



THE LOTUS

AUGUST 2020 EDITION

A NOTE FROM TASHA AND OUR ADMINISTRATIVE TEAM

Hello AID family and friends and happy August; it feels like the year is flying past us. I want to take the time to thank the guardians for picking AID to serve your love one or that special individual in your life. I would also like to take the time to thank the case managers for working with us to make sure we give the best quality of life to our individuals. And last but certainly not least I would like to take the time to thank all of the AID staff for providing excellent care to our individuals in this time of question and uncertainty. I would like to make sure that all team members and staff know that the decisions the company makes are always in the best interest of the staff and individuals. Who would of ever thought we would have to experience a pandemic, but the decisions are thought through by the AID administration team; with empathy, compassion, and the best practices for the company and the individuals and staff we serve. I would like to thank everybody for their patience and understanding as we are all dealing with the uncertainty of this pandemic at this time. I pray that we will soon go back to the “normality “of life but until then I will continue to pray that all of the teams, families, individuals, and staff remain healthy and steadfast until this is over. May God continue to bless us all.

Latasha Lesure
Executive Director

WHAT'S NEW

- New house opening on the 3rd!

UPCOMING EVENTS

ALL Events have been placed on hold until the ban is lifted, and we can safely start gathering again! Meanwhile we are doing extra special things in the individuals' own homes, like picnics in the backyard, awesome science experiments, neighborhood walks, looking for Pokémon or Wizards Unite! Even Virtual tours of museums and fun places that we may never get to go any time soon!

PROTECT YOURSELF AND OTHERS FROM COVID-19

Please, continue to disinfect frequently touched surfaces such as light switches, keyboards, phones, wheelchairs, walkers, etc. once every shift.

- Continue to perform good hand hygiene and assist all individuals to perform good hand hygiene, washing your hands for at least 20 seconds with warm water and soap. Please do this at the start and end of your shift as well as before and after direct care, donning PPE, using the restroom, etc.
- We are advising visitors to keep visits to a limit and encourage anyone who does enter the homes to wash their hands and disinfect their cellphones and other belongings before and after their visit.
- In order to lessen the chance of exposure and to keep from overwhelming the community hospitals and urgent cares, the nursing department is also advising against any unnecessary doctor's visits or transportation to urgent cares or hospitals unless in cases of true medical emergencies. We have partnered with Rose Wilcox, NP who has agreed to triage our individuals via telecommunication during this time.
- Because many of our individuals have conditions that make them more susceptible to complications if they were to be exposed, we are asking staff to take all our individuals' temperature once per shift and to monitor for signs and symptoms of COVID-19. If any individual has a temperature of 100.4 degrees F, has a dry cough, or abnormal shortness of breath, please contact an AID nurse.
- Please be advised, if you are experiencing dry cough, temperature of 100.4 degrees F or higher, and shortness of breath to contact your supervisor and physician. If you are enrolled in the health insurance offered by AID, we recommend you use Teladoc services via the "Healthiest You" app that can be accessed on any smartphone. Thank you to all our staff for continuing to care for our individuals during this time and thank you for doing your part!

SO MANY GREAT THINGS IN OUR COMMUNITY!



Kenny and Zach had a very productive July. According to the administration they got a lot done. Zach not only helped Kenny run many errands and set up a job interview at McDonald's. Later in the Month Zach accompanied Kenny to garage sales and thrift shops to find things to help Kenny remodel his home. The two of them were highly successful in their finding getting several items for a great price! What a great month!

CONGRATULATIONS GRADUATES

1. Sunnique Charlie Anna Nicole Renee Rogers-Reed graduates from Concordia Lutheran High School
2. A'Zirea Howze 2020 graduates from New Haven High School
3. Kiaira Simpson graduates from Bishop Luers High School
4. Lorenzo Lesure graduates from South Side High School



ALWAYS 100!

Alexa Robinson is a tough clean up player! She showed that she can do a little bit of everything, including rebound and finish with contact. Exactly what her Always 100 team needed her to do.

WHATS UP

- **Employee Engagement Contest:** Tell us why you are an amazing DSP! The first house to comment why they are an amazing DSP on the AID Facebook page and scomm the Executive Director the words “I am an amazing DSP” wins!
- **Employee Referral Bonuses:** If you know someone that would be great DSP and they are hired, You and Your referral both get 30-day, 60 day and 90-day bonuses, That’s a \$360 Bonus!Ask HR about it!
- There is no Activity Calendar for the month of August Due to Covid-19, however we still encourage you to have fun within the houses, at parks, and other locations that are now open to the public. Have a movie night, go for a walk or craft day to keep staying active & entertained.

