

# AUGUST 2011

## RHDD TIMES

### WELCOME NEW EMPLOYEES

Autumn Uplinger

Hannah Winegar

Linda Angle

Jacob Pessia

Stefanie Keyes

Brandi Woroniuk

Debbie McDoniel

Jino Nacci

Nicki Smith

Chelsey Davis



### AUGUST: FUN FACTS

- **Origin of August's name:**  
**August was the 6th month in the early Roman calendar, named after Julius Caesar Augustus.**
- **August's flower:**  
**Gladiolus**
- **National Smile Week is the week of August 5-11th**
- **Birthstone:**  
**Peridot**
- **National Peach Month**
- **Catfish Month**
- **Admit You're Happy Month**
- **Hypnosis Awareness Month**
- **Brownies at Brunch Month**
- **August 3rd**  
**Watermelon Day**
- **August 13th**  
**Vinyl Record Day**  
**Lefthander's Day**
- **August 15th**  
**Lemon Meringue Pie Day**
- **August 16, 1977**  
**Elvis Presley died**
- **August 30th**  
**Toasted Marshmallow Day**
- **August 31st**  
**National Trail Mix Day**

### MOURNING THE LOSS OF A DEAR FRIEND



On July 27th 2011 we lost a very good friend Jon "Mike" Clary. Mike attended Coshocton Alternatives. Mike liked working with wood items, painting, and drawing. Mike loved working in the store as well along with enjoying teasing around with others and liked using the name "trouble".

Our sincere condolences go to family, and friends. Mike will always remain in our hearts.

-Bobbi Felter

### RIVER ROAR 2011 TURNOUT

The River Roar is a speed boat race held annually on the Ohio River in Marietta, Ohio. As our office is one block from the festivities, staff and consumers man the entrance to the parking lot to allow cars to park for a donation to Alternatives.

This year, the Marietta Alternatives had a fantastic turnout for the River Roar Parking Fundraiser. (the consumers that participated parked approximately 54 and even a few motorcycles during both days). Despite the humid mornings and hot afternoons, the individuals that participated greeted every customer with a smile and "good morning" or "good afternoon" depending on the time of the day.

While out in the hot sun, staff and consumers remained cool by staying under the canopy and hydrating by drinking plenty of water. When volunteering, the consumers enjoyed their time visiting with customers and people just passing by.

When the River Roar came to a close, the consumers stated that they had a good time and were excited for next years River Roar. To those of you that participated this year, Alternatives thanks you for all of your hard work during one of the hottest months of the summer.

-Mike Brower

### COSHOCTON / HOLMES NEWS

Coshocton would like to congratulate employees Shawna Oswalt & Liz Lillibridge on the birth of their baby girls:

Shawna & Christopher on the birth of their daughter Elise

Liz & Jason on the birth of their daughter Faith

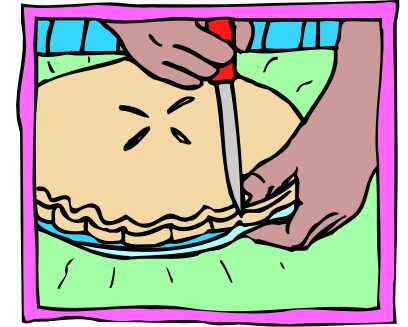
I would like to thank all my staff for their continued support and efforts!

I would also like to thank our Board of Directors and Lisa Bash for our pay increases, and their continued efforts to make RHDD a competitive place of employment!

-Jill Hammersley

## WHAT'S COOKING

- 3 cups peaches sliced (approximately 5 peaches)
- 2 cups raspberries (can use fresh or frozen)
- 1/4 cup agave syrup
- 1/4 cup whole wheat flour
- 1 tsp lemon juice
- 1/4 tsp ground cinnamon
- 1 tbsp butter
- whole wheat pie crust (instructions for making crust can be found at <http://goo.gl/xKMOe>)



Heat oven to 425 degrees. Combine peaches, raspberries and lemon juice. Stir remaining ingredients into peaches. Pour into pastry lined, microwave safe, pie dish. Cover with top crust and seal edges. Cut slits in top crust to allow steam to be released. Cook for 10 minutes in microwave (adjust according to your microwave) and then 10 minutes in regular oven.

Allow to cool before serving.

For those who still prefer white sugar you can substitute 1 cup sugar for the 1/4 cup of sweetener.

<b>Nutrition facts for 1/8th pie filling</b>	with agave
calories	127
fat	3
carbs	25
fiber	5
protein	2

## ATCO IDOL

On Friday August 29th the first ever Atco Idol was held in Athens. Four individuals that are served by RHDD were contestants.

David Jacobs, Jim Myers, Mary Dollison and Lillian Stamm all participated. They all did excellent and everyone had a great time!!!

-Amanda Whitlatch



## HAPPY BIRTHDAY!



- 8/01 Sara Gannon
- 8/02 Adam Steinel  
Toni Cooper  
Beverly Hartong
- 8/03 Sammie Markham
- 8/04 Samantha Hook
- 8/05 Rachel Murphy
- 8/09 Amanda Freeman
- 8/11 Rex Williams
- 8/13 Paul Lauvray  
Nathan Gibson
- 8/15 Cindy Baughman
- 8/17 Gretchen Millin
- 8/19 Richard Corder
- 8/21 Peggy Hummell
- 8/23 Tad Chewing
- 8/24 Michelle Hahn
- 8/27 Andrew Mills
- 8/29 Marva Burrell
- 8/31 Amanda Decker

## RHDD'S WELLNESS PROGRAM

RHDD has started a healthy employee initiative. We would like to continue getting more suggestions about what kind of activities you feel would be of interest to you.

Please consider signing up in your area office to meet and come up with new and interesting ideas and suggestions. We could talk about doing weight watcher or bigger loser type groups, healthy recipe exchanges, ways to get discounts at exercise places, OR ANY OTHER HEALTHY IDEAS THAT MAY INTEREST YOU!

If you have any questions and/or suggestions, please write them down and place them in the RHDD Marietta Office mailbox for Kim Kramer. Please help us make this program something you and I can both enjoy and want to be a part of!

-Kim Kramer

