

The Helping Hand Newsletter

Fall Party at Jasper and Yahoo Farms

Nov/Dec
2017

DDM friends gathered at the Jasper Home and Yahoo Farms for the annual DDM Fall Party on Saturday, September 30. It was a "beautiful day in the neighborhood" for outdoor activities. Games of corn hole, delicious food, pumpkins galore, ponies, smiles, and laughter were the order of the day. Immediate right, Shelton Batchelor of Samaria and below left, Desmond Ridehalgh of Jasper may be wondering if the Great Pumpkin will appear in this pumpkin patch! What about the animals in the below right photo? Do those faces strangely resemble some DDM friends you know?! Bottom left, a cute little sign in the pumpkin patch. Bottom right photo, Nathan Tippens from Appalachia is quite taken with the Yahoo Farms pony. *More Fall Party photos on pages 3 & 4.*



Inside this issue

Recipes	2
Birthdays	
Fall Party Photos	3 - 4
Happy Birthday at Wooten	5
A Thankful Heart	6
Chatham at the Atlanta Humane Society	7
Fall Fun at Corbit Walker	
Cooking at Stokes	8
DDM's Charity Link to Amazon Smile	
Little Light at Stone Mountain Park & Tucker	9
Jasper at Yahoo Farms	10
Kroger Community Rewards	
Thanksgiving to New Year Survival	11- 12
Sundy and Briarlake Enjoying Time at Home	13
Something to Crowe About Tips for Winterizing	14
Residents' Rights, Staff Anniversaries In Memory/In Honor Sept-Oct New Hires Prayer Requests Calendar	15



Pumpkin Recipes

Roasted Pumpkins



Ingredients:

4 small sugar pumpkins, seeded
2 c. applesauce
1/2 tsp. ground cinnamon
4 tsp. Splenda Brown Sugar
2 tsp. Smart Balance, melted
salt to taste
Cool Whip

Directions:

Preheat oven to 325°. Lightly grease a medium baking dish.
In a small bowl, mix applesauce, cinnamon, Splenda Brown Sugar, Smart Balance, and salt. Spoon 1/2 c. mixture into each pumpkin.
Place pumpkins in the prepared baking dish. Cover with foil, and bake in the preheated oven 1 hour and 45 minutes, or until pumpkins are tender.
Serve warm, with a dollop of Cool Whip on top. Sprinkle lightly with additional cinnamon.

Apple-Pumpkin Softies

Ingredients:

1/2 c. all-purpose flour
1/2 c. whole wheat flour
1/4 c. rolled oats
1 tsp. baking powder
1/2 tsp. baking soda
1/2 tsp. ground cinnamon
1/4 tsp. salt
1/4 tsp. ground ginger
1/8 tsp. ground nutmeg
1 egg, lightly beaten
1 c. coarsely shredded apple
3/4 c. canned pumpkin
1/2 c. packed Splenda Brown Sugar
2 tbsp. vegetable oil
1/3 c. chopped pecans, toasted
1/4 c. dried cranberries (Craisins)



Directions:

Preheat oven to 350°. Line a cookie sheet with parchment paper; set aside.
In a large bowl, combine all-purpose flour, whole wheat flour, oats, baking powder, baking soda, cinnamon, salt, ginger, & nutmeg.
In a medium bowl, combine egg, shredded apple, pumpkin, Splenda Brown Sugar, and oil. Add egg mixture to flour mix-

ture; stir just until combined. Fold in pecans.

Drop batter by a measuring tablespoon onto the cookie sheet. Sprinkle tops with dried cranberries. Bake for 10 to 12 minutes or until firm to the touch and lightly browned on top. Transfer to a wire rack; cool.

