

*“We are life-long friends. We are friends who know the song in each other's hearts and can sing it back, even when the words of that song have been forgotten. We desire to let compassion be bigger than any fear by supporting individuals to live successfully.”*

*- Stephanie Sprinkle*

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## Happy New Year!

Every year, people across the world devote themselves to some sort of New Year's Resolution. Sometimes, that Resolution is forgotten. Other times, it becomes a year-long ordeal that is completed just before the holiday season begins again.

When it comes to making a resolution, there are many that are deemed common and many that are unique to each individual. Many people resolve to lose weight by eating healthier and exercising more, others choose to quit smoking or to work on staying more organized in their personal and professional lives.

## What is Our Resolution?

This year, Magic City Enterprises will make a resolution that strives for the very core of what MCE stands for. We want to continue to support our individuals to live successfully, meaning we as an organization will work on promoting our mission, purpose, and core values.

This is our focus.



**Meet Janice!**

## STRESS AND HEALTH AND SAFETY

I spent about three years doing stress management classes for the State of Wyoming. I worked with everyone from entry level positions to department heads. I taught Highway Patrolman, Correctional Officers, Prison Guards, Police and Sheriff's Officers. The reason I am telling you this is because stress affects everyone. The tougher the person thought they were, the more they needed the class. I taught these classes 35 years ago. Since then, stressors in life have increased dramatically.

Computers, cell phones, social media, terrorism, mass shootings and bombings did not exist 35 years ago. Life has become more connected and more complicated. You don't even think about leaving the house without a phone.

Your job, your kids, your friends, and your significant other all cause stress. You can't avoid it and it is a very real problem. The World Health Organization estimates that stress costs American businesses \$300 billion a year. That is not the real issue in my mind. The real issue is that it can cause accidents, injuries, and even death.

The amount of data that exists now on stress causing illness, stress causing accidents, and injury is phenomenal. The numbers may differ from time to time, however, the end result is bad.

I am not going to tell you what stresses you out. What stresses one person doesn't always affect another person. What I am going to tell you is that the methods I taught 35 years ago for stress reduction have not really changed.

— John Abas, Risk Reduction Coordinator



Charla smiles for the camera.

## Themed Thursdays!

**Wear an outfit to match the theme!**

**January 12  
Make Your Own  
Masquerade Mask**

**January 19  
Pirate**

**January 26  
Zombie**

**February 2  
Hippies v. Hipsters**

**February 9  
Hawaiian Day**

**February 16  
Valentine's**

**February 23  
Witches & Wizards**

**Don't forget that  
we can work on  
costume props  
before each  
themed day!**

## Getting ready for the Christmas Parade!



Below is a list of techniques for stress management:

- Exercise regularly. I am not talking a heavy duty work out where you have to go to the gym. Who has that type of time? Studies have shown that 15-20 minutes a day will help considerably.
- Practice relaxation techniques. For example, whenever you feel tense, slowly breathe in and out for several minutes. Breathe in through the nose, out through the mouth. Breathe deeply.
- Eat a balanced diet daily. Eat more whole grains, nuts, fruits, and vegetables.
- In a typical week, get sufficient sleep to wake up refreshed. There is a lot of research that indicates that you should get 8 hours of sleep a night, maybe even 9 hours.

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Steamboat Steakhouse is doing another event on February 11th from 7am-1pm. If you mention Magic City to the staff, Steamboat will donate 10% of each ticket to Magic City.

**Meet Kim,  
our  
Residential  
Manager**



**K**im Shaw has been with Magic City for nearly twenty-one years. She has spent this time getting to know the participants through her hard work and dedication in many different departments. She has worked primarily in our residential services program, however she also has experience through our supported living and training programs. Kim has stated,

**“I enjoy watching our participants succeed and grow. Magic City is my home.”**

Kim is happy to be back in residential, as it is her favorite department. She gets to see the participants more and watch them gain and enhance skills in their daily lives.

Kim is known for her very dry sense of humor and enjoys sharing it with everyone, participant and staff alike. She has developed life-long friends through Magic City and the people that have come and gone through our services.

## **Therap Hint Classes**

Therap has a neat little ability to notify you when you have classes coming up and due. If you look to the right on your screen, you'll notice a "classes" tab that will tell you exactly how many classes are due or overdue.

Please use this tab to help you in keeping up-to-date on all of your training so that we can better support the people we work with to live their lives successfully.

## **Therap Hint T-Logs**

Reading T-Logs can be a quick and informative piece of information for anybody involved with an individual's team. T-Logs are written when an appointment or visit with any health care professional happens. These keep people in the loop and allow them to know if changes were made regarding their health.

# Jeff's Weather Report

## January

Happy New  
Year!

Nature was  
weather and  
2% chance of  
snow.

## February

Heavy fall this  
winter, lots of  
snow, it will be  
cold and will be  
very windy.

## March

At half month,  
the snow is  
slowing down.

Just now, it  
feels cold. It will  
get colder, the  
same cold from  
the north side.



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- Have one or more friends with whom you can share personal matters. Talking to someone helps get the stress out of you.
- Keep reinforcing positive self-statements in your mind. Focus on your good qualities and accomplishments. Do something you really enjoy, something “just for me” during the course of an average week.
- Recognize and accept your limits. Remember that everyone is unique and different.
- Plan ahead and avoid procrastination. Make a weekly schedule and try to follow it. Set realistic goals. Set priorities.

Don't forget to relax!

# Janice's Story

Janice has been with Magic City for many years, too many for her to remember. Earlier in her life, she was in Lander, at the Wyoming State Training School. Janice doesn't like to talk about her time in Lander. She's glad she's with Magic City and has fostered many relationships through Magic City's support and encouragement.

