



MAGIC CITY NEWS

Magic City Enterprises, Inc.'s mission is to create opportunities for people with disabilities to achieve individual success.

Vol. 5, Issue 2

Summer 2013



MCE'S GOT TALENT!



Showin' off!

28 compete in annual competition

By Bibi Atwell

This year's talent show was presented at the School District's Administration Building. The Stars this year were (in order of Performance): Sheryl Mylander singing "Thinking of You and Me", by Love and Theft. Vicky Deporter And TJ H Singing "Truly Madly Deeply" by Savage Garden. Travis Huntley singing "I Can Still Make Cheyenne" by George Strait. Donald Graham singing and playing his guitar to "Kaw-liga" by Hank Williams. Brandon Kehl singing "Fools in Love" by Elvis. Wendy Davis, Jeff Williams, Janice Issac, and Theresa Reher performed to "Barbra Ann" by the Beach Boys. Tim Simkins sang and played his guitar to "Wanted" by Allen Jackson. Jasmine Andazola sang to "Try" by Pink. Lori Romero, Michael Harrington, and Stephen Dexter performed a skit to "Dudley Do Right". Larry Hobbs and

John Oxley sang and played to "Why Me Lord" by Chris Kristofferson. Billy Kozas, Matt Smith and Jed Massie Performed and sang to "The Adams Family". Jeff Williams danced to "Party Rock Anthem" by LMFAO. Stephen Dexter, Patrick Wright, and David Martinez did a skit to "Low Rider" by War. Jackie Barnhart sang and played her guitar to a song she wrote. Ida Garcia and Jeana Heigis performed a Circus Skit.

This year's performances were exceptional and enjoyed by all. Congratulations to the night's winning performances chosen by the judges. First Place went to Tim Simpkins. 2nd place went to Lori, Michael and Stephen for their skit. Third place went to Brandon Kehl. All contestants were awesome and did a great job. Thank you all for working hard and performing well. Lots of thanks to those staff from Day Service Great team work!

From the CEO

By Laura McKinney

Welcome to our summer newspaper! I hope you enjoy reading all of the great articles and seeing photos of the fun happenings from this spring.

I would like to provide you all with an update regarding the Medicaid Waiver Redesign. I hope that you are aware of all of the changes that will be coming starting in January, 2014 and that you have been kept informed as this moves forward. The Department of Health held public forums around state including one here in Cheyenne. I did see quite a few of you at the forum and we had a large number of our participants in attendance. Unfortunately, many questions remained unanswered as the representatives from the Behavioral Health Division stated that they were using the months of April and May to gain input. I hope that you had the opportunity to fill out the survey or get your questions and/or concerns to someone here at MCE or to someone with the Division or the legislature.



Laura McKinney

The plans for the redesign are moving ahead rapidly. The services have been discussed and presented to the Waiver Redesign Stakeholder Group. The state has made a tentative decision on changes to the Case Management system and some discussion of eligibility requirements for people to be served on one of the two new waivers has occurred. Some information is available on the Wyoming Behavioral Health web site. It is still very limited.

I do know that the Division is planning to take Case Management off as a waiver service. They will fund it as an administrative function. It appears that they will be contracting with one or more regional Case Management Agencies to perform this function. Division management staff have informed us that this new system probably won't be in place for 2-3 years. In the meantime, case management should continue to be provided as it has been.

The Department Director has recently agreed to post the proposed waiver application onto the Division web site before it is submitted to the Federal Centers for Medicare and Medicaid. This will delay the submission for a few weeks in order to allow people who will be affected to give input regarding the proposed changes. It should be available sometime during the last week of June or the first week of July. I will send out a copy of the Executive Summary to all of you as soon as it comes out so that you may have a chance to review it, if you want. Please submit your comments directly to the Department of Health, the Behavioral Health Division or anyone here at MCE and we will make sure your thoughts get forwarded.

As always, I hope that you will feel free to call or email me with any questions or concerns you may have regarding these massive changes and how they will affect you or your family member.

Thank you for choosing MCE to provide your services. I truly appreciate all of the people we serve and always strive to offer the best services available, even through these difficult, uncertain times.

What's the buzz?

By Jeff Williams

The weather has been nice, cool and warm, it finally quit snowing. So Opportunities Club has been cleaning the patio, getting it ready to plant flowers. We are excited!

RICH'S WEATHER CENTER



"I think it's gonna be a hot one! I think temperatures are going to be about 85 -90!"



Squirrel adopted by unlikely parents

By Aaron Atwell

Last Labor Day weekend I was hard at work getting ready to go camping when I received a call from my home. I was told that a squirrel had fallen out of his nest and big black birds were trying to pick at him. By the time I got home I found a tiny new born squirrel in a box. Angie, my other half, was trying to feed him and unsure what to do. I knew we could not take the squirrel with us on the trip and had to find help for the weekend. I also knew that my Mom, Bibi Atwell, could not resist helping something in need so I called her.

Bibi agreed to nurture the squirrel over the weekend. When I returned I found that the squirrel had been purchased a new home and a tiny bottle to feed him. Bibi wanted to name him Shrimp since he was so small, but I had a different idea. I named him Paco. Not sure why, but I liked the name.

Over the next few months Bibi and I would take turns watching Paco. We would feed him, let him play in the house and eventually outside. Paco loved to run up my leg and sit on my shoulder. He eventually found a love for almonds and honey nut cereal. We researched ways to get him back out to the wild and came up with a plan.

Bibi decided to build a hut that we would put in a tree at my house. We shingled the entire hut and the design helped to stop wind. At first Paco did not like the hut and resisted getting in. Our



solution was to put his favorite hammock and his stuffed Big Bird into the new hut. Paco loved his new home. Each day I would go out and feed him almonds and rat food. (He preferred the almonds and would bury the rat food.) Paco loved to jump on me and eat on my shoulder or arm.

