

Fretzpark Homes, Inc.'s Quarterly News and Views



Fall Edition, 2017

Fretzpark Homes, Inc.



Kelly's Korner

Happy 10th Birthday Fretzpark Homes, Inc.!! For an entire decade FPH has provided continuous residential care to people with Developmental Disabilities and their families, and I could not be more proud of where we are today as a whole.

First and foremost, I would like to thank God for putting Loy, Anne, and myself together to provide this wonderful opportunity for people with disabilities, their families, and staff. We began our mission with 13 staff, and 8 clients. We could have hardly imagined our growth to a company with over 100 staff, and close to 60 service recipients. Dr. Puffinbarger and his wife Anne, have been dedicated to their vision since our company was founded in 2007.

As the year comes to an end, FPH administration staff have several "treats" up their sleeve to honor our anniversary, and show our

gratitude to the people we serve, as well as the direct care staff. We will begin with a Halloween party where you will get to see all of the administration dressed up in their most fantastic costumes. For Thanksgiving, we will have our annual dinner held at the Group home, and of course our famous Holiday party in December. We realize that our staff spend a lot of time away from their own families to care for our service recipients, so we also would like to invite employee families to this event.

As I close, it is difficult to put into words how my heart truly feels about FPH and our accomplishments over the years! I remember when it was Chidi, Jamesetta, and myself in this small office. Each of us knew what we were supposed to be doing, but I am not sure we understood the impact we were going to make in people's lives. Current employees, along with past employees, have been

influential in making FPH successful. We could not have come this far without the loyal support and hard work of each member of the FPH team. I also would like to take this opportunity to thank all of the parents/guardians for entrusting me and my staff to take care of your loved ones. It is an honor, in which I take very seriously. One never knows how long they have on this earth but I do know one thing for sure: as long as I have breath in me, Loy and Anne's dream of *Providing superior quality residential services to people with developmental disabilities and their families*, will remain alive.

I look forward to seeing you all at these special events coming up!

Sincerely,

Kelly A. Silla

CEO, Fretzpark Homes, Inc.



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



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OCTOBER

- Crystal Turner 10/02
- Tiffany Simmons 10/05
- Vicki Harris 10/06
- Derick Tendong 10/10
- Joey Eyler 10/14
- Valerie Hunt 10/19
- Jessica Williams 10/27
- Michael Vaclav 10/29
- Kathy Clausell 10/30



NOVEMBER

DECEMBER

- Janet Benford 11/05
- Briget Powell 11/06
- Linda Ehlinger 11/11
- Andrea Jackson 11/12
- Diana Grundmeyer 11/16
- Teresa Pickle 11/27
- Marvin Hishaw 11/30
- Nneka Oyewole 12/10

Just a friendly reminder...

Send Attach Save Draft Spelling Cancel

To: FretzparkEmployees@fretzpark.org

Cc:

Subject: Remember To Check Your E-mail

Arial 12 B I U

All employees are expected to check their assigned work e-mail once or twice weekly. Remember your pay stubs are sent to your work e-mail along with other important information. If you do not have access to your Fretzpark e-mail or are having difficulties please contact someone at the office



Ensure You Are Correctly Filling Out Your Timesheets. If You Have Any Questions About Your Timesheet Or Are Unsure How To Fill It Out, Please Contact Your PC or HR.

DRESS CODE

- ⇒ Slacks or jeans (no cut-offs, holes)
- ⇒ Shirts with sleeves or blouses (no tank tops, spandex, midriff, or low cut)
- ⇒ Shoes (closed toed or tennis shoes only)

EMPLOYEES ARE EXPECTED TO DRESS APPROPRIATELY ACCORDING TO THEIR WORK ASSIGNMENTS!

benefits

Open Enrollment For Blue Cross Blue Shield Starts in November ! Don't Miss Out On Your Benefits! If You Have Any Questions About Health Insurance, Please Contact H.R. At The Office!



September Recipients

Kevin Jones and Amanda Pendleton

The "You've Been Busted Program" recognizes staff members being caught performing an excellent job with our clientele. The staff member being recognized will receive a \$50 gift card from Fretzpark Homes showing our gratitude.



