

The Trillium Times

“Connecting People with Communities”

Quarterly Newsletter

Trillium Services | Paragon Associates | Trillium Works!

March 2011

Congratulations!

ARRM CARES Nominees!

Every year Trillium Services gets an opportunity to nominate four of their employees for the ARRM Cares Award. The award was established as a way of recognizing Direct Support Professionals who have demonstrated a commitment to providing quality services. This year the award focused on several things. They included professional integrity, networking supports, and creating innovative, proactive approaches to service. Trillium Services recognizes all of our Direct Support Professionals as a vital part of our agency. They create the foundation that allows us to deliver quality services.

This year’s nominations for the ARRM Cares Award went to Brittany Bauer, Danielle Wildes, Danny Knapp, and Fran Hom.

All nominees will be honored at the annual ARRM Conference to be held May 18th & 19th in St. Paul.

--by Kari Aanenson



Danny Knapp



Brittany Bauer



Fran Hom



Danielle Wildes

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“An Employment Services, Community Employment Services, Job Development, Job Supports, Job-Site Training and Employment Services, and Employment Planning Services CARF Accredited Agency”

WELCOME! & INTROS!



JOSH

My name is Josh Senarighi and I have been with Trillium Works! since November 2010. Some of my favorite things about coming into the Works! program have been going on the DECC expansion tours and volunteering at Second Harvest. I enjoy joking around with staff and talking about sports. I am glad to be a part of the program.



THERESA

Hello! My name is Theresa Williams and I have been with Trillium Works! since June of 2007. I recently was promoted as a Works! Program Supervisor. I enjoy working with everyone at Trillium.

I was born and raised in Duluth. I went to college at UW-Superior. I really enjoy sports and have played them my whole life! I look forward to meeting and talking with all of you!

Jeff Hietala was recently featured in the Duluth News Tribune, way to go Jeff!

MEET A VOLUNTEER



We've teamed up with the United Way of Greater Duluth Volunteer Center to recognize volunteers for their time and efforts at Northland organizations. We want

to tell people about all the volunteers in our community and how they help in so many ways. Go to www.handsongreaterduluth.org or call 211 to find out how you can volunteer.

If you or someone you know would like to be featured in a volunteer profile, contact Tina Larson at (218) 723-5384 or e-mail scrapbook@duluthnews.com for a form.



HIIETALA

Name: Jeff Hietala
City: Duluth
Organization: Primrose Retirement Community
How long have you volunteered for this organization? Two years.
Volunteer duties: I help out with bingo every week by calling the numbers out for residents.

Favorite part of volunteering here: Helping the residents and giving back to the community.

Favorite memory: Having multiple winners in a single game of bingo! It keeps me busy!

INTRODUCING...

FOUNTAIN GATE!



Months of hard work, packing and cleaning finally paid off in December, when Patti Wallace got to move into her new home on Fountain Gate Drive. On December 29, 2010, Patti said goodbye to the apartment she had occupied for nearly a decade. Although it was full of great memories and experiences, she is excited to move on to the next chapter of her life in her beautiful new home. Congratulations Patti and Welcome Home!
-by Vicky Galarowicz

HIDDEN TALENTS!

-by Jennifer Steger



Lanny's New Hobby-

After receiving a Christmas gift from his nephew, David, Lanny has embarked on a new hobby, model cars. This past Christmas, David gave Lanny a wooden model car kit, and Lanny couldn't wait to put it together! He laid out all the pieces and figured out where each piece would go. Once he was sure of his assembly plan, he started putting together his model car. He had to dip each piece into glue, adhere the pieces together, and hold them patiently until the glue was dry enough to let go. Now that he has completed one, he can't wait to start working on another!

"I can't wait to find another one to put together!"
--Lanny

Donations are now being accepted for the Annual Trillium Garage Sale!

Get ready to clean out your closets & save the date...

The 4th Annual Trillium Garage Sale is coming June 10th & 11th! The sale will be held at Apple Ridge & all money earned will be donated to the CHUM Emergency Shelter.



