

SEPTEMBER 2011

# RHDD TIMES

## WELCOME NEW EMPLOYEES

Derrick Langdon  
Angie Patterson  
Lisa Bradford  
Cierra Kemper  
Sandy Roffee  
Amanda Mayle

Ashley Schoonover  
Jaymie Wolfe  
Andrea Gander  
Brenda Bates  
Brenda Williams  
Vera Ihinger

Laura Markham  
Missy Payne  
Sherrri Shipley  
Jessica Rice  
Teiah Watson

## SUMMER FUN AT THE NEWPORT AQUARIUM

On August 25<sup>th</sup>, a gang of RHDD individuals and staff members loaded up the vehicles and took a trip to the Newport Aquarium. Those who joined were Nancy, Jim, David, Pam, Jeannie, Jason, and Patty, Amanda, Lindsey, Mathew, Jessica, Ashley, and Chris. The day was spent with a lot of conversation, fun activity and good food healthy meal on the way home. It was a great experience that Athens RHDD hopes to have more of.

[Amanda Decker](#)



## ATHENS NEWS

### September Fun Facts:

- Backpack Safety America Month
- Library Card Sign-Up Month
- National Chicken Month
- National Food Safety Education Month
- National Honey Month
- National Mushroom Month
- National Piano Month
- National Potato Month
- National Rice Month
- National Whole Grains Month
- 9/5/10 - 9/11/10 National Waffle Week
- 9/13/10 - 9/17/10 Substitute Teacher Appreciation Week
- 9/17/10 - 9/23/10 Constitution Week
- 9/19/10 - 9/25/10 Child Passenger Safety Week
- 9/19/10 - 9/25/10 National Clean Hands Week
- 9/19/10 - 9/25/10 National Farm Safety and Health Week
- 9/6/10 Labor Day
- 9/8/10 International Literacy Day
- 9/11/10 Patriot Day / 9-11 Anniversary
- 9/12/10 National Grandparents Day
- 9/17/10 Citizenship Day
- 9/22/10 Ice Cream Cone Anniversary
- 9/22/10 Autumn Begins
- 9/25/10 National Women's Health and Fitness Day
- 9/26/10 Family Health and Fitness Day
- 9/26/10 World Heart Day
- 9/27/10 Family Day
- 9/29/10 World School Milk Day

## WHAT'S COOKING

- 24 oz boneless skinless chicken breasts
- 2 tbsp olive oil
- 1 cup fresh mushrooms (caps only)
- 2 medium garlic cloves , minced
- 3 tbsp white all purpose flour
- 1 1/2 cup low fat unsalted chicken broth
- 1/2 cup cooking sherry (dry)
- 1 tsp ground thyme
- 1 tsp tarragon, leaves, ground
- 1/2 cup grated parmesan cheese, low sodium
- 2 tbsp chopped parsley , chopped
- 1 pinch salt and pepper (optional)

- 1) Preheat oven to 350 degrees.
- 2) Heat oil in a large nonstick pan over medium heat and add chicken. Cook until brown, about 3 minutes per side. Transfer chicken to a glass baking dish.
- 3) Return pan to stove and add the mushrooms and garlic, cook until light brown, about 3 minutes.
- 4) Sprinkle in flour, stir constantly, for another minute.
- 5) Add in broth, sherry, tarragon, and thyme, bring to a boil. Stir until smooth and thick.
- 6) If you choose, season with salt and pepper.
- 7) Pour sauce over chicken and sprinkle Parmesan cheese on top.
- 8) Bake until chicken is thoroughly cooked, about 30 minutes. Sprinkle parsley on top before serving. For those who still prefer white sugar you can substitute 1 cup sugar for the 1/4 cup of sweetener.



## 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!



- 9/01 Jill Hammersley
- 9/05 Mandy Kerek  
Diane LeRoy
- 9/07 Lisa Bash
- 9/08 Beverly Elkins  
Sherri Dunwoody
- 9/09 Cheryl Hale  
Lisa Roof
- 9/10 Pablo Neal
- 9/11 Tom TenEyck  
Erica Milhoan
- 9/14 Lorin Grewell
- 9/15 Heather Phalin
- 9/17 Krystal Snell
- 9/18 Brenda Bates
- 9/19 Michael White
- 9/20 Aaron Barhtalow
- 9/21 Wilma Griffith
- 9/23 Deborah Frye
- 9/24 Bonnie Mumaw  
Amanda Immel
- 9/26 Harold Norris
- 9/29 Brenda Donley

## 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

