just \$2,000 per year in an IRA (which is an individual retirement account) invested in stocks and bonds, they would accumulate \$3,000,000 by the time they reached 70. Now Elmview has a 401(K) retirement plan that allows eligible employees to make tax deferred contributions every payroll. This means you save the money, but also get more overall out of your check because you don't have to pay taxes on the money that goes into the retirement plan. Currently the plan is with the Lord Abbett Investment Company, and every participant can choose between 8 different investment options in that company, from very conservative to relatively high risk. At the end of each year the Elmview Board reviews the financial situation of the agency and decides if Elmview can afford make a contribution to each participant. For 7 of the past 8 years the agency has made a contribution. So you could get your \$2,000 plus maybe additional bucks from the agency. To be eligible to participate in the plan, each employee must be 21 years of age, have worked for Elmview for one year, and have worked at least 1000 hours during that year. There is no minimum amount for an employee's contribution, which is withheld from each paycheck. If you leave Elmview, you can move the money to another retirement account, either your own, or with another employer, and still keep the tax benefits. This is a great way to reduce your taxable income some, have a chance at getting some extra money from the agency, and be preparing for your eventual retirement as a multimillionaire!



From Der Chef

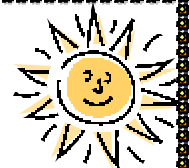
Cooking class is sizzling along. Our plan is to keep cooking through June, take a break for July and August and begin again in September. The menu is set, so if anything appeals to YOU, come on down to the Methodist Church on Wednesdays at 4:30. We are usually done by 6. The menu is burritos, May 28 and beginning in June we will have tuna casserole, sloppy joes, chef salad and sub sandwiches with a surprise at the end. You will have to come to find out!!! Any questions, call Jean, 925-6688. Hope to see you there!

Jean "LaCook"



Don't forget Father's
Day June 15th

BEATTITUDES FOR FRIENDS OF PERSONS WITH DISABILITIES



- ☞ Blessed are you that take the time to listen to difficult speech, for you help me to know that if I persevere I can be understood.
- ☞ Blessed are you who never bid me to "hurry up" and take my tasks from me and do them for me, for often I need time rather than help.
- ☞ Blessed are you who stand beside me as I enter new and untried ventures, for my failures will be outweighed by the times I surprise myself and you.
- ☞ Blessed are you who asked for my help, for my greatest need is to be needed.
- ☞ Blessed are you who understand that it is difficult for me to put my thoughts into words.
- ☞ Blessed are you who with a smile encourage me to try once more.
- ☞ Blessed are you who never remind me that today I asked the same question two times.
- ☞ Blessed are you who respect me and love me as I am, just as I am, and not like you wish I were.



Thank you for your dedication!
Staff July Anniversaries



23 years

Jack Pickard

13 years

Karol Vasquez

8 years

David Sessions

5 years

Jenelle Root

4 years

Kristl Miller



2 years

Vanessa Toner

Jay Lantz

Lisa Perry

Susan England

Kevin Delancy

1 year

Audrey Lyman

Jeffrey Gerrer

Valerie Stucki

Adam Chastagner

Amanda Gonzales

Misty Gonzales

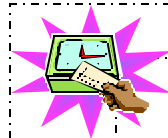
July Birthdays

2	Jessica Hallman	15	David Sessions
6	Adam Chastagner	17	Daniel Turner
8	Susan England	22	Brian Smith
8	Leah Fisher	23	Donnie Foster
8	Daniall Rector	24	Jamie Straight
10	Gayle Hardin	28	Sergio Duran
12	Susana Garcia	28	Cecelia Ortiz
13	Constance Anglea	30	Bruce Tabb
13	Allison Smith		



Did you know?

The idea of Father's Day was conceived by Sonora Dodd of Spokane, WA., while she listened to a Mother's Day sermon in 1909.



**Timesheets
are Due by 9 am**
Monday
6/9 & 6/23

1st Aid & CPR Training

Every month
1st Wednesday 9am
3rd Wednesday 1pm



June trainings:

Wed	June 4	1st Aid/CPR	9-1
Thurs	June 5	SL Orientation	9-1
Mon	June 9	Values Training	9-5
Wed	June 18	1st Aid/CPR	1-5
Thurs	June 19	SL Orientation	1-5
Th/Fri	June 26 & 27	Right Response	



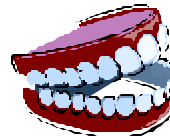
Disasters Kits



Disaster Kits have been placed in all homes and at the vocational building. The kits contain basic first aid supplies and food/water for three days. These kits are the property of Elmview and are ONLY to be used in the case of an emergency. There are enough kits for all clients in the home and for staff on duty if an emergency arises. They need to be kept in a safe, dry place and all staff should know where they are located.



To your Health



1. To burn off the calories in one gingerbread cookie, you will have to,
 - a. Swim 18 minutes
 - b. Type at a computer
 - c. Run in place for a while
 - d. Chew really hard on the next cookie.
2. Potatoes can,
 - a. Be really fun to make faces with
 - b. Protect against lung cancer
 - c. Help fight heart disease and diabetes
 - d. Be really good, if you cover in butter, sour cream, and bacon.
3. Many types of tea, including black, green, white or oolong, may,
 - a. Help prevent cancer
 - b. Reduce the risk of Alzheimer's disease
 - c. Reduce the risk of heart disease.
 - d. Only taste good with milk and lots of sugar
(The longer you steep your tea, the more benefit)
4. Jean Spence's cooking class
 - a. Lasts too long
 - b. Teaches good nutrition and portion control
 - c. Smells when they cook
 - d. Meets at McDonald's

Send your answers in to Bruce, bruce@elmview.org

Last Month's winners are, Kristl Miller, Angela Anaya (I think)
509-925-6688