Items to be donated for the sale can be dropped off at Apple Ridge Monday through Friday from 3p-7p starting April 4th!

Call Josh, James, Micah, & Mike at 728-8910 for more info!

integration celebration!

-- by Kari Aanenson

Work Incentives Connection is Here to Help-

When reviewing and celebrating the agency PATH this past January, one of the items on the "to do" list that really stood out is organizing an SSI training. Wading through the correspondence received from the Social Security Administration can be a daunting and time consuming process for all of us. Many parents and guardians who fulfill the role of representative payees for their son or daughter are often at a loss. "What do I do when I get three letters from SSI in one day all saying different things?" was a question from a parent at the PATH.

Work Incentives Connection is here to help answer your questions. They are unable to do any 2011 trainings due to budget cuts, but wanted me to provide you with their contact information if you have any individual questions. They can be reached at 1-800-976-6728 or www.mnworkincentives.com. We are also on their list as they prepare for scheduling their 2012 training sessions.



DIRECTORS CORNER!

-by Angela Gustafson

CARF is coming!

CARF (The Commission of Accreditation of Rehabilitation Facilities) will be surveying our agency on May 23rd, 24th, and 25th, 2011. CARF will be visiting our office, our homes, and interviewing many of our stakeholders. CARF will be evaluating the services we provide based on observation, paperwork and interviews. As an agency, we constantly strive to improve our services. CARF is a vehicle for us to do that. The areas of Accreditation we are seeking include: Community Integration, Family Services, Community Housing and Supported Living. We are looking forward to the opportunity to be evaluated by an internationally recognized accreditation agency and welcome their expertise!

EMPLOYEE OF THE MONTH AWARDS...

DECEMBER

Dedicated, loyal, patient and kind are four words that best describe Brittany Bauer. Brittany has worked for the past three years providing direct care supports for two young women in Community Living. Through hard work and the great rapport she has built with the consumers, she has flourished. Brittany has moved up through the ranks and currently holds the House Manager position.

The young ladies that she works with have great capacities and skills that she has encouraged them to develop. One of the ladies volunteers on a regular basis at the local soup kitchen. She was rather hesitant at first, but with Brittany's encouragement she followed through and is now one of the leaders of that volunteer effort.

"Brittany is really fun and a good cook!" -- *Michelle Podgorak*

"She takes me a lot of places and I can talk to her." -- *Jenny Carlin*

Brittany has worked with the young women on healthy eating habits and exercise routines. She taught them how to read food labels and has maintained the use of the Zone Diet. Through these efforts both of the consumers have benefited in leading healthier lives and one of the ladies has lost over 100 pounds! Congratulations Brittany, on being named December Employee of the Month.

-- *Kara Engelmann*



Brittany Bauer

"Sweeney helps me out a lot." -- *Michael Norman*

"Cooking is fun with Sweeney." -- *James Good*

"I like playing cards with Sweeney." -- *Micah Saarela*

JANUARY

Jim Sweeney



Dedication, loyalty, & trust. These are the words that come to mind when best describing Jim Sweeney, Trillium Services Employee of the month for January 2011. Jim has been with Trillium for 3 years now & has built special relationships with everyone at Apple Ridge. From helping James & Josh learn new recipes, teaching Micah how to read

new bus routes, to helping facilitate new activities in the community for Michael, Jim is someone the guys at Apple Ridge really trust. Jim has been a great role model for the guys at Apple Ridge, & he is often looked towards for advice. Jim has proven to truly be a team player who is willing to help whenever & however he can!

-- *Mike Molitor*

FEBRUARY

"Heather is a very good person to work with and she is a very nice person." -- *Megan Helmer*

"Heather is a nice Supervisor; I like her. She does really good!" -- *Mike Maki*

Heather Lindgren



she is more than deserving of employee of the month.

