

Fretzpark Homes, Inc.'s Holiday Edition

Volume 2016, Issue 4

December, 2016



Happy Holidays!

Kelly's Korner

Happy Holidays! I hope that all of you are enjoying this calm winter weather-you never know how long it will last. As 2017 approaches, FPH begins its 10th year serving people with Developmental Disabilities and their families. I am so very thankful and blessed for each and every day of those ten years. FPH has the most amazing service recipients and parents that anyone could ever ask for. They are as loyal to FPH as we are to them.

FPH has grown immensely, and I couldn't be more proud of the care that we provide. As the years pass, I have witnessed more than just the organization grow, I have had the pleasure in watching our service recipients and our staff blossom. Although there are several memorable moments in the past year, two stick out in my mind. The first would have to be Azon graduating high school. Azon came to live in one of our DLS homes in 2014, and needless to say, he was not very happy about it. Azon had several trials and tribulations over the years, but he was always determined to graduate, and finally his dream came true. May of 2016 Azon graduated! FPH invited his family and friends to celebrate, and it was an amazing party. After listening to all of the stories people told about Azon and his journey, it was at that moment I realized, Azon's dream was not the only one that came true. Loy, Anne, and I shared a vision; and that was to create an organization that was truly committed to the care of people with developmental disabilities, and we succeeded.

The other moment would be when Devon was promoted to Program Coordinator. Devon has been in one of our DLS homes for close to 6 years, and he was wonderful at his job as a house manager. He loved those men as if they were his own, always having their best interest at heart. He was dedicated to them and to FPH, and it was an honor to promote him to a position in which all FPH service recipients could benefit from his love and his devotion. You will never meet another like him.

As I close I want to thank all of our service recipients, our families, and our HTS staff for showing up and doing your very best day in and day out to ensure FPH is a success. It is an honor and a pleasure to serve you!

WE ARE MOVING!

Fretzpark will be relocating our administrative offices January 1, 2017! Our phone numbers will remain the same. In the coming weeks, you will be receiving a postcard with our new address and directions on how to get there. We look forward to the New Year and serving you in our new location.

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Fretzpark
Annual Holiday Party

*Bring the entire family out to
enjoy an evening of food, games,
door prizes, face painting, live DJ
and much more.*

*December 16th, 2016
6pm-9pm*

*Oak Room
5405 N Lincoln Blvd.
Oklahoma City, OK 73105*

*Please RSVP to 405-521-8232
By December 9th*



How cold is too cold to walk the dog?

Most healthy medium or large dogs can walk for 30-minutes if the temperature is above 20 degrees F. Smaller dogs should limit the walk to 15 or 20 minutes if temps are between 20 to 32 degrees F. If it's below 0 degrees, no dog should be out for a walk.



What temperature should I bring my dog inside to?

Although some pets are conditioned to cold weather, veterinary experts agree that you should bring outdoor pets indoors if the temperature drops below 20 degrees Fahrenheit. 2. Puppies, kittens, and short-haired pets should come inside anytime the temperature goes below 40 degrees.



