

The Trillium Times

"Connecting People with Communities"

Quarterly Newsletter

Trillium Services | Paragon Associates | Trillium Works!

June 2008

Celebrating Community Contributions

--by Julie Gronski

Meet the Top Four Animal Allies Fund-raisers--

Molly Haraldson and Steve Kaplan have been volunteering their time to spread some "puppy love" to others. Molly was approached by Steve about volunteering with him and his two dogs, Misty and Gypsy, at Viewcrest Nursing home. While visiting the nursing home, Molly takes Misty and Gypsy to the common areas or individual rooms and gets people acquainted with them. She is very compassionate and enjoys spending her free time helping others. She also is a huge animal lover. After many Sundays at the nursing home, Steve and Molly were asked to participate in a fund raiser for Animal Allies at the Miller Hill Mall. Whenever Molly, Steve, Misty, and Gypsy have a free weekend you can find them in front of Younkers raising money for Animal Allies. Molly spends the time introducing the dogs to people and talking about the happiness that Animal Allies brings to the community. Since Steve and Molly began volunteering, they have raised more money for Animal Allies than any other group of volunteers.

"Molly really enjoys volunteering; she is great with people and the dogs. It is all about making her happy and supporting her in doing something she enjoys."

--Steve Kaplan



"I really like talking to people and helping people. The dogs make me very happy and I have fun with them."

--Molly Haraldson

Save the Date!

Trillium Services Annual Picnic is set for August 7th! Watch for invitations in the mail.

*Alternate rain date:
August 12th, 2008*

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WELCOME! & INTROS!

Hi! My name is Christine Rogers. I'm new to the Trillium Works! program. I work at Old Country Buffet and Anytime Fitness in Superior. On Tuesdays I volunteer at the animal shelter and the Salvation Army. I really enjoy volunteering at the animal shelter.

I started in the Trillium Works! program in the spring of 2008. I feel the Works! program helps me learn to be more independent and teaches me how to become more involved in the community. My job coaches help me focus on the things that are important so I can be on my own someday. I am very happy here in Trillium Works! Thank you for having me.
 -Christine



Christine Rogers

Hi Everyone! My name is Amber Harvey. I am the new Connections Program Supervisor. I consider myself very lucky and fortunate to be a part of this program.

I have been with Trillium for five years now. I was the House Manager for the Palisade house (formally known as the Isanti house). When I am not at work I am with my 5 dogs or my grandfather.

Taking care of my grandfather has been an amazing experience for me. Also, I am very close to my mother and sisters and enjoy spending time with them.



Amber Harvey

I am looking forward to getting to know all of you better!

-Amber

DIRECTOR'S CORNER

-- by Julie Gronski

“ARRM Cares” Award Banquet-

This year's ARRM Conference was held May 7th-9th, at the Sheraton Hotel in Bloomington. The “ARRM Cares” Award nominees and winners were honored at a banquet on May 8th. The banquet recognized all the nominees with a certificate and a gift bag filled with goodies. The winners were introduced by their nominators and received a plaque in recognition of their achievement.

This year's Trillium nominees; Glenn Ojard, Scott Nelson, Angie Schlosser, and Mike Moliator along with their nominators where invited to attend. The group made the day trip for the awards ceremony and banquet. A good time was had by all.



Christine & Angie



Skip & Scott

Shirley, Michael, & Mike



Stephan & Glenn

“I really enjoyed hearing the stories from all of the winners. They were moving and motivational.”
--Glenn Ojard



Integration Celebration!

-- by Julie Gronski

Agency PATH Celebration-

On May 15th, approximately sixty Trillium employees met at the Country Inn & Suites for a very special event. The day began with revisiting and celebrating the agency's previous PATHs, entitled "Dramatic Evolution" and "Integration Celebration", which were completed in October 2006. The celebration included a revisit of Trillium's accomplishments and the goals we achieved over the last two years.

After the celebration, our new PATH, named "Collective Inspiration", was developed. New perspectives were expressed and goals were established for

the next five years. Some of the topics discussed during the PATH included; a Trillium Yearbook, employee retention, more volunteer opportunities, offering more inter-agency trainings to consumers, and continued quality control measures.

Participants from all aspects of the company attended, including office personnel, the management team, and direct care professionals. Our new "Collective Inspiration" PATH is posted in the large conference room, so the next time you're at the office, take a look!



SHAPE UP!