-- *Josh Howie*

Heather has done an exceptional job since her hire in September 2009. She seems to have a knack for connecting with everyone. Heather is the type of person that prides herself in doing things the right way and she does things the right way all the time. Heather has been instrumental in assisting Megan Helmer in getting her Mentor Program at Hermantown School going. She has helped Megan

focus thoughts, write letters, set up meetings, attend meetings, and get her intentions and points across. All while being able to maintain that it is Megan's idea and passion and that she is there to assist in making a reality. Heather is a wonderful asset for Trillium Works! we really couldn't ask for a more dedicated, thoughtful and truly gifted person. She is everything that we hope for in a staff and



EARTHNOTES

-- by nature rocks!

Nature Rocks!

Earth Day 2011 is March 21st and April 22nd. Discovering the truth about Earth Day's origins isn't as important as finding ways to celebrate with your friends and family. Find out what activities are planned in your community on either day, or make plans yourself. Earth Day is a time to think outside our own small houses and towns and find ways to contribute to the continued health of our planet. As the popular bumper sticker says: "Think globally, act locally." Earth Day is the perfect time to do just that. Take family and friends on a hike through the hills and woods that are near your house. Take time to admire the plants and animals that live in the natural environment. Be sure that as you enjoy nature, you leave no trace of yourself behind. --Marie Jannetta

Up Coming Nature Rocks! Events:

March 24th, 4-6p, at Maple Grove Estates. Come with ideas for planning spring and summer activities, including a summer camp out.

April 7th, 4-6p, at Maple Grove Estates. Regular meeting and Easter Crafts. Bring \$2.00 for cost of craft. We will also decide if we will meet during Easter week on April 21st.

May 5th, 4-6p, It's Spring, and that means spring clean up of our parks. Meet at Lester River Park. Bags will be provided.

May 19th, 4-6p, Spring Clean up at Leif Erickson Park-- meet in the Rose Garden parking lot. Bags will be provided.

Please call Marie or Anita for more information (218) 722-5009.



Nature Rocks! members recently went snowshoeing and ice fishing. Come join the fun!

Trillium Services Anniversary Recognition



Trillium Services would like to recognize the following who are celebrating anniversaries in January, February, and March 2011.

16 years!

Vern Erickson

15 years!

Patricia Edwards

Julio Martinez

14 years!

Amanda Burcar-Annis

12 years!

Jesse Miller

11 years!

Kurt Blegen

10 years!

Michael Molitor Jr.

9 years!

Pam Bullyan

8 years!

Kelly Blegen

Jennifer Gelineau

George Kelly

7 years!

Carrie Ferguson

Michelle Podgorak

Sarah Seethoff

Patrick Thomson

6 years!

Dan Bianco

David Brown

Kristine Janssen

Tanya Metcalf

Jennifer Nemeth

Laurie

5 years!

George Haag

Valery Petrowske

4 years!

Scott Arras

Jesse Erickson

Holly Hansmeyer

Elizabeth Hazuka

Greg Leszcynski

Sunny Peterson

Ron Wilkosz

Tara Wilson

3 years!

Ashley Dykema

Garrett Geving

Anita Sloan

James Sweeney

2 years!

Beth Bernacki

Shem Kneeland

Micah Saarela

Anna

1 year!

Kenny Calvarese

Michael Lennartson

Benjamin Morse

Nancy Radimecky

Andrew Smith



Polar Plungers Dry and Happy! (left to right): Sara Kelly, Sam Zigich, Danielle Gross, Alvera Shatto, Kara Engelmann, Jennifer Steger, and Hank Batjes. Not pictured: Scott Lokker

Team Trillium raised \$800 for the Polar Plunge in support of Special Olympics Minnesota.

Total hours volunteered by the

0 3 4

Trillium Services Management Team since January 2011!

Trillium Task Force

The dance to support Animal Allies was a huge success raising nearly \$400. The success was due to the involvement of those who contributed to the bake sale and decorations. A special thanks goes out to the members of Nature Rocks! who made the centerpieces. To celebrate Valentine's Day, TTF members made and hung decorations at Viewcrest where many of the residents literally lit up when they saw us. In March, we will be learning sign language and having a potluck. Look for information to sign up to volunteer at Grandma's Marathon on the community contribution board.

-by Jennifer Hurst

TTF is a consumer-directed group that provides a diverse range of opportunities for community service and self-advocacy.



