



Exceptional Expressions

August 2009

Volume XVIII

Issue 8

www.episervice.org

PHYSICAL ACTIVITY

WHAT IS PHYSICAL ACTIVITY?

Physical activity is any form of exercise or movement of the body that uses energy. Some of your daily life activities - doing active chores around the house, yard work, walking the dog - are examples. To get the health benefits of physical activity, include activities that make you breathe harder and make your heart and blood vessels healthier.

But, who has the time or the money to go to the gym??? Well, below is some great advice and a few great exercise you can do with items you probably have around your house.

BUILD UP OVER TIME

- Start by doing what you can, and then look for ways to do more.
- Walking is one way to add physical activity to your life
- Add more time and days

Aerobic

Adults should get at least 2 hours & 30 minutes each week of aerobic physical activity that requires moderate effort.

You need to do this type of activity for at least 10 minutes at a time.

Strengthening

Adults should also do strengthening activities at least 2 days a week. Exercises like, push-ups, sit-ups, and lifting weights.



EXERCISES

Canned Goods: **TRY:** With a canned good in each hand & your hands at your sides, raise your arms straight out & above your head until the canned goods touched one another. Hold for a second & then lower your arms slowly back to the starting position. Repeat 12-15 times.

Gallon Jugs: Half and gallon sized milk or water jugs. Fill the jugs with water or sand. You can increase the weight when needed by adding more water or sand. **TRY:** Stand with one jug in each hand. Bend your knees slightly & then lean the upper part of your body forward. Allow arms to hang at your side. Bring your elbows back & up towards the ceiling. Hold & lower your arms back to your side. Repeat 12-15 times.

Flour or Sugar: Place a 5-10 lb. bag of sugar into a plastic grocery bag with handles. If you need more weights add another 5-10 lb. bag. If you love the idea of using grocery bags as a workout, but the flour or sugar is too much weight, you can add bags of dried beans. **TRY:** Begin in a standing position with a filed grocery bag in each hand & your arms straight down at your side. Slowly bring your arms forward, palms facing out, & then raise your arms up until the grocery bags touch your shoulders. Now, slowly lower your arms down with your palms still facing outward & then bring your arms back down at your side. Repeat 12-15 times.

Phone Books: Use phone books in your workout to strengthen calf muscles. **TRY:** Squat in a standing position with your feet wider than your hips. With a phone book in front of you, place your hands on the book & rise up using the tips of your toes. Lift your hips towards the ceiling & straighten your knees. Squat back down into the starting position while still on your tiptoes. Repeat 12-15 times.

MISSION STATEMENT: EPI makes a positive difference in the lives of people with disabilities, families, and children as they live and work in the community.

VALUES: Stewardship—Teamwork—Integrity—Quality

Years of Service

Please congratulate **Kim Archie** the next time you see her for **15 years** of service with Exceptional Persons, Inc. Kim is a caring person who always wears a smile. She came to EPI on August 24, 1994 and worked as an SLS II Sleep at Heartland Hills. On November 1, 1999, Kim decided to transfer to State Street in Cedar Falls which has since moved to West 9th in Waterloo. Kim has experienced and adapted well to the many changes in her responsibilities at work and her education. She has been the mainstay at West 9th street assisting many new staff with getting comfortable in their new setting. Kim has had great success in all of the positions she held. She is a strong advocate for the individuals she supports and Kim is a true asset to her team and to this agency. Thank you Kim for 15 years of dedicated service. Mike Hughes

On August 1, 1987, Andie was hired at EPI by Pat Crawford and Karen Jones. She worked for one year at TLC, as an "Assistant Counselor". Andie then left for a year, to work at Adults, Inc. (Currently North Star.) On August 3, 1989, Linda Lu Thompson hired Andie at EPI as an "Independent Living Skills Advisor" with the CASLA Program. She supported individuals living in their own apartments. This position later changed to "Support Coordinator" then to "Service Coordinator" and later it became known as "Site Coordinator". Through the years Andie continued to work with individuals living in their own apartments. She also supervised a couple smaller sites on Hickory and Main Streets in Cedar Falls. In March of 2003, Andie joined the team at CHOICE, as a Site Coordinator. Andie started at the Waterloo site, but soon moved to the Cedar Falls Site, then to the Celebration site, and finally to the current CHOICE Program at the Deery Center. At the CHOICE Program, many of the persons served look forward to visiting with Andie daily, and ask about her when she has the day off. Andie has a way of always finding the brighter sides of things. Her positive attitude is a great asset to the program, and to those she supervises and supports. When not at the CHOICE Program, you can find Andie on the volleyball court. Andie has coached countless young women through the years, many whom have gone on to play volleyball in college. Andie also greatly enjoys spending time with her 3 year old granddaughter, Gabby – and is usually willing to babysit at a moment's notice. Andie and her husband, Dave, keep busy with remodeling projects in their new home. Ask the staff at the EPI store – as they see her regularly making purchases for their home!!

