

# The Helping Hand Newsletter

Sept/Oct  
2015

## Summertime Fun at Wooten Home



Their smiles say it all— the Wooten Home ladies enjoyed the summer! Top right, Tracy Moon and Ginny Kemp, celebrated July 4th at Willis Park. They also had a great time at Zoo Atlanta. Immediately above, they are pictured at Zoo Atlanta with Full-Time Staff Shellie Parkman.

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# Recipes

## Cabbage Sausage Supper

From the Kitchen of Deb Leamon,  
Residential Services Nurse



### Ingredients:

In a deep skillet (electric skillet works well), layer the ingredients in the following order:

- 1 small head of cabbage cut into wedges
- 3 c. carrots, sliced, or 1 bag of baby carrots, cut in half
- 1 bunch of green onions, rough chopped
- 3 c. of quartered unpeeled, new potatoes
- 1 to 2 pkgs. smoked low-fat turkey sausage

### Directions:

Fill the skillet with 1 to 2 c. water, so that the water is about 1" deep. Salt (lightly), pepper, and celery seed each layer except the sausage. Cook on high and steam until vegetables are tender, approximately 20 minutes.

## Grilled Lemon Parmesan Asparagus

### Ingredients:

- 1 lb. fresh asparagus, trimmed (thick spears are best)
- 1 tbsp. olive oil
- 1 tbsp. lemon juice
- ground black pepper to taste
- 1/4 c. grated parmesan cheese, plus extra for topping

### Directions:

Preheat an outdoor grill on medium heat, and lightly oil the grate. Place asparagus in a large shallow bowl. Drizzle with olive oil and lemon juice, going from bottom to top of stalks. Season with ground black pepper. Sprinkle grated parmesan cheese over asparagus. Lightly toss to coat each spear. With tongs, transfer coated asparagus to preheated grill. Grill to desired tenderness, 3-7 min. *(To roast in oven, arrange spears in a single layer on a foil lined cookie sheet and roast to desired tenderness, approx. 10 min., at 400°.)* Before serving, sprinkle asparagus with additional parmesan cheese.



## Grilled Apple and Swiss Cheese Sandwich

### Ingredients:

- 2 slices whole wheat bread
- 1 1/2 tsp. olive oil
- 1/2 Granny Smith apple-peeled, cored, and thinly sliced
- 1/3 c. shredded Swiss cheese



### Directions:

Preheat a skillet over medium heat. Lightly brush one side of each slice of bread with the olive oil. Place 1 slice of bread, olive oil side down, into the skillet, and arrange the apple slices evenly over the top. Sprinkle the Swiss cheese over the apple, then top with remaining slice of bread, olive oil side up. Cook until the bread is golden brown, then flip the sandwich over, and cook until the other side is golden brown and the cheese has melted, 1 to 2 more minutes. *(Granny Smith apples work best, as well as a crunchy seed bread.)*

## September and October Birthdays

### September

- 1-Marisa Albert, Snapfinger Residential Services Coordinator
- 5-Joy McDonald, Old Lantern Residential Services Coordinator
- 6-Eric Burse, PT Old Lantern
- 6-Page Drew, Drew
- 7-Tammy Lawson, PT Day
- 13-Nicole Kelley, Appalachian Residential Services Coordinator
- 15-Michael Liu, Director of Human Resources

- 16-Sue Hester, Corbit Walker
- 19-Uzo Ebenebe, PT High Hope
- 20-Lee Abercrombie, Cherokee
- 22-Jon Godfrey, Chatham
- 23-Jeff Geer, Old Lantern
- October**
- 4-Edith Brathwait-Joseph, PT Stokes
- 5-Linda Devall, FT High Hope
- 5-Tracy Moon, Wooten
- 8-Aaron Bearden, Jasper
- 8-David Patterson, Associate Director of Operations