-- by Paula Goranson

Getting Motivated and Staying Motivated --

There's nothing better at making you stick to your workout routine than making a commitment. Set a goal for yourself by registering for one of the following events. Develop a time line and track your progress leading up to the big day, you'll be surprised at what you can accomplish! Start slowly and work your way to a better, healthier you.

Upcoming Races and Events from Northlandrunner.com

Date	Event	Distance	Location
Weds. 7/04	Wed. Night at the Races	Various	Duluth
7/18	Heritage Days 5K	5k	Two Harbors
7/19	Park Point 5 miler	5m run/2m walk	Duluth
7/25	Hermantown Summerfest	5k run/walk	Hermantown
7/25	Carlton Daze 5k	5k	Carlton
7/25	Midnight Sun / Run	5k	Duluth
7/29	Mini Meet Open Track	Various	Superior
7/30	Spirit Valley Days 5k	5k	Duluth
8/09	Kristin Burkholder 5k	5k run/walk	Esko
8/09	Twig Firehouse 5k	5k run/walk	Twig
8/16	8k on the Bay	8k	Duluth
8/30	Duluth-Superior Pride	5k run/walk	Duluth
8/30	Great Northern Classic	5k	Superior
9/03	Brown's Point	8k	Superior
9/06	Cause for the Paws	5k	Superior
9/07	Minnesota Mile	1m	Duluth
9/10	Zapp's Loop Run	8.5k	Duluth
9/13	Movin' and Groovin' Run	5k	Duluth
9/17	Rolling Stone Run	6.2k	Duluth
9/20	Bangin' in the Bush Run	6.6m	Duluth
9/20	Cloquet River Run	1m & 5k	Cloquet

HIDDEN TALENTS!

-A Poem by Tara Wilson

FAT-ABULOUS

**It's Not What You Look Like On the Outside
It's All About What Is In the Inside That Really Matters the Most.**

Really It's How You Feel about Yourself Physically and of How You Truly See Yourself.

Just Keep On Being Positive and Look at the Happiness in Life, 'Cause Really, It's All About The Attitude and How You See Things.

Keep On Smiling & You'll Feel Better About Yourself.



Tara

"Tara is quite the poet and has been writing for years. Here is her poem about striving to have better self-esteem and a more positive body image".
-- Gloria Walters

EMPLOYEE OF THE MONTH AWARDS...

**“ Julie takes her job very seriously & keeps everyone on their toes.
 -Nikki Zapp ”**

In the one and a half years that Julie has been with Trillium (she worked her way up from Job Coach to Supervisor to Director in her first eight months), she has shown time and again that her dedication and enthusiasm have been well above and beyond her job expectations. Her infectious laugh, perpetual smile, witty sense of humor, grounded, down-to-earth personality, and vivacious yet gentle demeanor, definitely adds color and joy to the atmosphere at Trillium.



Julie Gronski

APRIL



Julie has volunteered her time and talent to take on many extras; she created the new ‘Carnival’ attraction at the ‘07 Trillium Annual Picnic, she was co-organizer of both the ‘07 Management Holiday Party as well as the Works!, FS, and Connections Holiday Open House, she

put on an ‘Appreciation Pizza Party’ for all the staff in the Works! Program, she helps co-facilitate the monthly Relationship Class, and she volunteered to take a Consumer to the Nature Rocks! camping trip last summer.

Indeed, over the course of her employment Julie has stepped up to the plate without hesitation, giving it her all, all day, everyday.
 -by Nadine Carlson, Jennifer Steger, and Eileen Marciniak

MAY



Justin Edberg

Justin Edberg works with Mike, Lee, Jeff and Jeff as a Program Counselor at Crosley. Throughout his time with Trillium, he has shown an impressive amount of dedication and concern for the consumers he works with. On the job, he is known for his calm demeanor and for being a rational thinker. His conscientious approach to problem solving ensures the best possible outcome for those he serves. When working on a specific task,

**“ Justin is a great staff.
 -Lee Webb ”**



**“ Justin is very calm on the job.
 -Jeff Hietala ”**

achieves their goal.

he spends the time necessary to assure that the person he is helping

whether large or small. When Mike wanted to attend a professional dog show in St. Cloud that was scheduled to be on national television, Justin was there to see that it happened. His attendance record is flawless, and his flexibility in scheduling and attention to the needs of the program make him a definite asset. A very sincere congratulations to Justin from everyone at Crosley.
 -by Brandon LeDoux

The consumers who know Justin have found time and again that he is always available to answer questions or lend a helping hand.