Larry Taylor
12/13

Robert Yeahpau
12/03

Heather Smith
12/05

Monique Wade
12/13

Azeez Lawal
12/26



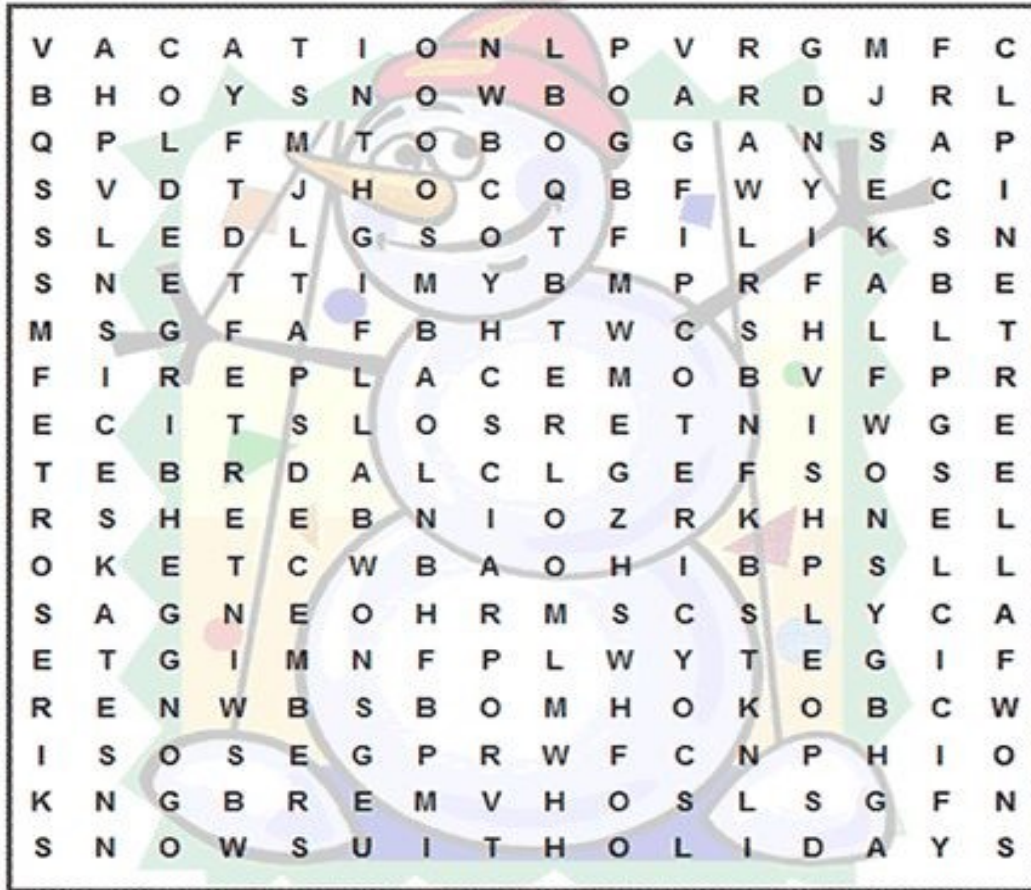
NOTES FROM THE TRAINING COORDINATOR

- Employees **need** to fax or bring a copy of their training certificates and/or In-Service sheets to the office once their training is **completed**.
- Employees **need** to make sure that **FPH** receives an updated copy of their auto insurance once it has been **renewed**, insurance company has **changed**, or whenever they get a **new** vehicle.
- Employees **must** bring in a copy of their **new** Driver's License once it has been **renewed**. Without a current copy on file, employees **will be pulled** from the schedule until this has been taken care of.
- If employees are unable to attend trainings or in-services for any reason, they **MUST** contact their **PC and/or Training Coordinator** with **at least** a twenty-four hour notice **OR** you will still be charged.



WINTER HOLIDAY

Word Find



Ice
Sled
Snowboard
Toboggan
Ice Skates
Mittens

Ski Lift
Snowman
Ski Slopes
Snowball Fight
Hot Chocolate
Winter Solstice

Fireplace
Snowflakes
December
Ski Resort
Snowsuit
Vacation

Winter
Eggnog
Hockey
Snowmobile
Snow Boots
Frozen

Snowfall
Pine Tree
Icicles
Holiday
Scarf
Cold



5 STEP CHICKEN CASSEROLE

STEP 1:

Simmer 1 whole chicken until tender, bone and set aside. Save broth. Preheat oven to 375 degrees.

STEP 2:

1 1/2 loaves bread, broken up
1/2 c. chopped onion
1 tsp. salt
Dash of pepper
1/2 c. butter
2 stalks celery, chopped
1 tsp. poultry seasoning
6 tbsps. chicken broth

In skillet, sauté onions and celery in butter until transparent. Add seasonings to bread mixture and mix well. Pour hot onion and celery mixture and broth over bread and mix well.

STEP 3:

1 c. butter
1 c. flour
4 c. chicken broth
1/2 tsp. salt
1 c. milk
4 eggs, slightly beaten.

In large skillet, melt butter. Add flour, chicken broth, salt and milk and bring to boil. Stir in a small amount of this gravy mixture to eggs, then add egg mixture to gravy mixture and stir in. Remove from heat and set aside.

STEP 4:

1 c. dry bread crumbs
4 tbsps. melted butter

Mix together and set aside.

STEP 5:

Layer a 9x13 inch baking pan with half of dressing followed by half of gravy, then all the chicken.

Repeat with remaining dressing and gravy.

Top with bread crumb mixture and then bake for 45 minutes.

Providing superior, quality residential services to people with developmental disabilities and their families.



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Oklahoma City, OK
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Phone: 405-521-8232
Fax: 405-521-8803

Fretzpark Homes is dedicated to providing superior, quality, residential service to people with developmental disabilities and their families.

In attempting to achieve our goal, we offer a variety of opportunities for the individuals to exercise their right as a productive citizen both in the home and community. These opportunities include measurable training in daily living skills, an assortment of community involvement, creative activities within the home, and the chance to give back to the same community that gives to them.



This Month's Contributors:

- Kelly Silla
- Amber Caro
- Bonnie Sayadeth
- Jamesetta Lewis
- Tristan Whitaker

We're on the Web!
www.fretzpark.org



Your generous donations go to help our residents enjoy independent living. Consider making a donation today. Please contact Fretzpark Homes for ways to donate.



Fretzpark Homes
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