

# Stone Belt

Volume 24, Issue 9

September 2018

This newsletter is produced and distributed by a committee of Stone Belt clients and staff. Please send comments, calendar events, story ideas and requests to receive this newsletter electronically to [ldumond@stonebelt.org](mailto:ldumond@stonebelt.org)

Newsletter Committee: Brandon, Destiny, Dorothy, Haley, RJ, Jason, James, Joseph, Kelly, Nick, Troy and Editor Vicki

## Current Events:

Typed By:

Birthday Shout outs to:

Mara G., Nick P., Freddy T., Lisa O.,  
Erin S.

### Coming up events:

- Monday Sept 3 Labor Day Larc will be closed
- Sunday Sept 9 Grandparents Day
- Tues Sept 11 Patriot Day and national Day of Service and remembrance
- Tues Sept 18 National cheeseburger day
- Friday Sept 21 International Day of Peace
- Sat Sept 22 Fall begins

The she class schedule for the month

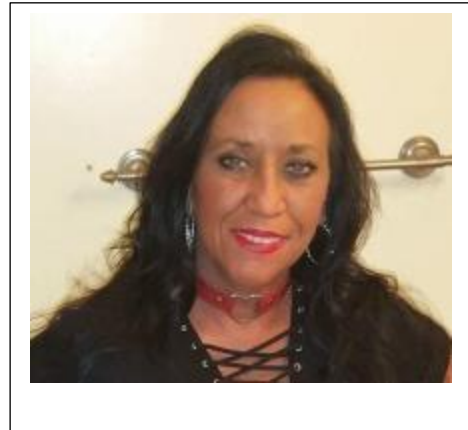
Monday	Tuesday	Wednesday	Thursday	Friday
Shop Arts and Crafts Science/History Money Management ----- Shop Art Exercise/Dance Literature	Shop Art Sign Language Learning Games ----- Shop Art Employment/Sensory Craft/Art	Shop Art Nutrition Craft/Art ----- Shop Art Money Management Newsletter	Shop Art Yoga/Meditation Newsletter ----- Shop Art Line Dancing Learning Games	Shop Art Sensory/Games Fun Day ----- Shop Art Drumming Fun Day

# Spotlight

Interviewed and typed by:

## SPOTLIGHT

Melissa



Nurse Melissa was interviewed for the spotlight this month. Melissa started working for Stone Belt/Larc at the end of January of this year. She was asked how long she has been a nurse and she stated that she graduated from nursing school May of 1995 so she has been a nurse for 23 years. It was her mom and other family members that got her to want to be in the medical field. Melissa was asked what she liked and disliked about her job "I love the clients. They sincerely appreciate me which makes my job very rewarding." What she doesn't like is learning the multiple computer programs that she has to chart in and where to find certain documents. Before coming to Larc Melissa was a nurse in all of these fields: OB, ICU, ER, Oncology, House supervisor, Home Health Care, Long term Care, Occupational Health. She has 2 step-daughters that are from a previous marriage but are still very much part of her life, 4 smiling fur babies that are very happy when she gets in from work and she has two older sisters. Melissa doesn't get much free time but she enjoys taking care of her mom who has Alzheimer's, swimming, hiking and spending time outdoors in nature and going to concerts. And don't get her started on the ID channel; she is a murder mysteries addict. Her favorite color is pink. She will have something on her somewhere that is pink. She also likes brown and orange. She likes the Pacers and Colts but her favorite is PBR which is professional Bull Riding. Melissa's dream vacation would be to go to Ireland or Europe. She has always lived in Indiana but had visited every state except Alaska

# Recipe and Quote of the month

## Recipe

Picked by: Haley

Typed By: Haley

### Ingredients

- 6 cups slice pears
- ½ cup butter melted
- 2 tbsp. maple syrup

### TOPPING

- 2 cups all purpose flour or more as needed
- 1 cup brown sugar
- ½ cup white sugar
- 1 tsp. ground cinnamon
- ½ tsp. ground nutmeg
- ¼ tsp. vanilla extract
- ½ cup butter softened

Preheat oven to 375 degrees. Lightly grease a 9 by 13- inch baking dish.

Spread pears to cover bottom of the baking dish; drizzle with melted butter and maple syrup.

Stir flour, brown sugar, white sugar, cinnamon, nutmeg, and vanilla extract together in a bowl. Cut softened butter into flour mixture until mixture resembles coarse crumbs, adding more flour if necessary. Sprinkle topping over pears. Bake in preheated oven until pears are bubbling and topping is crisp, about 30 minutes.

## Quote

By: Bob Monkhouse

Typed By: Troy

When I die I want to go  
peacefully like my grandpa did –  
in his sleep. Not yelling and  
screaming like the passengers in  
his car.

# CLIENT STORIES

Written By: Kelly

Typed By: Haley

## An Ice Cream story

I love Ice Cream!!

I like to eat ice cream on a hot sunny day; if I could I would eat it everyday. My favorite place to eat ice cream was called the Ice Cream place was in Indianapolis on Main Street; in the 1960's. I wish I could sit on the ground on a blanket with my best friend Haley or with my boyfriend Joseph. I think it would be very fun!