Easy Pumpkin Dip

Ingredients:

3/4 c. low-fat cream cheese
1/2 c. packed Splenda Brown Sugar
1/2 c. canned pumpkin
2 tsp. maple syrup
1/2 tsp ground cinnamon

Directions:

In a bowl, beat cream cheese, Splenda Brown Sugar, and pumpkin together with an electric mixer on medium speed until light and creamy, 3 to 5 minutes. Add maple syrup & cinnamon and beat until smooth, 1 to 2 minutes. Cover with plastic wrap and refrigerate for 30 minutes. Serve with sliced apples.



November and December Birthdays



November

1-Sylvia Crowe, Policy & Procedure Specialist
1-Latonya Roberts, PT Paul
5-Minnie Rawls, PT Stokes
11-Brian Haynes, Briarlake
13-Selenna Henderson, FT Drew
16-Jamie Mastin, PT High Hope
20-Deja Daniel, PT Wooten
22-Sherry Mays, Residential Financial Specialist
26-Gary Sparks, Chatham
26-Kimberly Williams, RS Coordinator

30-Beverly Kitchens, Pedigo

December

1-Rickeyria Bennett, PT Appalchee
2-Jodice Fitzpatrick, FT Samaria
5-Mia McGee, PT Day
7-Kimberly Searcy, Day
10-Beejay Stocks, FT Johnson
11-Doug Rowell, Sundy
14-William Neal, Interim President/CEO
14-Linda O'Neal, PT Day
15-Diana Bright, Corbit Walker
19-Brandon Cox, Sundy
19-Michael Paul, Paul

20-Faduma Ali, PT Stone Mountain

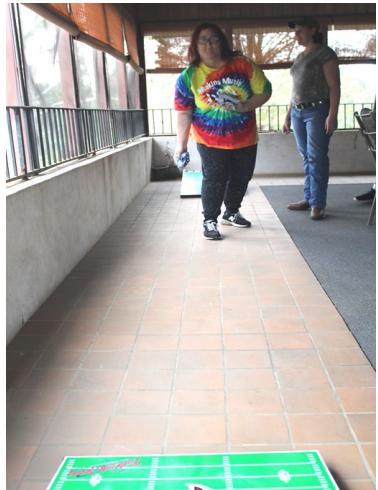
20-Jason Kent, FT Sundy
24-Jeanette Cross, FT Day
24-Deandria Williams, FT Johnson
25-Jeri Wilensky, Stokes
27-Tamika Tucker, FT Chatham
28-Danny Henderson, Dir of Operations
31-Randy Fogg, High Hope

Happy Birthday!

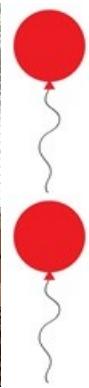
Fall Party Photos



Fall Party Photos



Happy Birthday at Wooten



A Thankful Heart

Are you a one day a year person or an everyday person?

You may think of it as “the official start of the holiday season,” you may consider it a day to endure, you may think of it as a day of eating and watching sports, or you may just think of it as any other day. However you see it, Thanksgiving is right around the corner.

Thanksgiving is my favorite holiday. I like that there are no expectations to give or to get. I like that there is an excuse to wear your “Thanksgiving pants” so that you have room to eat plenty. I especially like that we are reminded to be grateful. (But, does it seem ironic to anyone else that we spend one day being grateful for all we have in our life, yet get up with the chickens the next day or stay up all night to scratch and claw our way to a sale on all the things we think we must have?)

I hope that when my life is summed up, I am known for being grateful all year, not just on one day. Even through annoying times, there is plenty to be grateful for. Does “Oh, why does this ALWAYS HAPPEN to ME???” or “Well, that didn’t work out like I thought, but I’m glad we got through it” sound more familiar? Find the silver lining and point it out to remind us all to be grateful. It doesn’t take too much of a rosy point of view to be grateful, but it takes seeing beyond your own life and problems:

Diet not working? Then you have plenty to eat – unlike entire countries on our planet.

Grocery prices too high? Yes, they can be painful, but maybe the prices at the gas pump are going down!