One example of his commitment is his desire to see people realize their dreams,

**“ Emily is a lot of fun to work with. She keeps the energy high & gives me encouragement.
 -Kate Wallin ”**

Emily has worked in the Trillium Works! program as a full time job coach for almost two years. She is very energetic, friendly, loyal, and driven. She is admired and respected by her co-workers and the consumers she provides service for. Emily is fun and is interested in finding what works best for the people she serves. She makes a sincere effort to put her finger on the pulse of what people want and what people need.

JUNE



Emily Vavrosky

Emily is known in the Trillium Works! program as the “Go-to-Gal”. She is always there to lend a helping hand or to provide some positive reinforcement to all she encounters. She spends her days promoting independence and assisting individuals in developing appropriate employment skills. Emily has been known to help out other programs when they are in a jam; filling in at the Ensign program and Family Services. She is a

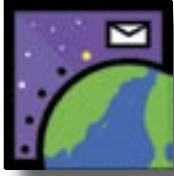


“ Sarah Kamp & Emily Vavrosky work with Maggie in Doggy Day Care. ”

great mentor and has been a positive addition to the Trillium team since the day she began. Congratulations!

-by Julie Gronski

**“ Emily is a very motivating job coach. She is awesome!
 -Megan Helmer ”**



EARTHNOTES

-- by nature rocks!

BOTTLED WATER VS. TAP WATER--

Did you know.....?

- Up to 40% of bottled water comes from the same source as tap water, but is sold back to consumers at hundreds of times the cost.
- Seventy-four percent of Americans drink bottled water, and one in five drinks only bottled water.

•The quality of bottled water is regulated by the FDA (Food & Drug Administration), and tap water by the EPA (Environmental Protection Agency), which holds higher standards and is tested more often.

•To bottle, transport, dispose of, and even to recycle bottled water containers required more than 17 million barrels of oil last year – enough fuel for more than 1 million U.S. cars for a year - and generated more than 2.5 million tons of carbon dioxide. (To visualize the entire energy costs of the life-cycle of a bottle of water, imagine filling up a quarter of each bottle with oil.)

•Each year more than 4 billion pounds of

PET (Polyethylene terephthalate) plastic bottles end up in landfills or as roadside litter.

For more information, visit: <http://www.stopcorporateabuse.org/tob>



Graphic by: [cowgummy](http://cowgummy.com)

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



Trillium Services Anniversary Recognition

Trillium Services would like to recognize the following who are celebrating anniversaries in April, May, and June, 2008.

15 years!

Barb Carlson

11 years!

Terri Forrest
Natalie Ronn

9 years!

Jennifer Forbort
Crystal Holden

7 years!

Jennifer Erickson
Paul Hawley
Sean Kunze
Ronelle Lathrop
Jeff Nelson
Anne Reppe
Shirley Roine
Tammy Shelton
Patti Wallace
Nikki Zapp
Sheri Zauhar

6 years!

Jim Benko
Shannon Hayes
Josh Hendrickson
Chris Owo
Kate Wallin

5 years!

April Bixler
Darrin Elstad
Amber Harvey
Dana MacDonald
Linda Meagher

4 years!

Rick Elstad
Mark Emmons
Linda Hagen
Collin Maurer
Dylan Munger
Jenna Philippi
Christine Rogers
Jeff Signorelli
Jennifer Wilson

3 years!

Samn Degerstedt
Leaslin Frazier
Laura Kaspszak
Ed Kristensen
Cindy Mattson
Patty St. Germain

2 years!

Terry Beehler
Phyllis Crane
Barbara Greene-Flaig
Stephen Kaplan
Sharon Mattsfield
Kimberly Olson

1 year!

Stephanie Anderson
Marie Corey
Susan Haglund
Ranelle Johnson
Sarah Kamp
Ingrid Kezar
Tracie Looker
Deb Mohelski
Ashley Ray
Marlyn Sternal
Malina Ulvi

We would like to extend a warm welcome to all new consumers and employees. Thank you for joining the Trillium Services team!



Brian Jesswein, Nadine Hubert, Philip Hubert, Scott Nelson, Skip Mortensen, George Kelly, and Barb Carlson clean up the Lakewalk.



Volunteers prepare daffodils for the American Cancer Society's Daffodil Days Fundraiser. Pictured from left to right: Tanya Karsiko, Rose Schadewald, Cindy Mattson, Kim Kyrola, Lori Lande, Amber Harvey, & Scott Nelson.