Written By: Joseph

Typed By: Joseph

My Cat Snowy is all white cat she squawks when she is hungry. Snowy is spoiled rotten. My cat is always hungry she eats a lot. We found her in a tree. My brother Willy got her down and Tina & Bill & I have had her ever since.

# Changing Life As A Diabetic

By: Dorothy

The key to diabetes management is getting educated about diabetes and realizing that this disease is controllable... The long term problems we are all terrified of are preventable if the person with diabetes makes the choice to take care of themselves.

Most people don't even realize I'm a diabetic. I always carry my supplies in a bag wherever I go so that I'm always prepared for whatever situation might arise. I do not allow my diabetes to control me. Rather I control it!

Keeping a positive outlook and taking care of yourself is the key to controlling your diabetes.

1. Managing your blood-sugar: when it comes down to it, high blood-sugar is an important cause of most of the problems of diabetes, but managing your blood sugar is the most important.
2. Daily blood sugar checks: you and your diabetes team will decide how often you should check based on your goals. The table below shows the goals for many people with diabetes.
3. A1C testing: this test shows what your estimated blood sugar has been over the past 2-3 months. You and your diabetes care team will decide on your A1C goal.

Time	SFPW Diabetes
Before meals 1-2hrs after the start of a meal	70 to 130 mg/dl Less then 180 mg/dl
A1C	Less then 7%

4. Short term diabetes problems: The main short term problems are: low or high blood sugar. You can learn to watch for and manage both. Read more about how to reduce your chances for diabetes problems at [changingdiabetes-us.com](http://changingdiabetes-us.com)
5. About low blood sugar: When your blood sugar drops too low, it's called hypoglycemia. You might get low blood sugar if you: A.) take certain medicines and eat too few carbohydrates or skip or delay a meal. "Ask your diabetic care team if this applies to you." B.) take too much insulin or diabetic pills. C.) are more active than usual.
6. When your blood sugar gets to low, you may feel: A) weak or tired B) hungry C) dizzy or shaky D) nervous or upset E) sweaty F) like your heart is beating too fast G) like your vision is blurry
7. What to do about low blood sugar: ask your diabetes care team what low blood sugar is for you. If you blood sugar is less then 70 mg/dl., check your blood sugar right away if you have if you have any symptoms of low blood sugar or if its low or you cant check right away, eat or drink a high sugar food. Wait 15 min. and check again if it's still low treat again. Once your blood sugar returns to normal eat a meal or snack. This can help keep low blood sugar from coming back. Untreated low blood sugar can become sever and cause you to pass out. Ask your care team to prescribe a glucagon emergency kit if you may be at risk for low blood sugar. Keep the kit handy and be sure that your loved ones and co-workers know how to use it in an emergency.

# PHOTOS



Michael talking to one of the bike owners that came to visit.



Watch out everyone !  
Chris is starting up one of the bikes.



A trike that showed up for a visit.



The saying loud pipes saves lives, well  
this bike has some LOUD PIPES!!

OH YEAH!!!

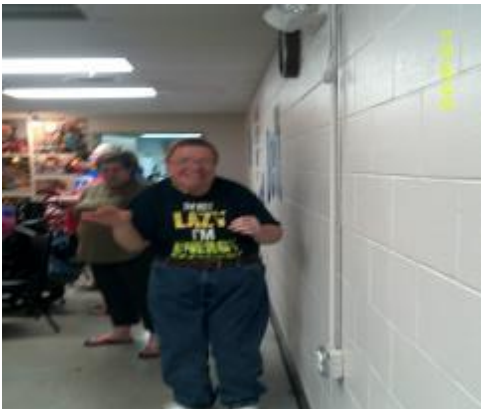
# Photos



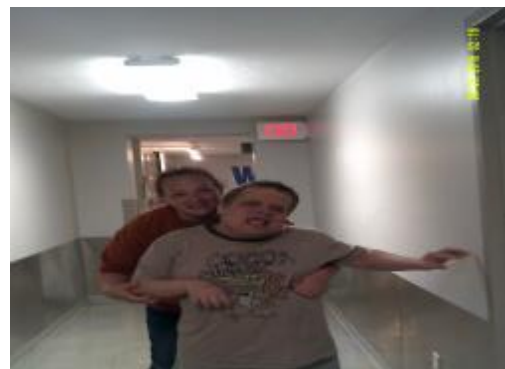
A Dragons Tail shirt that was given to Chris. This is where all the bikes were going to



The back of Chris's shirt.



Troy



Jack and Amy

# Photos



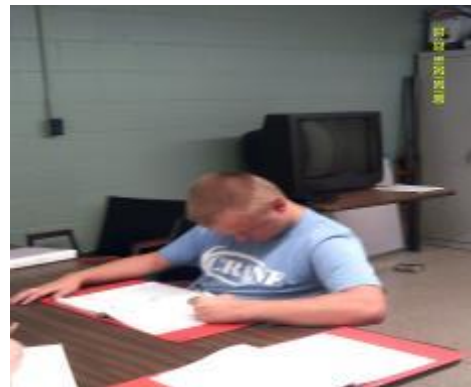
Daniel and Amy



Sheida



Shep hard at work



Joseph writing a story for newsletter