Drive a crummy car? If you have access to a car, you are very wealthy in the eyes of the world.

Our burdens and complaints would be blessings to many people.

Paul tells a little secret he has learned with his beloved friends in Philippi:

...for I have learned to be content with whatever I have. I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little. For I can do everything through Christ, who gives me strength. (Philippians 4:11-13 NLT)

Many of us use this last sentence as our “go-to” verse when times are tough or trials press in on us. Yet, it was originally written not to simply withstand a situation, but to be content in every circumstance.

A kid at heart, I love “Veggie Tales” shows. One of my all-time favorites is Madame Blueberry, who is always blue and grouchy. She tries to soothe her grouchiness with a trip to StuffMart, hoping that buying more and more stuff will comfort her. That doesn’t work. She encounters Annie and Junior singing this song:

I thank God for this day,
For the sun in the sky,
For my mom and my dad,
For my piece of apple pie!
For our home on the ground,
For His love that's all around.
That's why I say thanks everyday!

Because a thankful heart is a happy heart!
I'm glad for what I have,
That's an easy way to start!
For the love that He shares,
'Cuz He listens to my prayers,
That's why I say thanks everyday!

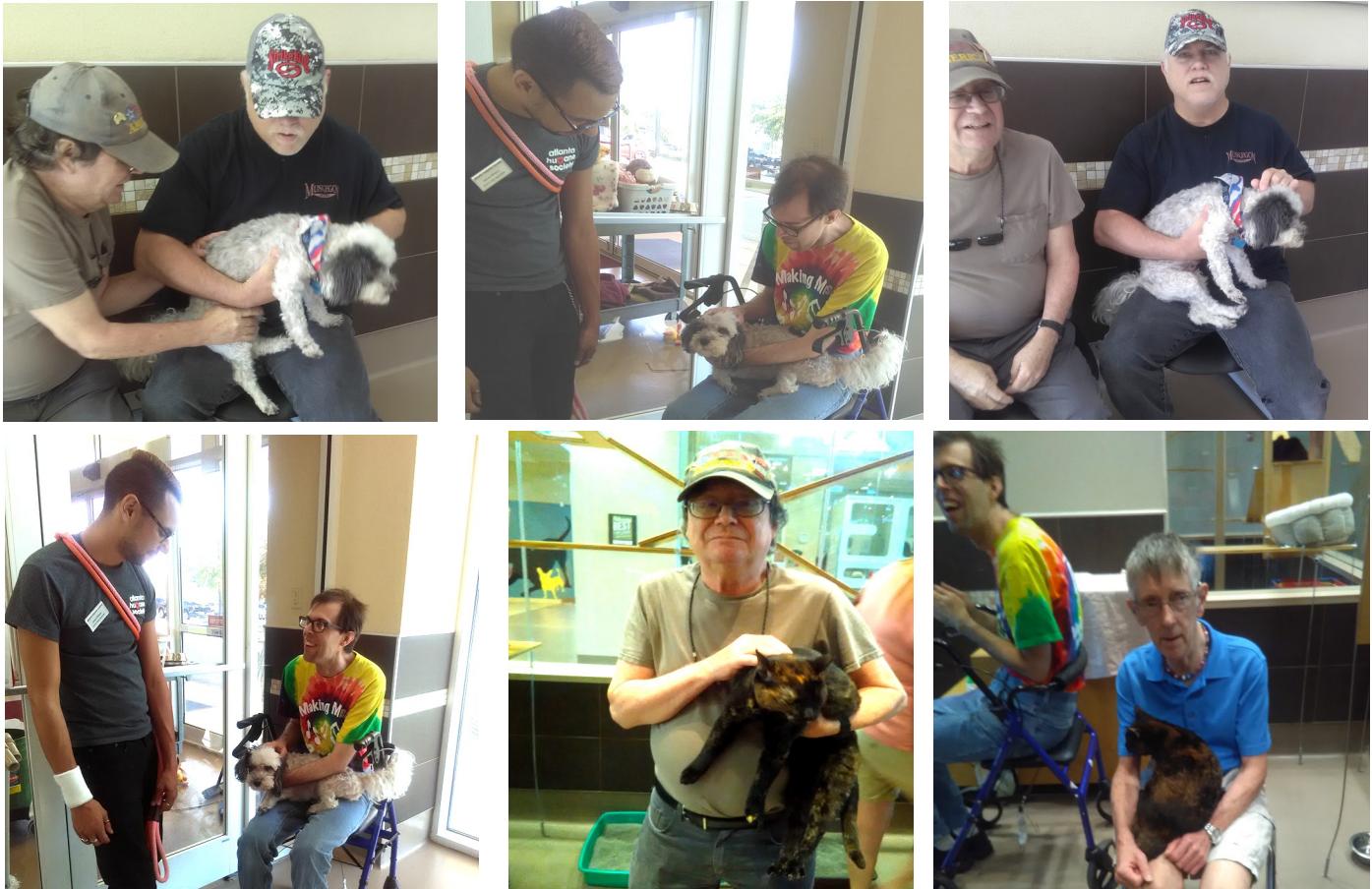
A thankful heart truly is a happy heart. May your happy heart find reasons to say thanks everyday!