Volunteers prepare orders for the American Cancer Society's Daffodil Days (left to right): Mike Molitor, Cindy Sanders, Erin Boit, Brian Annis, Paula Wilson, Angela Gustafson, Amanda Burcar-Annis, and Scott Lokker.

Upcoming Trillium Task Force Meeting Dates:

- April 12th, 4 pm - meet at Viewcrest to hang Easter decorations.
- May 12th, 4 pm - meet at Trillium Services to hear a speaker talk about diversity.
- May 26th, 4 pm - park clean-up location TBA.

We're looking for new members. Please join us! Contact Vicky, Erin or Tanya (218) 722-5009.



Taking a break from the dance floor are (clockwise from left): Angela Fedo, Jennifer Berglund, Lori Lande, Karin Lunda, Dawn Murphy, and Rose Schadewald.



FAMILIAR FACES



ARRM's Day at the Capital

Patti Wallace, Tanya Karsiko, and George Kelly went to the ARRM's Day at the Capital and met with Representative Thomas Bakk. They each got to share their personal stories about their lives and how core services have helped them gain independence.



Alvera Shatto & Debra Weber

"I had a great time at the UMD hockey game! I loved being in and amongst all the people cheering on our bulldogs in the new arena. It was very exciting and I had a lot of fun socializing with friends, eating nachos and enjoying the game. I was even able to meet one of the cheerleaders and I got my picture taken with the mascot! What a fun thing to do on a Friday night!" *-Debra Weber*

Mission and Vision

Trillium empowers people to have a voice in conquering barriers and following their dreams.

Core Values:

- Support Community Contribution
- Develop Valued Social Roles
- Teach Respect for Self and Others
- Utilize Natural Supports
- Promote Community Inclusion
- Establish Reciprocal Relationships
- Acknowledge Dignity of Risk
- Build Strength through Capacity

Great day ice fishing! Lake of the Woods, January 2011



Hank Batjes



Skip Mortensen

TRILLIUM WORKS! IN ACTION

-- by Sharon Noland



Matt Bahl volunteers at Video Vision in Spirit Valley two days a week on Tuesdays and Wednesdays. Matt has a variety of tasks that he does while there. He checks the mail, gets the movies out of the return drop box, shelves the returned movies once they have been checked into the computer system and also folds stamp booklets. Matt's favorite task is putting the movies back out on the shelf. He also loves when he gets to pick out a movie to play in the store; he really enjoys Disney movies! Matt really likes being at Video Vision and does a great job while there. He has built a great relationship with his manager Jackie and she appreciates everything he does for the store. Video Vision is open seven days a week from 10:00 a.m. until 10:00 p.m. If you are there looking for a movie and see Matt, stop and say hello!

Video Vision
 215 N Central Avenue
 Duluth, MN
 (218) 628-1737



Jackie & Matt

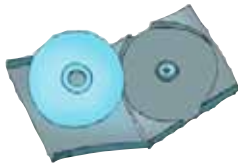
"I like it!" -Matt

Join Us for Trillium Works! Job Club

April 21st | May 19th | June 16th

Meetings are held at 1:00pm, in the Works! Room.

Job Club is designed to allow everyone to get together and discuss their experiences while working, job developing, and volunteering. It's a great opportunity to learn from other people's experiences.



THE HEALTH BEAT

-- by Cindy Sanders

Enjoy the Benefits of Walking-

It's that time of year to get out and walk, enjoying our beautiful spring and summer season. Not only is it fun, it has many health benefits, such as:

- Increases your intake of oxygen, strengthens your heart, improves circulation and lowers blood pressure.
- Tones your muscles.
- Reduces stress, helps you keep a positive outlook and can make you feel and look younger and sleep more deeply and restfully.

If you have some medical issues, check with your doctor before starting a walking program.

The only equipment you need is a good pair of shoes. They should be comfortable and supportive, not causing blisters.

Warm up by walking as you normally would for five minutes, then pick up the pace to get your heart beating faster. Keep up this pace for about 15 minutes. While you walk:

- Swing your arms
- Keep your head up, back straight and abdomen flat.
- Take long strides.