DON'T PUT FATS, OILS AND GREASE DOWN YOUR DRAIN

Don't let fats, oils, and grease (FOG), ruin your day or your plumbing lines. Dispose of them properly with these easy tips:

- Let cooking oil cool before pouring it into a can, bottle, or plastic bag and tossing it in the kitchen trash.
- Wipe out cooking pans with a paper towel, washing them in the sink, then throw away the paper towel.
- Freeze your FOG by pouring it into a can, then putting it in the freezer. Throw the can into your Big Blue bin when it's full.

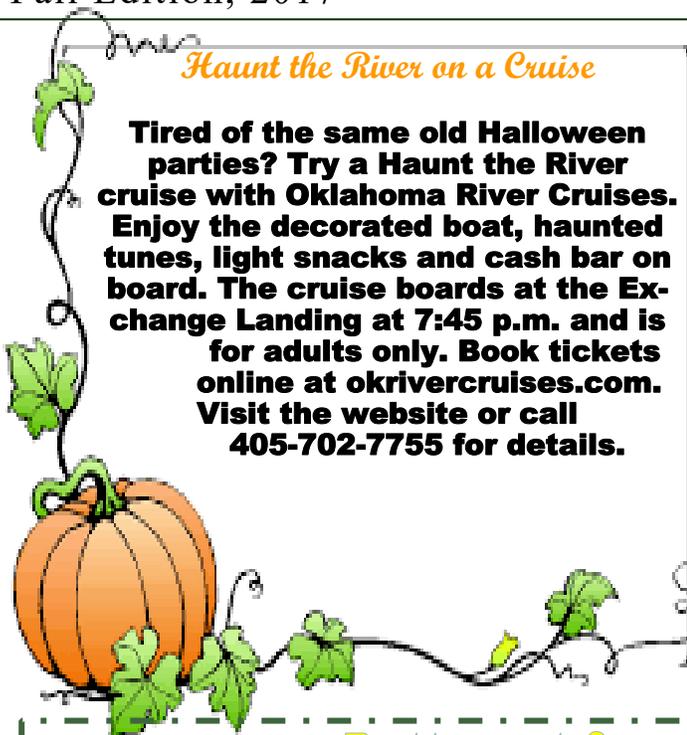
Many blocked wastewater lines in Oklahoma City are caused when FOG gets poured down the drain. It causes breaks in City lines and can create costly plumbing repairs for you at home.

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 could be removed 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.

Haunt the River on a Cruise

Tired of the same old Halloween parties? Try a Haunt the River cruise with Oklahoma River Cruises. Enjoy the decorated boat, haunted tunes, light snacks and cash bar on board. The cruise boards at the Exchange Landing at 7:45 p.m. and is for adults only. Book tickets online at okrivercruises.com. Visit the website or call 405-702-7755 for details.



**Shawnee's
BOO On Bell
Oct. 19 - 21st**

With something to offer everyone in the family, the BOO on Bell Event has been billed as one of Oklahoma's largest Fall Family Fun Festivals. The Tuck'n for Toys car show, shopping with many vendors, artists and local merchants, carnival offering rides for all ages, old fashion carnival games, and BOO Bingo all mean that Boo on Bell has it all. Come by this October to be a part of this huge event! Historic downtown Shawnee is the site for the BOO on Bell Event!

Butternut Squash Mac and Cheese

Ingredients:

- * 1 butternut squash, cubed to yield 3 cups
- * 1 ½ cups chicken or vegetable broth
- * 1 cup milk
- * 4 garlic cloves, minced
- * 2 tablespoons low-fat plain Green yogurt
- * 1 teaspoon salt
- * ½ teaspoon black pepper
- * 1 ½ cups cheddar cheese, shredded
- * 1 ½ cups Parmesan cheese, shredded and divided
- * 16 ounces macaroni noodles, cooked and drained
- * ½ cup bread crumbs
- * 1 tablespoon butter