- 10-Cynthia Nwoji, PT High Hope
- 14-Michael Champion, Briarlake
- 14-Denel James, Director of Residential Services
- 16-Gloria Smith, PT Old Lantern
- 19-Linda Marvicsin, PT Pedigo
- 29-Lister Lestrade, PT Wooten



# Remembering Reba



Our DDM family was saddened by the sudden passing of Pedigo FT Home Manager Reba Tramble on July 27, 2015. As you can see from the photos, Reba's smile was infectious. The ladies at the Pedigo Home loved her, and she was a wonderful addition to the DDM Direct Care Staff. The photos above were taken at the 2014 Residents' Camp at Camp Twin Lakes last September. Above left, Reba is pictured in the dining hall with Stokes Resident Tamara Wyse. Center photo was in the gym with other staff for the week. Above right, Reba is ready to try the Zipline! She will be greatly missed by her family, friends, and all of us at DDM! Please remember Reba's family and friends during this time.

## Some Thoughts on the Business of Life

Life isn't about getting and having, it's about giving and being. *Kevin Kruse*

Strive not to be a success, but rather to be of value. *Albert Einstein*

Every strike brings me closer to the next home run. *Babe Ruth*

You can't fall if you don't climb. But there's no joy in living your whole life on the ground. *Unknown*

The person who says it cannot be done should not interrupt the person who is doing it. *Chinese proverb*

There are no traffic jams along the extra mile. *Roger Staubach*

Do what you can, where you are, with what you have. *Teddy Roosevelt*

When everything seems to be going against you, remember that the airplane takes off against the wind, not with it. *Henry Ford*

You may be disappointed if you fail, but you are doomed if you don't try. *Beverly Sills*

Remember no one can make you feel inferior without your consent. *Eleanor Roosevelt*

If you look at what you have in life, you'll always have more. If you look at what you don't have in life, you'll never have enough. *Oprah Winfrey*

If you want to lift yourself up, lift up someone else. *Booker T. Washington*

## Samaria, Stone Mountain, and Stokes



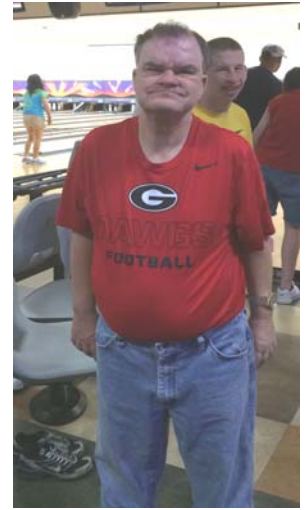
Above left, the **Samaria ladies** celebrated the Fourth of July at Pig-N-Chik with Direct Care Staff Deandria Williams and her son AJ. Left-right: AJ, Shelton Batchelor, Deandria, Angie Lackey, and Denise Williams. Immediate right, Angie is preparing a meal. She has just recently decided to try her hand at cooking. Way to go, Angie!

Above right, **Stone Mountain** Resident Holly Hackley celebrated her birthday with friends, left-right: Wooten Home ladies Tracy Moon and Ginny Kemp, Holly, Stone Mountain ladies Joanna Ripley and Diane Padgett. Happy birthday, Holly!

Below left, left-right, **Stokes ladies** Jeri Wilensky, Stacie Darnell, and Colleen Campbell, along with Holly from Stone Mountain, center, enjoyed a night at the Atlanta Braves game!



# Special Olympics Bowling



## Jasper, Chatham, and Cherokee Homes

enjoyed participating in Special Olympics Bowling this summer. Top row, left, group photo; second photo, Cherokee Resident Terry Heath; third photo, Chatham Resident Jon Godfrey; fourth photo, Jasper Resident Fred Matthews. Immediate right, another group photo.

*The photos below are compliments of Jasper Resident Desmond Ridehalgh.* Bottom row, left, Cherokee Resident Robert Goss; second photo, Desmond; third photo, Cherokee Resident D.C. Dewberry; fourth photo, Cherokee Resident Lee Abercrombie. Thank you, Desmond, for the photos! Our guys had fun and we are proud of them for representing DDM in Special Olympics!