Cool down by walking at your warm up speed for five more minutes. Do



gentle stretching when you're done. Repeat this routine three or four days a week with days for rest in between.

Get out there and enjoy!





"BACON CHICKEN WRAPS"

--by Kim Kyrola

Ingredients:

- 3 or 4 chicken breasts
- 1 can cream of mushroom soup
- 1 cup sour cream
- bacon
- dried beef
- rice or noodles to put sauce on

Directions:

1. Heat oven to 325 degrees.
2. Cut chicken into 1-inch strips.
3. Wrap each strip with dried beef, then wrap with bacon.
4. Place the chicken into a baking pan.
5. Mix cream of mushroom soup with sour cream
6. Pour mix over chicken, cover with foil.
7. Bake for 1 1/2 - 2 hours, until chicken is done.
8. Eat with rice or noodles.



Kim

"I enjoy this recipe, it's fun and easy to do!" -Kim



INTERESTING "NEW" EATS

-- by Laurie & Cassandra

Osaka Sushi Hibachi Restaurant

I really enjoyed eating at Osaka. I like to try new things and I really love sushi, so I knew this was a place I needed to try. The first thing I noticed when I walked in was the fun atmosphere! There were lots of people and tons of fun lighting. I ordered the sushi rolls and they were fantastic! I recommend this restaurant to anyone up for great food and a fun time!

"I ordered the sushi rolls and they were fantastic!" -Laurie



Cassandra and Laurie dine at Osaka Hibachi Restaurant.



***Starring:**
Chris
Johnson*

***Starring:**
Jennifer
Wilson*

Black Swan – A thriller that zeros in on the relationship between a veteran ballet dancer and a rival. Natalie Portman and Mila Kunis are at their best in this suspenseful, yet disturbing drama! -- A+

TRON: Legacy – A virtual-world worker looks to take down the Master Control Program. This Sci-Fi action film will blow your mind away! -- A

Case 39 – A social worker (Renee Zellweger) fights to save a girl from her abusive parents, only to discover that the situation is more dangerous than she ever expected. -- B+

Burlesque – Ali (Christina Aguilera) moves to LA from a small town in Iowa with big dreams to sing. Ali stumbles upon The Burlesque Lounge owned by Tess (Cher) and wants to be on stage. Jack, a bartender at the lounge, starts to fall in love with Ali, but has a fiancé who will he choose? -- A

How Do You Know – This movie was about a woman who had trouble making up her mind. Reese Witherspoon couldn't decide between Owen Wilson and Paul Rudd. This was a comedy with some ups and downs. Reese Witherspoon, Owen Wilson, and Paul Rudd are good actors. -- A

Little Fockers – This movie is about the Fockers' Birthday Party for their five year old twins, Henry and Sam. Hilarity ensues when Jack doubts Greg's truthfulness. Pam finds out about Greg's attractive co-worker. This movie is a comedy and hilarious. -- A+



YOU HUMAN RESOURCE

-- by Jay Johnson

Go Green & Save Contest Winners!



Congratulations to Kate Wallin, Nicole Beaupre, Kendra Reitan, and Megan Helmer for being the most cost conscious this quarter!

Policy and Guideline Updates-

Trillium Services has recently completed a few Policy and Procedure revisions. All additions and changes will be reviewed at quarterly staff meetings, including the standardization of Expense Sheet Guidelines and a new Job Abandonment Policy. This policy was written to establish a standard of how many days a position will be held for an employee before we consider the position abandoned.

If you have any questions or concerns regarding the changes please ask your supervisor, director, or Human Resources. All revisions have been placed in the newly updated Employee Handbook. Each employee will be asked to sign an Employee Handbook Acknowledgement Form after reviewing the new information. If you have not received a new handbook, please contact your supervisor.

My Trillium Story, featuring Roger Kragseth and Matt Estep

Roger and I have been friends for about three years now. We have had many good times, like going to a Twins game with his sister and playing baseball at the Hermantown fields. When we first met, Roger enjoyed playing practical jokes on me since I was the new guy. After taking him to every coffee shop in Duluth, he decided that we should team up and play jokes on the other staff.