For years and years, Janice volunteered at Stride, where she met Donna, a woman who became so involved in Janice's life that she asked to become Janice's guardian. They had an awesome relationship.

Janice would go to Stride up to three times a week, where she read books to the children and would help them when she was able.

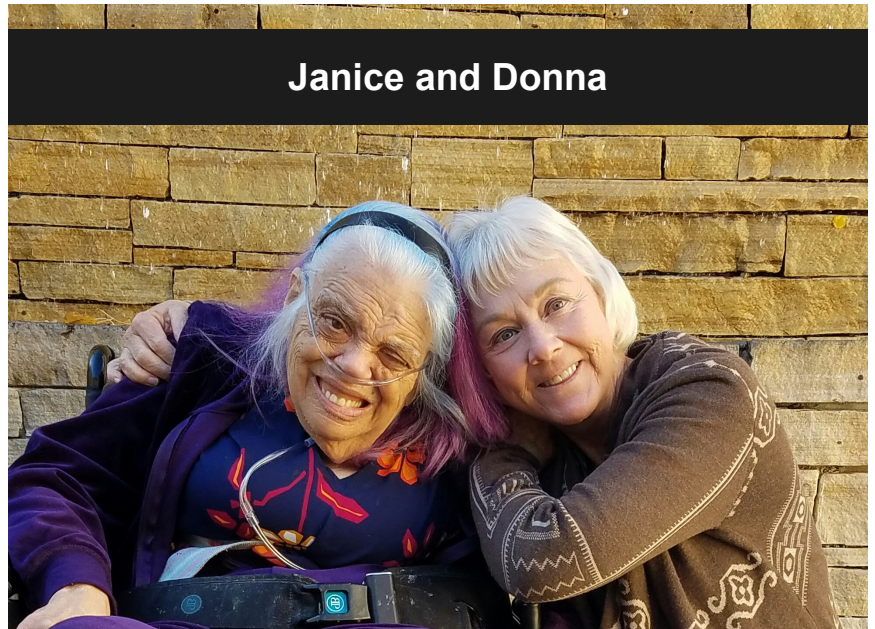
Janice takes great pride in this history and her time spent with the children. While there, Janice and Donna fostered a wonderful relationship that has continued for years and will continue long past this very day.

Janice enjoyed working with the kids until she wasn't as able to any-

more. Some of the kids that Janice used to read to have come up to her years later and talked to her about the times when she read to them.

Janice was also very active with her Church, to the point where after she stopped going, many of the Church members would still visit her at her home. Janice still receives visitors from her Church. They read from the Bible together. Janice has developed strong ties with the community, both through the Church and through Stride. Magic City has assisted her in fostering her relationships. Not only has Magic City provided her support, but they have also helped Janice to support other people and make a difference in the lives of the people she has met.

Janice has continued her time at Magic City by doing the things she wants. She enjoys concerts and Cheyenne Frontier Days. Every month, she dyes her hair a new vibrant color to match her personality and receives compliments from many who see her in the community. Right now, her hair is bright blue and purple and Janice states that she is looking forward to trying more funky colors. Janice is also continuing to endeavor into the community, where she hopes she can begin reading to children again soon.



# MAGIC CITY ENTERPRISES

## Mission Statement

“SUPPORTING INDIVIDUALS WITH DISABILITIES TO LIVE SUCCESSFULLY.”

Do you remember our Core Values from the last edition?

Integrity

Healthy and Safety

Compassion

Diversity

Teamwork

Excellence

## Annual Chili Cook-Off

Each year, Magic City hosts a chili cook-off. Any MCE department can enter this event and compete. The judges are a variety of people who taste each chili and rank the top three.

Who were the winners this last year?



1st Place - Sam, Support Team Coordinator (day services)

2nd Place - Tara, Day Services Manager (day services)

3rd Place - Cindy, Accounting Bookkeeper (accounting)

## Meet our Newsletter Team!

- Sam Clark and Kim Casner are the editors!
- Stephanie Sprinkle, John Abas, Tina Kirilin, and Jeff are the others that helped to make this newsletter a possibility!

### What do we do?

- Many of us are a part of the MCE Marketing Committee, which strives to get Magic City's name out there and known!
- Every one of us works in a different MCE department, but we all work together as a part of Magic City's amazing team!

### DO you have ideas for our next edition?

If you are interested in being a part of our next issue, please contact Sam Clark.

Phone: 307-637-8869 ext. 276

Email: [sclark@mcewyo.org](mailto:sclark@mcewyo.org)

We are accepting a variety of submissions and would love to hear more voices!

Deadline is February 5th, 2017

**Magic City Enterprises, "Supporting Individuals with Disabilities to Live Successfully."**

### Magic City Enterprises

1780 Westland Road  
Cheyenne WY, 82001  
[www.mcewyo.org](http://www.mcewyo.org)



## Upcoming Events

### MCE Movie Nights

Come watch a movie, enjoy some popcorn, and play some games with your friends!

Fridays 530-800pm

Jan 20, Feb 3

1750 Westland Road

### Monthly Birthday Bashes!

January 26th, 11-2pm

February 23rd, 11-2pm

### Valentine's Party

February 14th, 11-2pm

1750 Westland Road

### MCE Auxiliary Team

January 17th, 530pm

February 21st, 530pm

301 Deming Drive

Don't forget that March is Developmental Disabilities Awareness Month!

Our annual Wyoming Disability Awareness Walk will be on March 25th.