# Surprising Foods You Should Be Refrigerating

*You know milk, meat, and eggs belong in the fridge. But what about less obvious foods? Keep these foods cold and they'll stay safe—and tasting great—longer.*

**Tortillas.** Some tortillas are prone to molding. That's why the fine print on many tortilla packages recommends refrigerating after opening. Chill them and they'll stay in tiptop shape until the expiration date on the package.

**Cured meats.** Cured meats like salami are less likely to harbor bacteria than cooked meats, but that doesn't mean they're always 100% safe. A 2000 study of 1,020 dry Italian salamis found that 23% of them contained harmful bacteria. Store your cured meats in the refrigerator for up to twelve days to slow potential bacterial growth.

**Ripe Bananas.** It's fine to ripen bananas on the kitchen counter. Trouble is, they keep ripening, and ripening and ripening. Once they're ready to eat, pop them in the fridge. If their skins turn brown, don't worry, they're still fine.

**Nuts.** Nuts' fragile unsaturated fats go rancid quickly. While that won't hurt your health, it's definitely bad news for flavor. Keep your nuts tasting their best by stowing them in a moisture-tight plastic or glass container in your refrigerator for up to a year.

**Maple Syrup.** Maple syrup has a surprisingly short shelf life. So if yours is sitting in your pantry, it's time to relocate it to the fridge. Stored in glass or a tin, maple syrup can usually stay fresh for up to a year. However, if you notice any mold growth, be sure to toss it immediately.

**Dried fruit.** Dried fruit has less moisture than fresh fruit, so it doesn't spoil as quickly, but it still needs refrigeration for maximum freshness. Keep it in the main compartment of your refrigerator for up to six months.

**Ketchup.** Restaurants may leave their ketchup on the table, but that doesn't mean you should. While its high acid content will keep most bacteria at bay, cool temperatures help maintain flavor and freshness.

**Corn on the Cob.** After just six hours at room temperature the sugar content of corn decreases by a whopping 40%. Unless you're going to cook it right away, keep corn in the fridge—husks and all—for up to two days.

**Chocolate syrup.** Chocolate syrup is an easy way to make a glass of milk taste even better. But not if it has developed funny flavors. Chill yours after opening and you can enjoy it for six months.

**Pecan and Pumpkin Pies.** Made with eggs, these treats are magnets for bacteria. Fresh from the oven, they're okay to eat at room temperature for up to two hours. After that, they should go straight to the fridge for a maximum of three days.

*[www.homefoodsafety.org](http://www.homefoodsafety.org)*

# Jasper Pizza Party



The Jasper Home guys invited some of their buddies from the Burnt Mountain Center to their home for a pizza party. Making individual-size pizzas was a great idea - the toppings were endless as well as the fun! Above left, Ryan Austin, in the foreground; Aaron Bearden, and buddies in the background. Second photo, Fred Matthews and buddies. Third photo, Aaron Bearden. Right photo, Desmond Ridehalgh, in red shirt, and buddies.