Please visit our website www.aidresidentialservices.com or www.aidofindiana.com Review us on Facebook and on our Indeed Page! The more visits we receive the easier we are to find for applicants, and clients!

Thank you!

We are always looking for more participation! Please bring your talents and gifts to AID! If you are crafty, if you want to donate items for crafts, or if you would like to chair a monthly event, we need you!!!

(For any other exciting news you would love to share in next months newsletter please submit it to me. Email me at tea@aidofindiana.com)

KUDOS

- Kudos to all the graduates. Whether it’s Kindergarten, middle school, high school, or college. We are proud of you.
- Kudos to all the family and friends who have helped our graduates throughout the year. Whether it is a shoulder to cry on or the extra push of encouragement.
- Kudos to all involved for opening the new July homes.

Thank you everyone for working hard during these trying times. We appreciate you!

EMPLOYEES OF THE MONTH

Wendy Jones, Darby Ellis, and Seyi Amole.

(We appreciate your hard work and dedication)

HOUSE OF THE MONTH: SALGE

(We appreciate your hard work and dedication)

RECIPE OF THE MONTH: COWBOY CAVIAR

INGREDIENTS

- Bell peppers
- Black beans
- Black-eyed peas
- Cilantro
- Corn
- Onion
- Tomatoes
- Sugar
- Vinegar & oil
- Salt, pepper and paprika to taste



INGREDIENT NOTES

- Sugar: The recipe reflects how we make it in my family. But YES, it has a lot of sugar. Please feel free to reduce it or omit it entirely. If you want to reduce it, mix the dressing with just a tablespoon of sugar to start, taste it, and go from there.
- Extra sweet “shoepeg” corn: Regular canned sweet corn or frozen corn may be substituted for the extra sweet corn. The closest measurement for either option is 3/4 cup, but feel free to use the whole 15-ounce can of corn.

STEP-BY-STEP INSTRUCTIONS

To make the vinaigrette, whisk together the olive oil, sugar, white wine vinegar, chili powder, and salt in a large bowl (large enough to hold the whole salad, a serving bowl if you want to).

Then add the beans and all the vegetables to the bowl and mix everything together. Stir in the cilantro, cover, and chill in the refrigerator until it's time to party.

Separated cowboy caviar ingredients in a clear bowl.

RECIPE TIPS

- If you're cooking ahead of time, a few of the vegetables might soften a bit in the dressing, but the beans can be dressed ahead of time without a problem. One day in advance should be fine.
- This recipe keeps about 3-4 days in the refrigerator. It doesn't freeze well.
- Enjoy the leftovers inside an omelet, spooned over a grilled steak, or tossed with fresh greens for a quick lunch.

VARIATIONS & SUBSTITUTIONS

- Dried beans: Dried beans are extremely economical and much lower in sodium. Cook each bean variety separately, as cooking times may vary depending on size and age of the dried bean. How many dried beans makes a can? You need to cook 1/2 to 3/4 cup of dried beans for every 15-ounce can of beans the recipe calls for.
- Vinegar: Use apple cider vinegar or red wine vinegar if that's what you have. A splash of fresh lime juice is good too!
- Onions: 1 white, yellow, or sweet onion, or a bunch of green onions may be substituted for the red onion.
- Avocado: Avocado is good with everything. The avocados may darken over time, so the salad may not last as long in the refrigerator.
- Spicy: Add a few chopped seeded jalapeños or serranos to the salad for a little kick.
- Italian dressing: If you want to use Italian dressing (many readers have) just don't make the vinaigrette in this recipe. Start with using about 1 cup of dressing, taste it, and see if you think you need more.
- Mix with leftover cold cooked rice for a Cowboy Rice Salad.

Let us know if you make any of the recipes featured. Send a picture to tea@aidofindian.com

Recipe recommended by Nurse Wendy

BIRTHDAYS

Cherrion Bowers
Michaelle Camille
Shawna Clark
Colleen Constant
Lillian Franklin
Susan Gottfreid

Avis Hayden
Lucas Kehr
Jennifer Lockhart
Christi Lorton
Danielle Selemani
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