



From left to right: Anna Brown, Lori Donnel, Deniece Thomas, Lorrie Dewitt pictured with their \$1000.00 bonus checks they received for working with *On My Own* for ten years!



From left to right: Christopher Grier, Donnell McGary, Natasha Madison, Nicole Duquette, Angelica Escoto, Tom Gilles

On My Own Newsletter

November, 2017

FIVE AND TEN YEAR ANNIVERSARY DINNER!

It was a celebration to remember! On September 29, 2017 Employees and their guests filled The Cliff House in Folsom to celebrate the accomplishment of their 5 and 10 year anniversaries with *On My Own*. Each employee reaching 5 and 10 years of service received a \$1000.00 check, and 5 year employees received an engraved clock and a \$300.00 check. Congratulations and thank you from the Management Team, to all of our dedicated and hardworking employees. We are honored that you have chosen the *On My Own Team!*



RECIPE OF THE MONTH



Maple Roasted

Brussell Sprouts & Butternut Squash

- 1 lb Brussels sprouts, trimmed, larger ones cut in half
- 2lbs butternut squash, cut into half inch cubes
- 2 Tablespoons olive oil (or reserved bacon drippings)
- 1 Tablespoon maple syrup
- Salt and pepper to taste

- 1) Preheat oven to 375°F.
- 2) Lightly coat a baking sheet with olive oil or cooking spray.
- 3) Add the Brussels sprouts and butternut squash to the pan with the reserved bacon grease
- 4) Add the maple syrup, season with salt and pepper and toss to coat evenly.
- 5) Sauté for a couple minutes. Transfer the vegetables to the prepared baking sheet.
- 6) Roast for 30-40 minutes, stirring once halfway through the cooking time, or until tender and golden brown.

ON MY OWN COMMUNITY SERVICES AWARDED THREE YEAR CARF ACCREDITATION

On My Own Community Services is proud to announce that we have received a Three-Year Accreditation from the Commission on Accreditation of Rehabilitation Facilities (CARF) for our Vocational Service Programs. This is the third 3-year accreditation that was awarded to *On My Own*. CARF is an independent international organization, whose focus is ensuring that only high-quality services get the CARF accreditation. An organization receiving a Three-Year Accreditation has put itself through a rigorous peer review process and has demonstrated to a team of surveyors during an on-site visit that its programs and services are of the highest quality. This accreditation decision represents the highest level of accreditation that can be rewarded.



From left to right: Samantha Detwiler, Nicole Williams and Trudy Sullivan



PROTECT YOURSELF AGAINST THE FLU

We have the opportunity to provide all OMO employees with FREE flu shots via Rite Aid pharmacy! A big thanks to Rite Aid for coming to our office to provide employees flu shots. Rite Aid is providing *On My Own* vouchers for the employees to use at any Rite Aid location. The vouchers will be available in the HR office after October 19th. They can also be mailed and emailed to you, so please email : mreitz@onmyown-web.com or call Misty in HR to receive your



Tips for Avoiding Winter Bugs:

- Get vaccinated against flu
- Wash your hands often
- Limit exposure to infected people
- Keep stress in check
- Eat right
- Sleep right
- Exercise

voucher. Please spread the word! Please be reminded that the flu vaccine CANNOT give you the flu. By participating you can greatly decrease the spread of the flu between your co-workers and clients.



MEET OUR NEW INTERN

Kate Brittain is the new intern from Sacramento State University. She is originally from Ukiah, CA in Mendocino County, but has been living in Sacramento for the last three years. She is currently a Senior and will be graduating in May 2018 with a Bachelor's degree in Social Work. She has been working with people with disabilities since 2010, mostly in customized employment and micro-enterprises. She is looking forward to learning from everyone at *On My Own* and gaining more experience with ILS and EPP, and applying her current schoolwork to real life.