## ***DDM Staff Anniversaries***

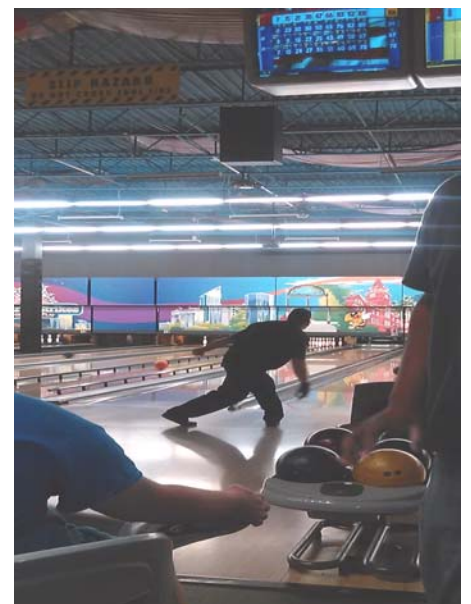
- September 3, **Dudley Parkman**, Hess Residential Services Coordinator, 5 years
- September 6, **Rosa Scott**, Duvall PT Home Manager, 10 years
- September 10, **Anne Dennison**, Stokes/Briarlake PT Home Manager, 5 years
- September 10, **Linda DeVall**, High Hope FT Home Manager, 2 years
- September 11, **Michael Liu**, Director of Human Resources, 15 years
- September 11, **Matt Pogue**, Cherokee Residential Services Coordinator, 3 years
- September 18, **Donna Bowman**, Old Lantern PT Home Manager, 3 years
- September 30, **Dora Martinez**, Stone Mountain Residential Services Coordinator, 3 years
- October 2, **Cynthia Nwoji**, High Hope PT Home Manager, 1 year
- October 3, **Jasmine Parker**, PT Appalachee Home Manager, 1 year
- October 5, **Therese Scarlett**, PT Stone Mountain Home Manager, 3 years
- October 6, **Mia McGee**, Day PT Home Manager, 9 years
- October 17, **Roberta Burr**, Duvall FT Home Manager, 9 years
- October 17, **Aranda Dye**, FT Stone Mountain Home Manager, 3 years
- October 17, **Deborah Leamon**, Residential Services Nurse, 4 years
- October 23, **Rosa Scruggs**, Drew Residential Services Coordinator, 6 years
- October 29, **Linda O'Neal**, PT Day Home Manager, 17 years

# HESS BOWLING AND BIRTHDAYS



The guys at Hess had a great time bowling. Above left photo, left-right, Doug Rowell, Bandon Cox, and Rusty Weed, seated. Center photo, Rusty is having his turn. Right photo, Brandon just finished his turn. Immediate right photo, it's Mark Hamilton's turn.

In photos below, Mark and Rusty celebrated their birthdays with housemates and staff. Bottom left, left-right, Brandon and Mark. Center photo, left-right: Mark with back to camera, Doug and Rusty facing camera, Brandon with blue shirt. Bottom right, left-right, Brandon, Doug, and Rusty. Happy birthday, guys!





# BIRTHDAY PARTIES



Members of the Special Needs Sunday School Class at Briarlake Baptist Church celebrated two birthdays this summer. The two birthday honorees are not DDM residents, but many DDM residents are in this Sunday School class. **Briarlake, Stokes, and Stone Mountain Homes** were represented at these two parties. Bottom right photo, left-right, Briarlake Residents John Smith and John Athens enjoyed a summer Saturday evening outdoors with their guitars while staff cooked dinner on the grill.

## *10 Tips to Help You Cut Back on Salt and Sodium*

*It's clear that Americans have a taste for salt, but salt plays a role in high blood pressure. Everyone should reduce their sodium intake to less than 2,300 milligrams of sodium a day (about 1 tsp of salt). Adults age 51 and older and individuals with high blood pressure, diabetes, or chronic kidney disease should further reduce their sodium intake to 1,500 mg a day.*

### **1. Think fresh.**

Most of the sodium Americans eat is found in processed foods. Eat highly processed foods less often and in smaller portions—especially cheesy foods, such as pizza; cured meats, such as bacon, sausage, hot dogs, and deli/luncheon meats; and ready-to-eat foods, like canned chili, ravioli, and soups. Fresh foods are generally lower in sodium.

### **2. Enjoy home-prepared foods.**

Cook more often at home—where you are in control of what's in your food. Preparing your own foods allows you to limit the amount of salt in them.

### **3. Fill up on veggies and fruits—they are naturally low in sodium.**

Eat plenty of vegetables and fruits—fresh or frozen. Eat a vegetable or fruit at every meal.

### **4. Choose dairy and protein foods that are lower in sodium.**

Choose more fat-free or low-fat milk and yogurt in place of cheese, which is higher in sodium. Choose fresh beef, pork, poultry, and seafood, rather than those with salt added. Deli or luncheon meats, sausages, and canned products like corned beef are higher in sodium. Choose unsalted nuts and seeds.

