



# SAND RUN SCOOP



SAND RUN SUPPORTS STAFF NEWSLETTER

March/April 2010



- Emily Andregg—3 years**
- Susan Cossell- 1 year**
- Bruce Bailey- 7 years**
- Denise Stauffer Roth- 1 year**
- Vicci Brown- 2 years**
- Bonnie Dennis- 2 years**
- Erin Tedrick- 3 years**



- Alyson Cassenhiser**
- Leticia Cruz**

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.

-Leo Buscaglia



## MANDATORY TRAINING

### ANNUAL MUI

Tuesday March 10 2009

upstairs conference room

2nd floor            3200 building.

There will be two sessions on that day

10:00 a.m. – Noon    and    4:30 p.m. – 6:30 p.m.

RSVP to register for session which is best for you:

Ruth Bailey at (330) 749-0299 -or- rbailey\_sandrun@yahoo.com



## Getting Lucky

Here are some practical tips to be prepared for getting “lucky”

- Read a book— Turn off the TV and read a book about something that really interests you. Learn it in depth
- Listen to a CD—Listen to a motivational or self improvement CD once a month instead of the radio as background noise
- Take personal responsibility— Nido Quebein, President of High Point University says “If it’s gonna be , it’s up to me” Google him and he will make a difference in the way you think about things
- Take Action— not just little action, but massive action to be prepared to meet the opportunity you will create. No matter where you are in your life, you can do something special about your future. It’s up to you. Take action today.

**March/April 2010**  
**TRAINING**  
**SUMMIT COUNTY TRAINING**  
**COLLABORATIVE**

**3.16.10 Behavior Basics**

**9:00am-Noon**

**3.17.10 PMT Crisis Intervention 8:30am-4:30pm**

**3.18.10 First Aid / CPR Review 9:00am-3:30pm**

**3.22-24.10- Delegated Nursing**

**9:00am-2:00pm**

**3.25.10 PMT Review**

**9:00am-Noon**

**4.8.10 Standard First Aid/CPR**

**9:00am-4:00pm**

**4.13.10 Behavior Basics**

**9:00am-Noon**

**4.14.10**

**PMT Crisis Intervention**

**8:30am-4:30pm**

**4.18.10 First Aid / CPR Review**

**9:00am-3:30pm**

**4.19-21.10- Delegated Nursing**

**9:00am-2:00pm**

**4.21.10 Delegated Update (2 hr review)**

**2:00-4:00pm**

**4.22.10 PMT Review**

**9:00am-Noon**

Zesty Marinated Mushrooms

2 pounds of fresh mushrooms

½ cup lemon juice

1 cup olive oil

3 medium onions, thinly sliced

¼ teaspoon ground black pepper

1 teaspoon dry mustard

1 teaspoon thyme

½ teaspoon oregano

1 tablespoon basil

2 teaspoons honey

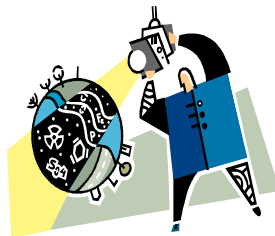
Combine all ingredients and cook for 5-10 minutes over medium heat.

Cool. Cover and refrigerate overnight.



**Global Days of Service – April 17-18, 2010**

The Global Days of Service will feature **Volunteer Actions** by tens of thousands of global participants, from April 17 – 18, 2010. These projects in parks, beaches, schools and forests will focus on climate change solutions like tree planting, energy efficiency retrofits, water protection, urban gardens and forest restoration. Produced with the help of Earth Day Network, along with local community organizations and governments, the activities will address current challenges and will help cities and organizations streamline their energy needs, and 'green up' their communities. Suitable for individuals of all ages, including children and families, these activities encourage active lifestyles and healthful living, while also connecting volunteers with the green solutions.



**Karen Strawbridge** has been with **Sand Run Supports** since April of 2003. She mostly works in *group living arrangements* and has also done a little bit of *in-home supports*. She enjoys the opportunity to make a difference in someone's life. "To see them smile when things are going well." She is a student at the University of Akron as a Business Major. She also has work experience in the Culinary Arts.

Karen is a homeowner who also has a love of rescuing pets. She currently has 2 dogs and 4 cats. Someday she'd like to run a rescue shelter in collaboration with a veterinarian.



## 7 THINGS YOU'RE WASTING MONEY ON

- 1) BOTTLED WATER
- 2) EXTENDED WARRANTIES
- 3) GYM MEMBERSHIPSET & SPORTSCLUB ASSOCIATION). SO MAKE SURE YOU'RE TAPPING INTO ALL OF THE
- 4) OVERDRAFT FEES
- 5) ORGANIC PRODUCE
- 6) AUTO INSURANCE
- 7) MUSIC DOWNLOADS