We want to take this time to thank you, Andie, for all of your hard work and dedication to the individuals we support at Exceptional Persons Inc. Congratulations on your 20 years of employment with EPI, and here's to the next 20!!
Lynette Miller

Years of Service

Congratulations to **Carrie Sletten** on **5 years** of employment with EPI. Carrie began employment with EPI August 3, 2004, and worked most of that time in the Community Supported Living program. She added a work schedule in the Children and Family Services Department in January, 2009, and then transitioned to fulltime in July as the Child Care Resource & Referral Infant Toddler Specialist. Carrie's dedication has been reflected by her approaches to her work in both Departments. She intends to stay in touch with the individuals she had served while she develops relationships in her new role. Carrie's work now includes supporting the development and implementation of Infant/Toddler training and consultation services throughout the twenty counties CCR&R of NE Iowa serves. Carrie's early childhood education and prior experience is serving as a great foundation for her professional development and work in this area and we look forward to her continued contributions to Infant/Toddler services. Thank you Carrie, for all you have accomplished these past five years!

Nancy Dunn

Laurie Youngblood began her employment with EPI in August of 1994 as a Support Coordinator. For the first 2 ½ years of her employment here, Laurie coordinated services for individuals with mental retardation and mental illness at South Main group home, for individuals with mental illness at Petersen House and for individuals with brain injuries in apartments. While working at EPI, Laurie completed her master's degree in mental health counseling from UNI. Since 1997, Laurie has used her creativity and education to monitor services and advocate for individuals in the Permanent Planning, Inc. guardianship program, an affiliate of EPI. Laurie is a Nationally Certified Guardian with the National Guardianship Foundation. Laurie goes the extra mile to be available to her wards when they need her and she is a valuable member of the PPI team. Thanks, Laurie, for **15 years** of dedication to the people you have supported over the years!

Lori DeVries

Gina Greene, Early ACCESS Coordinator in the Children & Family Services Department, has reached the notable milestone of **15 years** at EPI; made even more amazing because the entire 15 years has been dedicated to the work of Early ACCESS. As the parent of a child with unique abilities and challenges, Gina has been the perfect person to do the work of Early ACCESS; a program focused on serving children birth to age 3 who are at risk of experiencing delays in their development; a program with oversight from the Department of Education and managed through the Area Education Agencies. Gina has worked with passion and dedication to ensure that families receive the professional guidance and assistance needed to enable parents to be their child's #1 care giver and care planner. Gina's detailed attention to high quality services, with expectations for full compliance with state and federally imposed guidelines has been rewarded through exceptional scores during a state level Quality Service Review, through consistently ranking in the top 3 areas meeting the state program benchmarks among the AEA's across Iowa, and through a Governor's appointment to the State Early ACCESS Council.

EPI and AEA 267 are truly the benefactors of the exceptional work of Gina Greene, as she has guided and nurtured the growth of Early ACCESS services from the program's earliest days. With vision and persistence, Gina has consistently set high standards for service delivery and worked tirelessly to meet those standards. Thank you Gina!

Marilynn Pierce

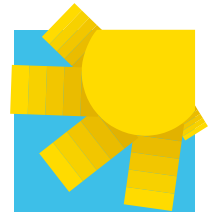
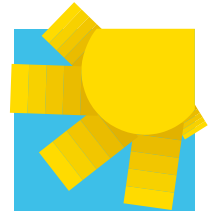
August Birthdays

Deb Jungling.....	1
Cheryl Newson.....	1
Charles Sliger.....	2
Diana Flaig.....	3
Derek Lau.....	3
Ruth Saulsbury.....	4
Melia Roberts.....	5
Andie Hirsch.....	6
Mary Ann Dahl.....	6
Brittany Phillips.....	8
Frankie Robbins.....	9
Keri Griswold.....	9
Mari Lynn Pierce.....	9
Christa Hanson.....	11
Jessica Granberg.....	11
Susan Spiess.....	12
Jodie Trebon.....	12
Lydia Kubik.....	14
Ruth Graveman.....	15
Mark Meyer.....	16
Angie Tye.....	17
David Segbee.....	17
Audrey Knepp-Burger.....	18
Lindsay Fischels.....	18
Verlyn Haahr.....	19
Ira Frizell.....	20
Stacey Goodson.....	20
Hali Bird.....	20
Nancy Dunn.....	22
Chu Chu.....	22
Micky Shelton.....	24
Rebecca Murray.....	25
Deb Leisinger.....	26
Mary Janssen.....	27
Kelley Schmitz.....	28
Lynda Bohlmann.....	30

NEW EMPLOYEES

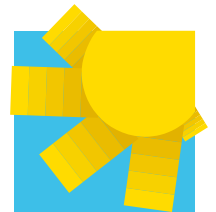
Community Living

Colin Klang
 Adam Martin
 Kate Stumbo
 Sarah Vidales
 Jeff Gross
 Rhian Gronewold
 Derek Lau
 Karla Peters
 Mark Stubbs



Central Office

Judy Berger
 Tami Moody
 Andrea Nelson
 Robin Wachal
 Sheena Wendel



THANK YOU

I would like to thank everyone who attended my Retirement Open House, for your cards, flowers, and gifts.
 God Bless each of you!
 Love, Lille Hoskins

ON CALL BEEPER WEEKEND:

8/7/09 Roger Koneiga, Charlyn Alexander
8/14/09 Mike O'Neil, Deb O'Neil
8/21/09 Dannette Richmond, Charlene Sliger
8/28/09 Betsie Driscoll, Larissa Deeds