Michelle Podgorak helps out in the kitchen at the Damiano Center.



Skip Mortensen sorts trees and shrubs at the Farmers Market.



George Kelly & Philip Hubert help clean up the Lakewalk.



Jesse Miller & James Good volunteer in the Damiano soup kitchen.



Erin Boit & Amber Harvey volunteer at the Farmers Market to raise proceeds for the Community Garden Program.

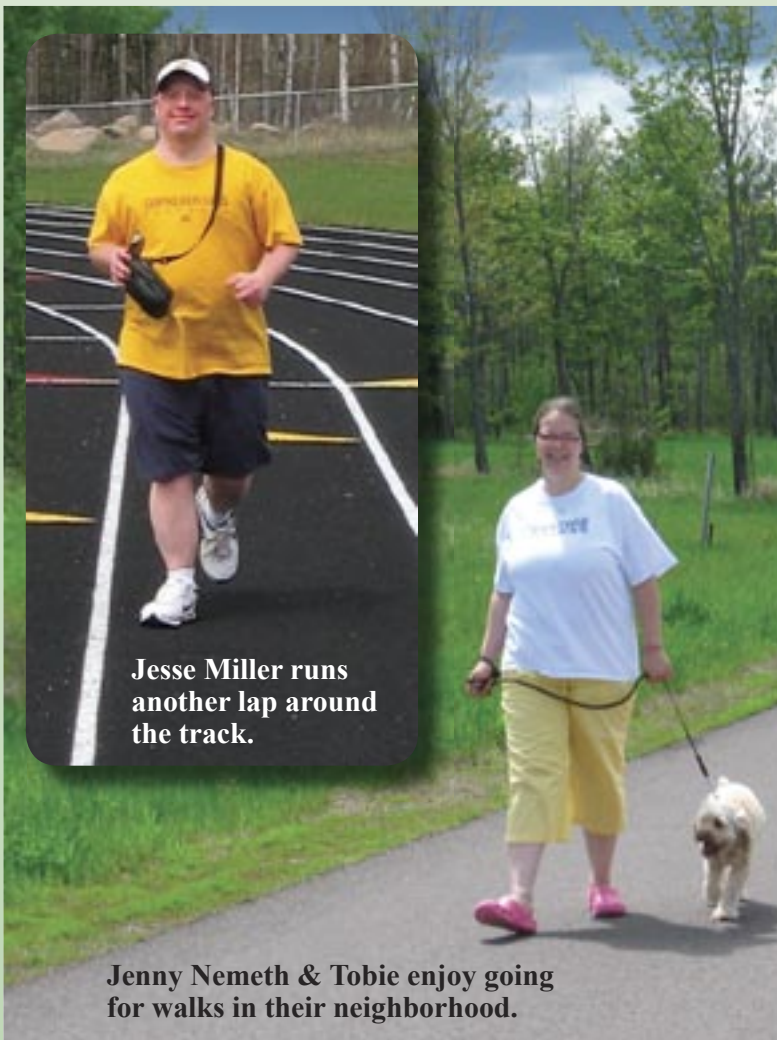
TRILLIUM TASK FORCE



Guest Speakers **Jeff Hietala** and **Vern Erickson** shared their experiences during ARRM Day at the Capitol and encouraged Task Force Members to write to their legislators in support of the Cost of Living Adjustment (COLA). They did a GREAT job explaining how the day went. A big THANK YOU goes to Vern and Jeff! (Jen Erickson and Val Maki went on the trip as well, but were unable to come due to scheduling conflicts.)



Task Force Members **Debra Weber**, **Cindy Mattson**, and **Dawn Murphy** made spring decorations, packed them up, and brought them to Viewcrest Health Center to brighten up residents' doorways. --Gloria Walters



Jesse Miller runs another lap around the track.

Jenny Nemeth & Tobie enjoy going for walks in their neighborhood.

Get Out and Get Moving!