In the cold months of winter we try to find things to do like go to movies or out to eat, but our favorite thing to do is watch all the different people at the mall. Roger could do that for hours. When summer finally comes, Roger and I love to fish. We head out on the pontoon and fish all day sometimes, skipping UDAC on the really nice days.

We have created many great memories and I am sure there will be plenty of new memories to come. I have learned a lot from Roger and his roommates and I hope they have learned something from me.
 -by Matt Estep



Matt and Roger

Roger as Santa, December 2010



Congratulations to Vern & Jennifer Erickson who recently celebrated their 8-year anniversary in Las Vegas, Nevada.

Congratulations!

Congratulations to the following college graduates:

Becky Pittner graduated from University of Phoenix in December with a Masters in Health Administration.

Amanda Switzer graduated from St. Scholastica in December with a Bachelors degree in Management and Marketing.



● **Annual Outcome Report** -- Trillium Services, Inc. Annual Outcome Report is available upon request. If you are interested in receiving a copy, please call our office at 722-5009 or request one on-line at www.trilliumservice.com.

● **Annual Satisfaction Surveys** -- Trillium Services, Inc. Satisfaction Survey results are available for review at the Trillium Office and on the Trillium Services web site.

● **Action Request Box** -- Do you have ideas, comments, or questions that would improve the services we provide? Fill out an Action Request Form located in the main office. Requests are reviewed bi-weekly and will remain anonymous if you choose. We look forward to hearing from you!

OPEN POSITIONS

- Program Counselors
- Live-In Companion

Please check our web site for details, or call Paula at (218) 722-5009 ext. 103. Open positions are posted weekly on the Trillium Services web site:

www.trilliumservice.com

Trillium Works! would like to recognize and thank all the local businesses who support making our community a better place for everyone to work and live.

<i>Animal Allies</i>	<i>Let the Whole World Know</i>
<i>Anytime Fitness</i>	<i>Maritime Museum</i>
<i>Benedictine Health Center</i>	<i>Midway Lumber</i>
<i>Burrito Union</i>	<i>North Country R.I.D.E.</i>
<i>China Star Family Restaurant</i>	<i>Northland Spay and Neuter</i>
<i>Chris Jensen Rehabilitation Center</i>	<i>Old Country Buffet</i>
<i>Congdon Elementary</i>	<i>Piggly Wiggly</i>
<i>Creation Station Daycare</i>	<i>Rainbow Senior Center</i>
<i>Dairy Queen</i>	<i>St. Anthony's</i>
<i>Duluth Playhouse</i>	<i>St. Eligius Health Center</i>
<i>Duluth/Superior Burger Kings</i>	<i>St. Mary's Hospital</i>
<i>Edgewood Vista Health Center</i>	<i>Salvation Army</i>
<i>Foster's Bar and Grill</i>	<i>Savories Catering</i>
<i>Hallelujah Daycare</i>	<i>Shop-Ko</i>
<i>Harbor City Kennels</i>	<i>Skyline Bowling Lanes</i>
<i>Hartley Nature Center</i>	<i>Super One Foods</i>
<i>Here Comes the Sun Daycare</i>	<i>Taco Bell</i>
<i>JC Penney</i>	<i>The Depot</i>
<i>Keystone Bluffs Assisted Living</i>	<i>TJ Maxx</i>
<i>Residence</i>	<i>Union Gospel Mission</i>
<i>King Manor Assisted Living</i>	<i>Video Vision</i>
<i>Lake Superior Brewing Co.</i>	<i>Viewcrest Health Center</i>
<i>Lake Superior Zoo</i>	

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Angela Gustafson, Directors Corner

Sharon Noland, Trillium Works!

Jay Johnson, Your H.R.

Kim Kyrola, What's Cooking

Laurie & Cassandra, New Eats

Jennifer Hurst, Trillium Task Force

Kari Aanenson, Integration Celebration

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