By Sarah Stirman, www.heartlight.org/thecoffeegroup



start each
day with a
grateful
heart

Chatham at the Atlanta Humane Society



The Chatham guys recently visited the Atlanta Humane Society where they enjoyed holding and petting some of the dogs and cats. Gary Sparks and Jon Godfrey are in the upper left photo. First row, center, is Davis Calhoun. Upper right, Gary and Jon . Above left, Davis is all smiles with the dog on his lap. Above center, Gary has made friends with one of the resident cats. Above right, Nick Ihnen is getting his turn with one of the cats. Hopefully, these animals will be placed in good homes soon.



Fall Fun at Corbit Walker

The ladies from Corbit Walker recently spent a beautiful fall day in Warm Springs and had lunch at the Bulloch House. Group photo, left-right: Direct Care Staff Brenda Murphy, Connie Barker, Sue Hester, Diana Bright, and Lisa Storey.

Happy Fall
from
Corbit Walker!

Cooking at Stokes



Group photo above, l-r: Stacie Darnell, Colleen Campbell, and Jeri Wilensky enjoyed a beautiful afternoon outdoors. With a little teamwork, the ladies prepared a delicious dinner of a one skillet meal and salad. Top row, l-r: Jeri and Colleen. Immediate right, l-r: Tamara Wyse and Stacie. Way to go, ladies! Great job!

DDM's Charity Link to AmazonSmile

DDM is a registered charity on AmazonSmile.

Our charity link is: <https://smile.amazon.com/ch/58-2469479>

AmazonSmile will remember your charity selection, and then every eligible purchase you make on AmazonSmile will result in a donation to DDM!

AmazonSmile is a website operated by Amazon that lets you enjoy the same wide selection of products, low prices, and convenient shopping features as on Amazon.com, including Amazon Prime member benefits. The shopping experience is identical to Amazon.com, with the added benefit that the AmazonSmile Foundation will donate 0.5% of the purchase price from eligible AmazonSmile purchases to charitable organizations selected by customers.

Managing your AmazonSmile Account

You can manage your purchases and other account information on AmazonSmile and Amazon.com using a single account. You can use your existing Amazon.com account on AmazonSmile, if you have one, or create a new account if you don't.

No Cost to Customers or Charitable Organizations

There is no cost to charitable organizations or to AmazonSmile customers.