--by Amanda Burcar

Summer is finally here, and if you are like me you are looking for fun ways to get some exercise! Here is a list of fun things to do this summer that will help you get in shape:

- Walk in your neighborhood, the Lakewalk, the Waterfront Trail, or Hartley Nature Center
- Hike the Superior Hiking Trails
- Rollerblade or bike the Munger Trail
- Walk your dog or a friend's dog
- Join a team to run track, play softball, tee ball, soccer, basketball, or volleyball
 - There are fields, tracks and courts throughout the area
- Go for a swim
 - Pike Lake & Chub Lake have lifeguards on duty all summer
- Canoe or kayak on local lakes

fitcityduluth.com

has tons of information on:

- beginning an exercise program
- monitoring exercise intensity
- sports injury
- exercising in the cold
- local race calendars & events
- local organizations and clubs
- health & wellness information





TRILLIUM WORKS! IN ACTION

-- by Julie Gronski

Anytime Fitness-

Several individuals have found consistent and supportive employment at the various Anytime Fitness locations. Ryan Iallouardo and Christine Rogers are employed at the Anytime Fitness in Superior, Rachel Kanowski works at the Anytime Fitness on Superior Street, Mary Paschke works at the West Duluth location, and Ken Hansen and Jenny Nemeth work in Hermantown.

Although the locations are different, the job duties are generally the same. Each individual is responsible for cleaning the building and its

equipment. Some duties include; cleaning the machines, bathrooms and showers, mirrors and walls, and vacuuming the floors. Trillium has had a long-time working relationship with Anytime Fitness and their employees. Individuals are encouraged to take advantage of their free employee membership and work out any time (literally) that they want. If you are crunched for time and need to schedule some time to work out, Anytime Fitness is open 24 hours a day and available ANY TIME!



Mary

Ken



Christine



Rachel



Jenny



Ryan



Anytime Fitness has several locations in the Duluth/ Superior Area:

1215 E Superior Street, Duluth, (218) 724-6653

215 N Central Ave, Duluth, (218) 624-1311

4865 Miller Trunk Hwy, Hermantown, (218) 722-5930

823 Belknap Street, Superior, (715) 392-6003



THE HEALTH BEAT

-- by Cindy Sanders

Facts on Fitness --

Did you know you can improve your lifestyle with proper nutrition and regular exercise?

First, let's talk about nutrition. A proper diet should consist of the basic food groups. Based on a 2,000 calorie diet you should have:

- Grains: 6 oz. daily (bread, cereal, rice, pasta)
- Vegetables: 2 ½ cups daily
- Fruits: 2 cups daily (fresh, frozen, canned or dried are great)
- Oils: Keep them low! (vegetable oil, olive oil, nuts, fish)
- Milk: 3 cups daily (low fat, fat free or skim are the best)
- Meats and Beans: 5 ½ oz daily (low fat or lean meats, bake, broil or grill it!)



Make sure you plan your meals so that you have plenty of variety and don't get tired of eating the same food, also pay attention to serving sizes.

If you are eating healthy, regular exercise can add to improving your life style. If you exercise on a regular basis you could:

- Lose weight
- Reduce stress
- Relieve symptoms of depression or anxiety
- Reduce your risk of heart disease and certain types of cancer
- Boost your mood
- Have more energy
- Sleep better
- Increase your bone density



- Strengthen your heart and lungs
- Reduce your risk of developing diabetes.

It is proven that just 10-15 minutes of activity twice a day reduces your risk of medical conditions and improves your mental health. That includes walking, raking leaves, mowing the lawn and swimming. Hope to see you on the walking trails this summer!



"NA'S SPECIAL DESSERT"

-- by Nadine Carlson

Ingredients:

- 1 8 oz. pkg. fat free cream cheese
- 1 pkg. fat free/sugar free instant pudding (any flavor)
- 1 1/2 cups skim milk
- 1 8 oz. container fat-free Cool Whip

Preparation:

1. Beat cream cheese until smooth.
2. Gradually blend in the milk, then the pudding.
3. Add Cool Whip and beat until smooth.
4. Refrigerate.

• Entire recipe is 18 points.



Pictured Clockwise from top left: Weight Watchers™ members Tanya Karsiko, Nadine Carlson, Janice Morse, Ronelle Lathrop, and April Bonneville enjoy a "1 point cup" of Na's Special Dessert. Together, this group has lost over 80 lbs. on Weight Watchers!



INTERESTING "NEW" EATS

-- by Joseph Bowens & Jennifer Taggart



Joseph enjoys the Crème Brulee for dessert.

I heard about this new restaurant down by the Lake walk called Valentini's Vicino Lago. I've heard mixed reviews about the place and since I love Italian food, I thought I'd give it a shot to form my own opinions. I decided to go on a Wednesday evening to avoid any large crowds. I ordered the cheese ravioli with red sauce. It came with the best Italian bread I've had in a long time. The waiter brought the bread and then put olive oil and balsamic vinegar together on a plate. I'd never tried this before, but I fell in love after the first bite. I was mildly skeptical at first when my ravioli came—it looked like your basic ravioli with red sauce. It exceeded my expectations.