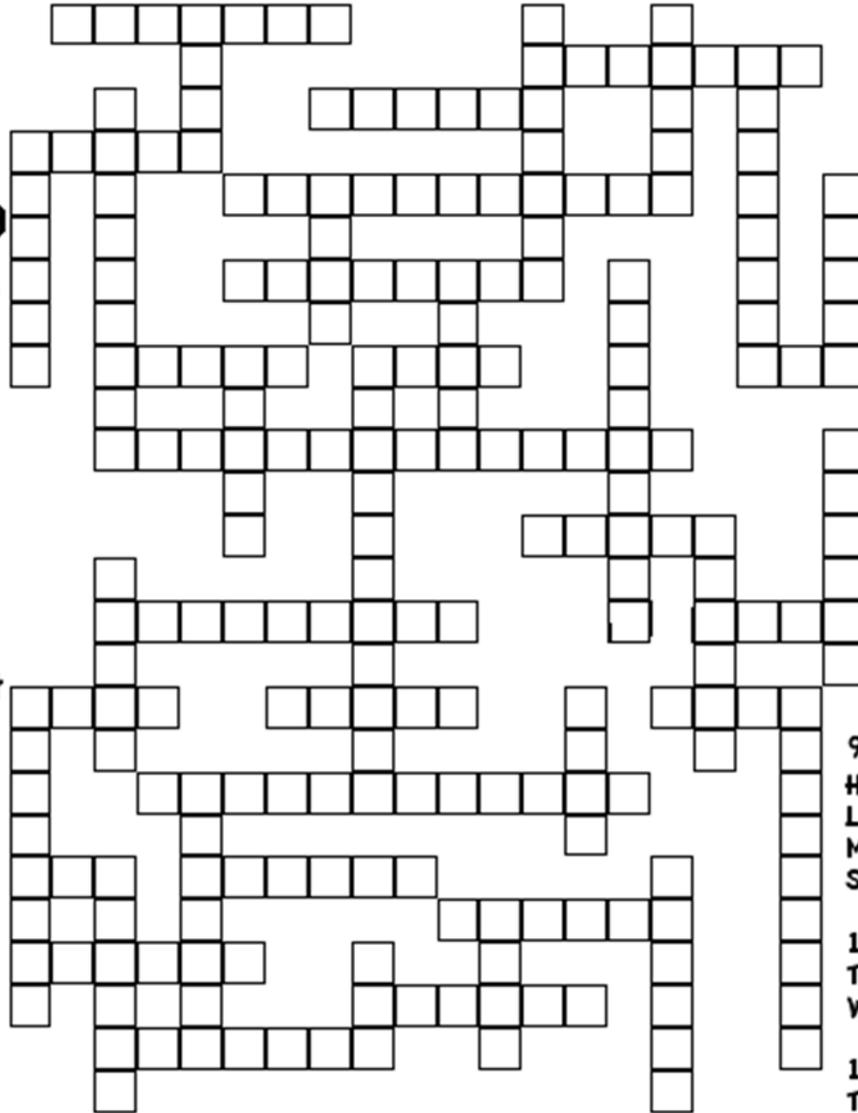


Directions:

1. Preheat natural gas oven to 375° F and prepare a 9x13-inch baking dish with cooking spray.
2. Bring butternut squash and broth to a boil over a medium-high flame; reduce heat and simmer until squash is tender.
3. Transfer to a blender and add milk, garlic, yogurt, salt and pepper and blend until smooth.
4. Stir in cheddar, 1 cup of Parmesan cheese and cooked pasta. Transfer to baking pan, top with remaining Parmesan and bread-crumbs and dot with butter.
5. Bake for 25 minutes until cheese is bubbling.



Autumn Fill In



Word List

3 Letters

- Bus
- Car
- Red

4 Letters

- Cold
- Cool
- Fall
- Loam
- Mice
- Time
- Wind
- Wood

5 Letters

- Boots
- Brown
- Chill
- Cloud
- Fairs
- Geese
- Rainy
- Skate
- Trees

6 Letters

- Apples
- Autumn
- Grains
- Leaves
- Orange
- Raking
- School
- Season
- Slacks
- Yellow

7 Letters

- Harvest
- Hunting
- October
- Sweater
- Walking

8 Letters

- December
- Football
- November

9 Letters

- Halloween
- Labour Day
- Migration
- September

11 Letters

- Temperature
- World Series

12 Letters

- Thanksgiving

14 Letters

- Remembrance Day





Fretzpark Homes, Inc.

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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
Shanetra High

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

We're on the Web!
fretzpark.org

Making a Difference!

We have a wonderful staff full of amazing individuals. YOU are a huge part in what Fretzpark Homes is all about. Thank you for all that you do!

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