



ELMVIEW

Helping People with disabilities since 1965

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

Or Email us at:
Elmview@elmview.org

6 Rules of Good Nutrition

For all of Elmview's BIGGEST LOSERS



6. Never Skip Breakfast



People who skip breakfast are more likely to take up smoking or drinking, less likely to exercise, and more likely to follow fad diets or express concerns about body weight. Common reasons cited for skipping were lack of time, lack of hunger, or dieting.

Breakfast eaters were approximately 30 percent less likely to be overweight or obese. (Think about that—people who eat breakfast eat more food, but weigh less!)

5. Snack With Purpose

There's a big difference between mindless munching and strategic snacking. Snacking with purpose means reinforcing good habits, keeping your metabolic rate high, and filling the gaps between meals with the nutrients your body craves.

Combat portion distortion by eating healthy snacks: Triscuits and peanut butter; string cheese; a sandwich bag filled with homemade popcorn; or that classic of kid's snacktime nourishment, ants on a log.



4. Beware of Portion Distortion

One easy way to short-circuit the growing trend to larger is better? ...Buy smaller bowls and cups. A recent study at the Children's Nutrition Research Center in Houston, Texas, shows that 5- and 6-year-old children will consume a third more calories when presented with a larger portion.

3. Drink Responsibly



Too many of us keep in mind the adage "watch what you eat," and we forget another serious threat to our health: We don't watch what we drink.

One important strategy is to keep cold, filtered water in a pitcher in the fridge. You might even want to keep some cut-up limes, oranges, or lemons nearby to flavor the water.

2. Eat More Whole Foods & Fewer Science Experiments

Here's a rule of healthy eating that will serve you well when picking out foods for your family: The shorter the ingredients list, the healthier the food.

1. Set the Table

Children in families with more structured mealtimes exhibit healthier eating habits. Among middle- and high-school girls, those whose families ate together only once or twice per week were more than twice as likely to exhibit weight control issues, compared with those who ate together three or four times per week.



Flat Tires or No Tires



Transportation is probably less of an issue for the people whom we support than for others who live in our communities.

Central Transit, Ellensburg's Transit System, does not start until two and has limited routes. Yakima Transit starts early at 6:45 AM, but ends before 7:00 PM. Taxis are expensive and dial-a ride does not always work well. There is an opportunity to make our voices heard. The 4 County Transportation Board is conducting a survey to determine what is needed for people with special needs. The 4 Counties are Grant, Adams, Lincoln, and Kittitas.



The links below are for the survey. We have a number of people who are increasingly competent with a computer who could take the survey on-line. Please support them to do so. (There is a paper survey available if anyone needs a copy. Let me know.)

bruce@elmview.org

Survey for Clients:

<http://www.surveymonkey.com/s/99D3C8Y> in English

<http://www.surveymonkey.com/s/99MZTNQ> in Spanish

Survey for Service Providers who serve people with Special Needs:

<http://www.surveymonkey.com/s/3RX6BPC>

Catch Them Doing Good!!

Don't forget to post a special thank you to a co-worker or staff member that you caught doing something "thanks worthy". There are staff recognition trees at both of the residential offices. A number of people have already been recognized with thank you notes. Don't let someone's "above and beyond" attitude go unnoticed. All who work for Elmview are appreciated...but it's nice to be told

Thank you for your dedication!
Staff January & February Anniversaries

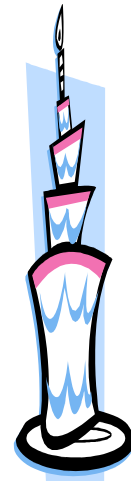


8 years	Jeanne Malinosky	3 years	Karen Cheledinas
7 years	Michael Hougardy	Trista Clayton	
6 years	James Shaw	2 years	Ashley Amador
April Beach		Heather Clerf	
Cecelia Ortiz		Gayle Hardin	
Cynthia Ozuna		Kendra Hurst	
5 years	Erin Clarke	Deborah Neuroth	
Carmen Ellingsworth		Brian Smith	
4 years	Maritza Ayala	Jenna Wellein	
Natalie Dotzauer		Emily Williams	
Alicia Figueroa		1 year	Emilee Draney
Earl Stires		Janeszka Fulmer	
		Jennifer Harper	
		Braxton Martin	
		Antonio Vazquez	
		Jennifer Zumwalt	



March & April Birthdays

3/2	George Trevino	3/28	Gary Thorington
3/3	Kenneth Kiesel	3/29	Rachell Potts
3/3	Brewster Tollie	3/29	Don Thompson
3/3	Rosa Vazquez	3/30	Juditha Robledo
3/4	Zayra Chavez	3/31	Loretta Lane
3/4	Carrie Kerbaugh	3/31	Devina Martinez
3/4	Eric Smith	4/1	Gale Sackman
3/6	Janay Thorne	4/4	Jeanne Malinosky
3/7	Joanne Long	4/6	Jesus Reyes
3/12	Nathaniel Laux	4/19	Deborah Neuroth
3/12	Miriam Silva	4/23	Heather Clerf
3/15	Angela Anaya	4/23	Chris Dirks
3/15	Gary Kagey	4/23	Braxton Martin
3/16	John Silva	4/25	Maria Vazquez
3/22	Nicole Crume	4/26	Michael Hougardy
3/23	Dalziel Dyson	4/27	Bary Hunt
3/24	Mischaela Mathews	4/27	Candace Washington
3/25	Robert Draney	4/30	David Rossi
3/25	Venessa Nunez		
3/28	Misty Gonzales		



1st Aid & CPR Training
Offered Every month
Call Cathy 509-925-6688

Timesheets are Due by 9 am Monday 3/29 & 4/12



Changes Happen

After 43 years of ownership, Elmview no longer owns the Group Home. Kittitas County Head Start now owns the building and grounds. By September, all of Head Start's programs should be up and operating at the site. For Head Start, it will be the first time in over 40 years that all programs will be housed in one location. Their programs had moved on average every two years.

The people who lived at the group Home have all moved to their own apartments. All are in 24 hour Supported Living. The move has worked out. People's lives have improved. Since the last person moved, Elmview has attempted to sell the building and property. The hope has always been that it would go to another service agency. The property has been a resource to people and the community for so many years. Over the 5 years on the market, private developers made offers. Ideas ran from tearing it down to renting the building to college students and building more apartments around the building. It is gratifying that none of those projects came together. Elmview is and always has been committed to working to make our communities a better place to live. This transition is one that accomplishes just that.

A final note on this one. True thanks to all who worked with people at the Group Home. Since its opening, people moved in, lived there, and moved on. All that happened due to the hard work, passion, and dedication of those who worked there. All of us would not be who we are without that dedication.



Thanks,

Bruce

Happy Easter!!



Universal Precautions

March is not only Frozen Food Month but here at Elmview it is also the month that we focus on universal precautions. So here are some tips to keep both you and your clients safe and healthy:

- 👍 Wash your hands before and after each procedure
- 👍 Wear gloves whenever there is a possibility of coming into contact with blood or other potentially infectious materials
- 👍 Dispose of contaminated sharp objects in an appropriate puncture proof container
- 👍 Dispose of all contaminated personal protective equipment in an appropriate container marked for bio-hazard waste