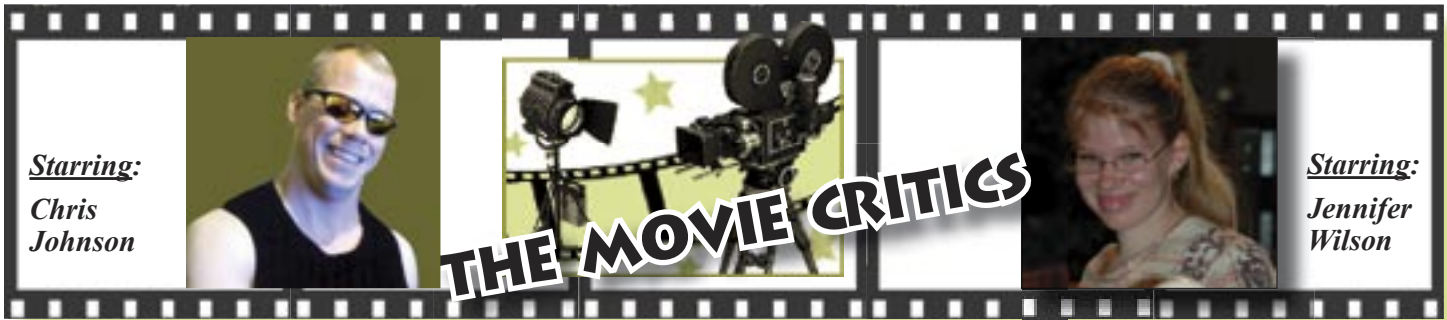
After getting another order of bread to clean every last bit of sauce off my

plate, I decided it was time for dessert. I ordered the Crème Brulee. Oh Man! Was it ever good!

The atmosphere was wonderful, as well as the food. One of the best attributes is the location. It's located adjacent to the Rose Garden so you can enjoy a nice, filling Italian meal and then walk off your "fullness" while enjoying a stupendous view of the Lake.

Personally, I would highly recommend Valentini's to those who enjoy a classy Italian meal.

Valentini's Vicino Lago
1400 London Road
(218) 728-5900
www.valentinisduluth.com



Indiana Jones and the Kingdom of the Crystal Skull – Famed archaeologist Dr. Henry “Indiana” Jones is called back into action when he becomes entangled in a Soviet plot to uncover the secret behind mysterious artifacts known as the Crystal Skulls. A non-stop adventure, humorous, & Harrison Ford is outstanding! -- A+

The Chronicles of Narnia: Prince Caspian – The Pevensie siblings return to Narnia, where they are enlisted to once again help ward off an evil king and restore their rightful heir to the land’s throne, Prince Caspian. I love this ground-breaking epic adventure! -- A+

Speed Racer – This movie is about Speed Racer, a young man with natural racing instincts, whose goal is to win The Crucible... Christina Ricci is better than this movie. -- D-

Fools Gold – If you enjoy treasure hunting, this is the movie for you. Join Tess & Finn in pursuit of one of the worlds largest treasures, the Queens Dowry, which has been lost since 1751. Along their pursuit, they run into some competition who also want the treasure. This movie has lots of good laughs. -- A

Penelope – A drama about a girl who had a curse put on her as a baby that gave her a pig nose. Penelope met many guys who were scared of her, but one man liked her even with the pig nose. This movie shows us that we should be happy with who we are. Good ending! -- A-

Baby Mama – This movie is about a lady named Kate who can’t get pregnant so she finds a surrogate mother to carry her baby. The surrogate mother, Angie, gets paid to carry Kate’s baby. Angie eats lots of junk food and Kate gets angry and tries to feed her healthy food. Angie then moves into Kate’s apartment. The women prepare for the baby by going to birthing class. Funny and worth seeing. -- A

An advertisement for Human Resource. It features a photograph of two men, one in a white shirt and one in a blue polo shirt, standing outdoors. To the left of the photo, the words "YOUR HUMAN RESOURCE" are written in a large, stylized font. Below the photo, it says "-- by Jay Johnson & Brian Burcar".