About the AmazonSmile Foundation

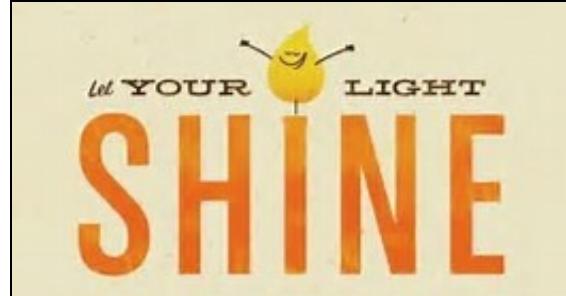
The AmazonSmile Foundation is a private 501(c)(3) foundation created by Amazon to administer the AmazonSmile program. All donation amounts generated by the AmazonSmile Program are remitted to the AmazonSmile Foundation. In turn, the AmazonSmile Foundation donates those amounts to the charitable organizations selected by their customers. Amazon pays all expenses of the AmazonSmile Foundation; they are not deducted from the donation amounts generated by your purchases on AmazonSmile.

Little Light at Stone Mountain Park & Tucker



Little Light of Mine Special Needs Ministry of Briarlake Baptist Church recently had a great time at their fall picnic at Stone Mountain Park. Top row, l-r: Michael Champion, Briarlake; DDM staff & Brian Haynes, Briarlake; Holly Hackley, Stone Mountain; John Athens, Briarlake. Immediate left, John enjoyed mini golf. Immediate right, Brian and staff had fun with silly glasses and headbands. Far right, Brian has “gone fishing!”

They also enjoyed another beautiful afternoon at the Peach Pit in Tucker. Immediate left, l-r: John Athens and John Smith, Briarlake. Below left, Colleen Campbell, from Stokes, took time for face painting. Below center, Brian and his dad relaxed in some comfy chairs. Below right, l-r: John; John; Tamara Wyse, Stokes; Colleen; Jeri Wilensky and Stacie Darnell, Stokes. Friends, fun, and food! Good afternoons for all!



Jasper at Yahoo Farms



Yahoo Farms is just next door to our Jasper Home, where these photos were taken—literally within walking distance! Group photo, l-r: Desmond Ridehalgh, Aaron Bearden, a friend, Fred Matthews, and Ryan Austin. Above right, Aaron and Fred. Immediate right, Desmond and Ryan. What great photos of some great DDM guys!



Kroger Community Rewards

Current participants in the Kroger Community Rewards Program, thank you for your support!

If you have a Kroger.com account, simply go to www.krogercommunityrewards.com and sign into your Kroger.com account.

Select “DDM” and click “Save”.

If you are not already enrolled, but you normally buy your groceries and gas at Kroger, I am sure you have a Kroger Plus card. Kroger provides money to non-profits who are registered through them, based upon the points that its preferred customers accumulate. If you will sign up with Kroger, you can select our ministry as a recipient of financial grants, based upon how much you spend at Kroger. This is a great way of contributing to DDM every time you go shopping. And it in no way affects your ability to also use your points for a discount at the gas pump! The more people who sign up with DDM as their charity of choice, the bigger difference it will make!

Below are instructions on how to go online and designate DDM as recipient of points based on your purchases.

When you go online at www.krogercommunityrewards.com:

- *Click on Sign In/Register
- *New **online** customers must click on SIGN UP TODAY in the ‘New Customer’ box.
- *Click on My Account and use your email address and password to proceed to the next step.
- *Click on Edit Kroger Community Rewards information and input your Kroger Plus card number.
- *Update or confirm your information.
- *Enter NPO number or name of organization (Developmental Disabilities Ministries, DDM, NPO # 76841), select organization from list, and click on confirm.
- *To verify that you are enrolled correctly, you will see DDM’s name on the right side of your information page.

Thanksgiving to New Year Survival

From Thanksgiving dinner in November to Christmas and New Year celebrations, late autumn and early winter are the hardest times to keep slim and in shape. Many people put on weight during the holiday season and then struggle to lose it again.

