

SDS GAZETTE – APRIL 2016

ALASKA ISLAND COMMUNITY SERVICES – SENIOR & DISABILITY SERVICES

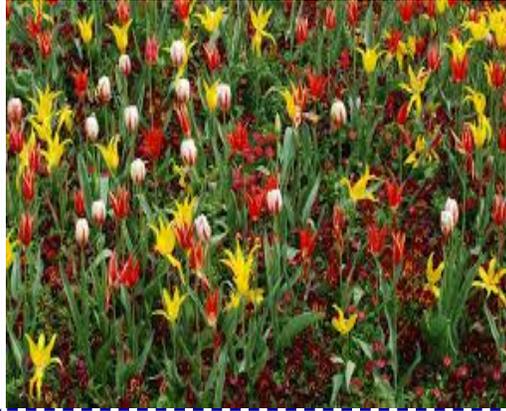
COMMUNITY EVENTS!

April 1st: April Fools Day!

April 2nd: Health Fair!

April 9th: Wrangell Community Membership Dinner

April 27th: Administrative Professionals Day



Health and Wellness

Water Aerobics: Mondays, Wednesdays, and Fridays at the Parks and Rec Pool from 10:00 to 11:00 AM. Fee associated, please call (907) 874-2444 for more details.
SAIL Classes: Tuesdays and Thursdays from 10:00 to 11:00 AM at Senior Apartments
Healthy Cooking: THURSDAYS from 11:30 AM to 01:00 PM at Senior Apartments

Recipe of the Month



Looking for a quick and easy dinner? Try this slow cooker Black Bean Soup!

Ingredients

- 1 LB Black Beans, soaked overnight
- 4 Tsp Diced Jalapeno Peppers
- 6 C Chicken Broth
- 1/2 Tsp Garlic Powder
- 1 TBSP Chili Powder
- 1 Tsp Ground Cumin
- 1 Tsp Cayenne Pepper
- 3/4 Tsp Ground Black Pepper
- 1/2 Tsp Hot Pepper Sauce

Directions:

- 1) Drain and rinse Black Beans.
- 2) Combine beans, jalapenos, and chicken broth in a slow cooker. Season with garlic powder, chili powder, cumin, cayenne, pepper, and hot pepper sauce.
- 3) Cook on high for 4 hours. Reduce heat to Low, and continue cooking for 2 hours, or until dinner time.

NON-SMOKING SECTION

Feeling a little bit more angry now that you've quit smoking? Try these tips to avoid enraging circumstances.

- 1) Avoid what makes you angry. If an unclean house ticks you off, clean it, and avoid allowing the house to get messy again until your withdrawal symptoms subside.
- 2) Avoid triggers that create cravings. Did you smoke while you drank? Avoid things that you did while you smoked to encourage keeping with the non-smoking habit.
- 3) Deal with your anger. If you have an outburst, recognize what caused it, and remedy the situation so next time, you can handle it better.

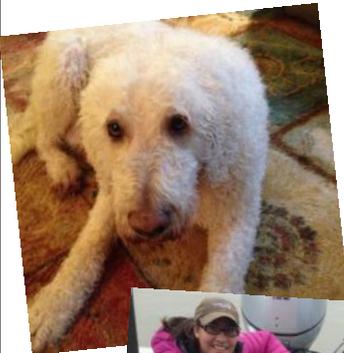
THE MORE THAT YOU READ,
 THE MORE THINGS YOU WILL KNOW.
 THE MORE THAT YOU LEARN,
 THE MORE PLACES YOU'LL GO.
 --Dr. Seuss

Notes are due
 4/1 and 4/15!

Jerrie Dee Harvey

Jerrie Dee Harvey currently works in the Crossings section of AICS as a Clinical Director. She has lived in Wrangell for 3 years, and loves the community. "I enjoy the amazing beauty that surrounds us here in Southeast. And of course the fishing!" She loves that her job is rewarding and fulfilling, even though it's very busy "especially in the height of the Crossings season" (which is Spring through late fall) She also says that her co-workers are amazing! In her free time, Jerrie Dee reads, fishes as much as possible when the weather is nice, and walks her golden doodle Jack. "Though I consider myself a high functioning introvert, I even get out from time to time to see friends I have made in the community." Jerrie Dee also states that Jack is much more

interesting than she is.



April Birthdays

Kris Jackson— April 3rd

Christy Barrett— April 10

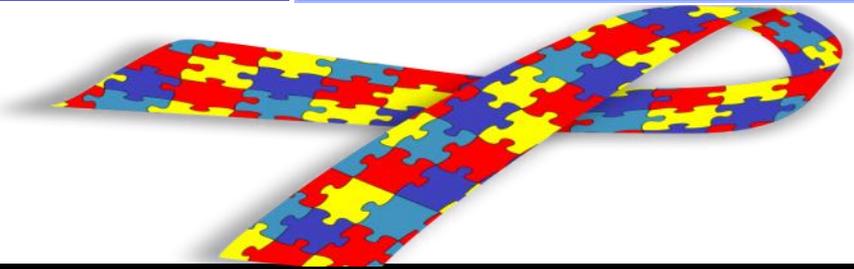
Hans Magnuson— April 16

Dawn Copeland— April 25th

Day Habilitation will meet on the following dates in April:

April 7th— Bowling at the Elks

April 21st— Bowling at the Elks



AUTISM AWARENESS MONTH

April is Autism Awareness Month, many of us at AICS work with people who are coping with Autism. Some of us even have family or friends who are dealing with Autism. Here are some Autism facts to help us all be aware and to help support those we serve:

1 in 63 Children are identified with Autism Spectrum Disorder.

About 1 in 6 children in the U.S. had a developmental disability in 2006-2008, ranging from mild disabilities such as speech and language impairments to serious developmental disabilities, such as intellectual disabilities, cerebral palsy, and autism.

Autism has been reported in all racial, ethnic, and socioeconomic groups

"Autism statistics" do not shed light on the reason for the prevalence of autism. Some experts suggest that the condition can be diagnosed more easily than in the past.

As employees of SDS we are a source of information and support for those affected by Autism, thank you for being part of that support.