Steppin’ it up a notch--

There are many things going on in the Human Resources and Training Departments. We are now using Essential Lifestyle Planning to guide the hiring process. This allows us to know exactly which consumers we are hiring for, the skills and personality characteristics important for each staff to have, and some interests that the potential staff could share with the consumers. Along with aiding in the hiring process, Essential Lifestyle Planning helps us with employee retention, overall employee satisfaction, and most importantly, it positively effects the relationships new

staff will share with consumers.

Our training program for new employees is well developed and comprehensive. In the next few months we are going to develop more training opportunities for our veteran employees. We will be bringing in outside trainers as well as sending employees to trainings outside the company.

One of our first outside trainings is a combined training with DRCC in August. If you wish to attend this training or any other training that would assist you in your ability to do your job, please call Jay to get scheduled.

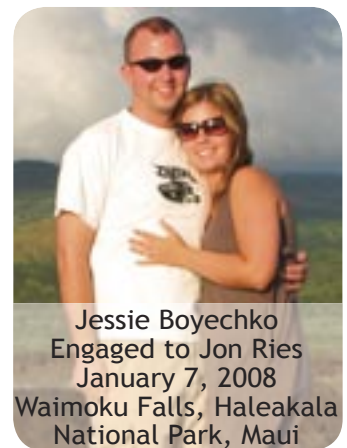
Remember to arrive TEN minutes early to scheduled trainings to receive a prize!

Congratulations!

Welcome Tina Polla’s son, Landon James, born May 11th, 2008.



Corey & Sara Shaw, with daughter Alison, were married on May 17th, 2008.



Jessie Boyechko Engaged to Jon Ries January 7, 2008 Waimoku Falls, Haleakala National Park, Maui

Congratulations Class of 2008!

Rick Elstad, Lake Superior College

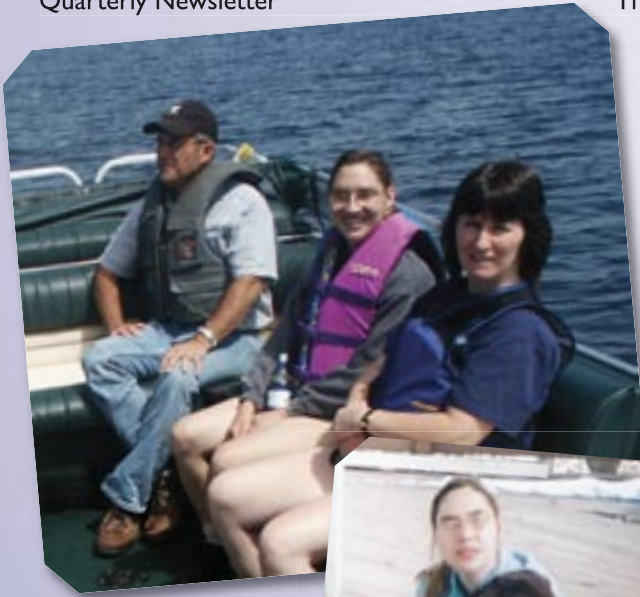
Sarah Hamman, Hermantown High School

Dana MacDonald, UWS

Kyle Stokes, UMD

Philip Hubert, Albrook High School





Terri



My Trillium Story, by Terri Forrest

Hi. My name is Terri Forrest, and I have been with Trillium for 11 years now. I moved to Trillium from my sister's house in 1997. The first place I lived was called Mitchell I where I lived with Mary. Then I moved to Vermilion where I lived with Janice and Nicole. From there, the three of us moved to Deerfield where Heather was my primary staff. After that, I moved into Selfridge with Kim. I have always wanted to live on my own, so I worked on outcomes to help me be more independent. Then, in March of 2004, I moved into my own apartment at Midtown Manor! That is when I changed Programs from Residential to Connections. Right after I moved, in April, I got to be my own legal guardian. And then, last May, I moved into a house with my fiancé, Tim, and his dog, Cody. Tim and I plan on having a commitment ceremony in August, and we would like to have our honeymoon in Colorado. My dreams have come true and I am very happy where I'm at.

My Trillium Story, by Nadine Carlson

Hello everyone. My name is Nadine Carlson (many of you know me by my nickname, Na). I have been with Trillium for 5½ years. I started out as a Program Counselor in the Family Services Program, and was trained in as a 'Floater', which gave me the opportunity to get to know many consumers, most of whom I still work with. In the summer of 2003, I joined the Family Services Management Team as a Program Supervisor. In the fall of 2006, the Family Services Program branched out and the consumers who live on their own got their own Program, what is now known as "Connections". A year later, I became the Director of the Connections Program.