Permanent holiday weight gain is not a pleasant thought for most of us, especially since the number one New Year resolution is to lose weight fast. Eighty percent of Americans make a New Year resolution each year, and twenty six percent of those resolutions are to improve overall health and fitness. According to Amy O'Connor, deputy editor of Prevention magazine: "Fifty-nine million people every year resolve to lose weight."

So what can we do to maintain some degree of weight control this season? Is there anything we can do in the midst of all that Thanksgiving and Christmas cheer?

Healthy Holiday Food Tips:

- **Reduce Saturated Fat.** At holiday parties, provide or bring veggie trays instead of traditional meat and cheese platters. Reduced fat salad dressing makes a great veggie dip, and when used in place of the full-fat version will save you at least 70 calories per serving.
- **Eat More Fruit.** When it comes to holiday desserts, replace the typical pies with fruit or yogurt parfait.
- **Drink Plenty of Water.** Fruit juice or diet soda are also acceptable options. Choose beverages with the fewest calories..
- **Eat More Protein and Less Refined Carbs.** Be sure to eat a healthy, high-protein snack before going to that holiday party or dinner. The protein will help you feel full for longer and stabilize blood sugars. You'll be less likely to binge and overall calorie consumption will fall.
- **Avoid Buffet Chat.** It seems that at every holiday party there is a group that congregates near the buffet table to talk. Do not be part of that group!
- **Keep Treats Out of Sight.** Out of sight is out of mind. If you have a stockpile of Christmas candy at home (only for guests, of course!), hide it in a cupboard. You will be much less likely to graze on it throughout the day. Keep a bowl of fresh fruit on the counter instead.
- **Avoid temptation.** If the break room at work is full of holiday treats throughout November and December, consider taking breaks at your desk. Even better, use that time to take a walk down the street or simply around the office building.
- **Eat a Healthy Breakfast.** On the day of the party or big family feast, do not starve yourself prior to the banquet. That will only leave you so famished that you overindulge. Instead, eat small high-protein meals or snacks every three to four hours before the big dinner.

Continued on page 12

Thanksgiving to New Year Survival

Continued from page 11:

- **Eat the healthy parts of the Turkey.** All turkey is not equal. Choose light meat instead of dark meat and you'll save a lot of calories. A 3 1/2 ounce serving of sliced meat from a whole roasted turkey has either 161 calories (white meat without skin) or 192 calories (dark meat without skin).
- **Say No to Turkey Skin.** Speaking of turkey, do not forget to trim off the skin before serving it up! You will save 33 to 40 calories and 4 or 5 grams of fat **per serving**.
- **Skim the Fat Off the Gravy.** Make the gravy in advance so you have time to put it in the refrigerator. As it cools, the fat will rise to the top and solidify, allowing you to skim it off with a spoon and put it where it belongs: in the trash!
- **Eat Slowly.** Do not rush the meal. It takes about 20 minutes for the stomach to signal the brain that you're full, so any meal should last at least that long! Take your time, eat slowly, and enjoy your family and friends.
- **Wear Tight Clothes.** Wear 'skinny' clothes to the holiday party as a reminder to watch what you eat. Snug, tight clothes do not leave much room for bingeing!
- **Only Pick the Healthy Buffet Options.** When confronted with a buffet table, make your first trip count. Pile up your plate with fresh vegetables, lean meats, and other low calorie options. Eat as much healthy food as you can! This will dramatically lower the amount of desserts you will later take and will result in a healthier meal overall.
- **Do Not Over Feed Children.** When filling up plates for the kids, only give them what they can eat. It is too tempting to just 'finish off' those leftovers for them.
- **Share Your Dessert.** Follow the 'Dessert Split' plan: Go ahead and take something from the dessert table, but split it with a friend. If you must taste two desserts, split them with two friends. If you feel the need to sample three desserts, split them with three friends. You get the idea. That way you will get to taste all the new foods and recipes without completely breaking the calorie budget.
- **Eat Your Favorite Food.** Do not attempt to deprive yourself of your absolute favorite food. This only sets you up for a disappointing binge. Instead, allow yourself one small serving of your preferred treat and really savor it.
- **Exercise.** Just watching your diet alone will not lead to easy weight loss. For true fat loss, it is critical that you incorporate regular exercise during your holiday.

www.motleyhealth.com

Sundy and Briarlake Enjoying Time at Home





Something to Crowe About

Tips for Winterizing



1. Emergency Food & Water

- *Does your home have emergency food for 3 days for all residents and staff?
- *Does your home have 1 gallon of water per person per day for 3 days?