### **5. Adjust your taste buds.**

Cut back on salt little by little—and pay attention to the natural tastes of various foods. Your taste for salt will lessen over time.

### **6. Skip the salt.**

Skip adding salt when cooking. Keep salt off the kitchen counter and the dinner table. Use spices, herbs, garlic, vinegar, or lemon juice to season foods or use no-salt seasoning mixes. Try black or red pepper, basil, curry, ginger, or rosemary.

### **7. Read the label.**

Read the Nutrition Facts label and the ingredients statement to find packaged and canned foods lower in sodium. Look for foods labeled “low sodium,” “reduced sodium,” or “no salt added.”

### **8. Ask for low-sodium foods when you eat out.**

Restaurants may prepare lower sodium foods at your request and will serve sauces and salad dressings on the side so you can use less.

### **9. Pay attention to condiments.**

Foods like soy sauce, ketchup, pickles, olives, salad dressings, and seasoning packets are high in sodium. Choose low-sodium soy sauce and ketchup. Have a carrot or celery stick instead of olives or pickles. Use only a sprinkling of seasoning packets instead of the entire packet.

### **10. Boost your potassium intake.**

Choose foods with potassium, which may help to lower your blood pressure. Potassium is found in vegetables and fruits, such as potatoes, beet greens, tomato juice and sauce, sweet potatoes, beans (white, lima, kidney), and bananas. Other sources of potassium include yogurt, clams, halibut, orange juice, and milk.

*Go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) for more information.*

## DDM, Inc.

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We're on the  
Web! [ddmga.org](http://ddmga.org)

## Featured Residents' Rights

- Residents have the right to know how to contact the Residential Services Coordinator for their home.
- Residents have the right to exercise and have fun.

## REFERRAL BONUS ANNOUNCEMENT

- A \$150 Referral Bonus shall be given to the DDM staff member who refers a full-time or part-time employee. Any 2015 referrals in process will be paid at the 2015 rate.

### Requirements:

- The person making application MUST list the DDM employee's name on the original application at the point of application submission.
- The person who makes application MUST be referred directly from an active DDM employee.
- After six months of satisfactory service with DDM, the bonus will be paid to the DDM staff member for the new employee (one bonus for either individual or couple).

## DDM NEEDS LIST:

- Donations for the LEAP Fund - Life Enrichment and Activities Program - designated for medical and dental expenses of residents (growing and urgent need!)
- MAC computer for central office
- Volunteers to do yard maintenance and deep cleaning at the DDM homes

## RESIDENTIAL SERVICES STAFF

For those staff who have recently been hired, please forward any receipts from your criminal background check, TB Test, or CPR/First Aid training, to Human Resources, and you will be reimbursed after 6 months of employment. If you have any questions, contact HR directly.

We welcome new Residential Services staff: Jeanette Cross, Day FT Direct Support Staff; Taariq Brown, Hess PT Direct Support Staff; Jularika Jackson, Jasper PT Direct Support Staff; Eric Burse, Old Lantern PT Direct Support Staff; Laura Casey, Paul PT Direct Support Staff; Tierra Price, Pedigo FT Direct Support Staff; Shaheeda Johnson, Stone Mountain PT Direct Support Staff; Ashley Lane, Stone Mountain FT Direct Support Staff.

Please pray for Residents' Camp, August 31-September 4.

Please pray for DDM staff and trustees who have family members with health concerns.

Please pray for our country!

## *Calendar of Events*

*August 31-September 4 Residents' Camp at Camp Twin Lakes, Rutledge*

*September 7- Labor Day*

*September 23- Autumn begins*

*September 25-27- Special Family Retreat*

*October 12- Columbus Day*

*December 4- Trustee Meeting*

*December 4-5- Residents' Christmas Weekend, Smoke Rise Baptist Church*