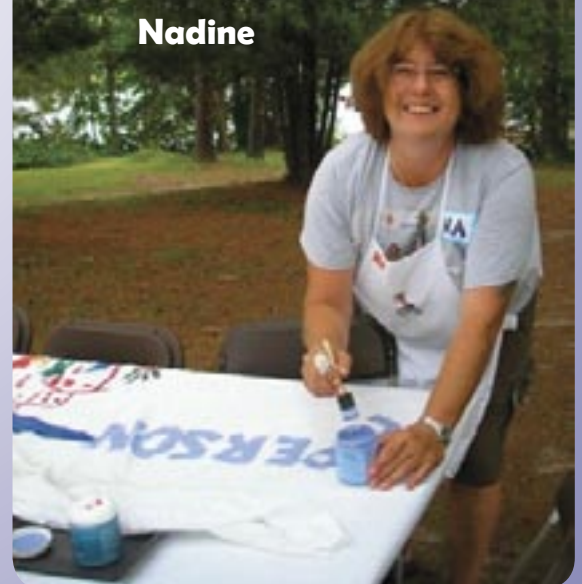
Some of the highlights of my career at Trillium include,

developing and leading our nature club, Nature Rocks!, where I've met lots of wonderful people and created many fun memories. Another highlight is being involved in the Person Centered Planning process. I've gotten the chance to graphic record several PATHs, which is, without a doubt, my favorite part of Person Centered Planning! In 2006, I got the opportunity to attend the Summer Institute in Toronto. There, I learned more about the PATH process as well as Community Inclusion, which has enriched my experience as a Program Director here at Trillium.

I have many more Trillium stories to share, so if you're ever in the neighborhood, stop by for a visit (and a magnet)!



Nadine



● **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 (218) 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.

● **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 Brew Ha Ha. Requests are reviewed bi-weekly and will remain anonymous if you choose. We look forward to hearing from you!

Open Positions

Program Counselors - We currently have one full-time and several part-time positions available, please call for more information.

Weekend Recreation Specialist - Part time position available working with three women every other weekend Friday through Sunday.

Live-In Companions - Share a home in the Duluth area providing Sunday--Thursday (10pm--9am) coverage and assisting with morning routines. Receive free rent and utilities for a private bedroom or apartment while earning \$560.00/month. Three positions immediately available.

For more information on open positions at Trillium Services, please call (218) 722-5009 and ask for Brian Burcar, Human Resources Director, or go on-line to 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>Lake Superior Zoo</i>
<i>Anytime Fitness</i>	<i>Maritime Museum</i>
<i>Benedictine Health Center</i>	<i>Midway Lumber</i>
<i>Burrito Union</i>	<i>Rainbow Senior Center</i>
<i>China Star Family Restaurant</i>	<i>St. Ann's Assisted Living</i>
<i>Chris Jensen Rehabilitation Center</i>	<i>St. Mary's Hospital</i>
<i>Creation Station Daycare</i>	<i>Salvation Army</i>
<i>Dairy Queen</i>	<i>Savories Catering</i>
<i>Duluth/Superior Burger Kings</i>	<i>Shop-Ko</i>
<i>Edgewood Vista Health Center</i>	<i>Skyline Bowling Lanes</i>
<i>Foster's Bar and Grill</i>	<i>Slumberland</i>
<i>Glensheen Historic Congdon Estate</i>	<i>Super One Foods</i>
<i>Hermantown Elementary</i>	<i>Taco Bell</i>
<i>House on the Hill Daycare</i>	<i>The Depot</i>
<i>JC Penney</i>	<i>TJ Maxx</i>
<i>King Manor Assisted Living</i>	<i>Twig Bakery</i>
<i>Lake Superior Brewing Co.</i>	<i>Video Vision</i>

Attention Employees: *Do you know someone who's looking for a job? Refer a Live-In Companion between now and July 31st & you will receive a **DOUBLE REFERRAL bonus** once they pass a three-month probationary period.*

Trillium Times Staff

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Chris Johnson & Jennifer Wilson, The Movie Critics
Cindy Sanders, The Health Beat
Julie Gronski, Trillium Works!
Brian Burcar & Jay Johnson, Your H.R.
Julie Gronski, Director's Corner
Nadine Carlson, What's Cooking
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Gloria Walters, Trillium Task Force
Julie Gronski, Integration Celebration
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