2. Clear/Clean Vents & Chimneys

- *Inspect vents and chimneys to make sure they are unobstructed. Make sure vines, leaves, shrubs and plants are pruned. If you have a chimney or a fire place, do you have a carbon monoxide detector?
- *Have you had your chimney cleaned lately? Check with Danny concerning this.



3. Take Preventative Measures Against Pipes Freezing

- *Remove hoses from outside faucets.
- *Secure faucet covers on outside faucets. You should have these left from last year.



4. Outfit Your Car For Winter Weather

- *Do you have blankets in the vehicle if you were to become stranded?
- *Has the first aid kit been checked?
- *Has the car been winterized?



5. Clean Your Gutters

- *Have all of the fall leaves fallen?
- *Have the gutters been cleaned out? Let Danny know if these are full.
- *Have sticks been removed from the roof? Let Danny know if you notice sticks on the roof.

By Sylvia Crowe, Policy & Procedure Specialist

DDM, Inc.

6320 Amherst Court
Norcross, GA 30092

1-888-340-5820 toll free
Email ahenderson@ddmga.org



We're on the Web!
ddmga.org

"Like" us on Facebook!

**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.

New Hires

We welcome new Residential Services staff: Shambrea Evans, PT Appalachee; Faduma Ali, PT Stone Mountain; Andrea Phillips, FT Cherokee; Tiffany Faulkner, PT Samaria; Erica Jackson, PT Cherokee; Summer Perkins, PT Corbit Walker.

Prayer Requests:

Please pray for our trustees in their search for a new president/CEO.

Please pray for DDM residents who have health concerns.

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

Featured Residents' Rights

1. Residents have the right use, keep, and control their own personal property in their own rooms.
2. Residents have the right to privacy.

DDM Staff Anniversaries

November 1, **Laverne Phillips**, Jasper FT Direct Support Staff, 4 years
November 4, **Denel James**, Residential Services Director, 4 years
November 11, **Sylvia Crowe**, Policy and Procedure Specialist, 4 years
November 11, **Paula Lyons**, Corbit Walker PT Direct Support Staff, 1 year
November 11, **Amanda Pelot**, Residential Services Coordinator, 3 years
November 14, **Tanya Williams**, Day PT Direct Support Staff, 1 year
November 15, **Pearlina Foreman**, Stokes FT Direct Support Staff, 4 years
November 19, **Kimberly Williams**, Residential Services Coordinator, 4 years
November 28, **Emma Foster**, Appalachia PT Direct Support Staff, 1 year
December 6, **Gifford Bowers**, Chatham PT Direct Support Staff, 5 years

In Memory/In Honor Sept-Oct 2017***In Memory:***

Graham & Grace Brotherson:

Joan Jordan

Ruby Carver:

John & Joyce Morgan

Gene Sullivan:

Janene Sullivan

Jason Sundy:

Joan Jordan

In Honor:

Encouragers Sunday School Class of First Baptist Church, Tucker

Robert Wright

Calendar of Events

November 5- Daylight Savings Time Ends

November 11- Veterans Day

November 23- Thanksgiving Day

December 1- Trustee Meeting

December 1- Annual Christmas Dinner, Smoke Rise Baptist Church

December 2- Residents' Christmas Party, Smoke Rise Baptist Church

December 21- Winter Begins

December 24- Christmas Eve

December 25- Christmas Day

December 31- New Year's Eve