Our research continued on squirrels during this time. We learned that squirrels tend to break attachments with humans at about 6 months of age. Almost to the 6th month of age we worried he would leave us, but knew he was happy being outside where he could run the trees. The research was correct. At 6 months of age, almost to the day, Paco stopped jumping on me, but would still come around for his food. A few weeks later Paco disappeared and we worried something horrible had happened to him.

After about a week and a half of not seeing him I debated on taking down his hut from my tree, but all of the sudden he returned. I could tell it was Paco because his tail was always smaller than other squirrels. I started to feed him again from a distance and noticed that Paco had found a girlfriend. Now it made sense as to why he had left. Paco was in love!

It has been 9 months since we took on taking care of a squirrel. Paco shows up each morning before I go to work and I feed him and his friends some almonds and rat food. The other squirrels will eat the rat food, but Paco still prefers the almonds. He sometimes sleeps in his hut that is still up in my tree and other nights he is out with his friends. I recently learned that the name Paco fits him. In Native American the name Paco means FREE!

OPPORTUNITIES IN FULL SWING

BY DAWN SCHWARTZ

It has been said that everyone should have the opportunity to do and be everything they can be. That is the idea behind Opportunities, the newest division of Day Services at Magic City. Opportunities combines the former Community Employment department with Dayhab to work as a team to provide participants with a unique combination of services that are all based in one area. Participants that receive services in this area gain the job skills needed to find and keep employment through specialized training, sharing work experiences with peers, and volunteering. Our participants also have the advantage of having job coaches available to speak with about their experiences and questions about work. Opportunities currently volunteers at the Salvation Army and is actively searching for other volunteer locations. We do this not only to give back to the community, but also to gain habits that are useful to have in a work situation so that we can help participants reach their goals.

MCE AUXILIARY

BY HEATHER RAIMONDO-O'BRIEN

In October, 2012 our MCE Auxiliary held their first meeting. The committee, still in it's development phase has two purposes. The first is to develop opportunities for our participants to be involved in activities throughout the year. From trips to Blackhawk to the MCE's Got Talent Show, the Auxiliary will be organizing and supporting staff at the events. The second purpose of the Auxiliary group is to help MCE raise funds for the activities costs. Anyone is welcome to join. Several of our MCE family members comprise our team but staff, outside community members, anyone is welcome. Since most of our members are family members it is also a great opportunity for families to network and for MCE to provide information on upcoming changes to the waiver system. At our next meeting on Tuesday, June 18th, we will be discussing upcoming activities, a resale exchange program presented by one of our MCE parents and our attack plan for the Festival of Trees which MCE has taken over celebrating with the Cheyenne Community. Please join the Auxiliary every third Tuesday of the month, 5:30 PM at the Deming Training Facility at 301 West Deming.

MCE's Eye on employees

From the MCE Worksite Wellness Committee

June is "National Great Outdoors Month". Wyoming and Colorado are beautiful states to get out and explore. There are beautiful places around the states to hike, bike, trail run, fish and swim. Get outdoors, be safe, wear sunscreen and drink plenty of water! Check out www.funoutdoors.org for ideas.

Later in the month we are going to have a scavenger hunt for our participants at the park and also this month we are going to have an activity for staff to compete for Chamber Bucks. Stay tuned...

Exciting summer plans

By John Oxley

I love music and I am going to Journey and Toby Keith this summer during Frontier Days. The excitement is that I've earned my tickets by working

for them. I have saved enough money and feel happy great about it. I like working so I can save my money and do things I like to do that cost money. I would like to save up to go visit my parents next.

6:35 p.m.
Monday, June 24
Pioneer Park

The entire MCE family is invited. Bring your family, friends and other VIPs in your life.

Magic City Enterprises
Cheyenne
grizzlies
Night Out
2013

Leisure club heats up summer schedule

By Rebecca Crane

Leisure Club has big plans. Our program focus is a slower pace that includes a lot of sensory activities, but that doesn't keep us from planning our summer with all the desired outings. Besides attending our regular classes with Dr. Sink, Josie and Kristen, we are looking forward to enjoying the many activities offered in the community.

In June, we are planning to have a Sno-Cone Tasting Day, a picnic, and a BBQ. We will also have outings to Terry Bison Ranch, Bath & Body Works, the Pet Store, and Botanical Gardens all at our own pace enjoying and recognizing our environment as we go.

In July, we plan to enjoy our museums. We will visit the Nelson and State Museums. Leisure Club will be out to Frontier Days and take in as many sights and sounds as possible.

Our August calendar is not yet complete, but the list to discuss includes Mini-Golf, the Capitol, the Old Governor's Mansion, Messenger Museum and the National Guard Museum. We want to visit the Library, City News and the Animal Shelter. We may even take in a movie or two.

There may be a few adjustments for weather, but we intend to make the most of our summer. And since Leisure Club is a sensory based program, we plan to enjoy it to the fullest.

Fishing, cameras, buck skinning on Access agenda

By Shay Ingram

Access is going very well, all are being involved in activities and loving them. We have had a lot of things going on such as Dr. Sinks classes that have been revised to fit in to the Access model, garden wars, Get Fit, fishing, Camera Club, sign language, "the fitties" (you will hear more about this group later it is still in its beginning stages), Buck skinning is new as well and we can't wait to see what come of this class, and we are working on scrapbooking as well as working community safety into all of our outings.

Access has one big project they are working on right now. Every Thursday, Opportunities, Leisure, Chat, and Alliance have all been invited to join in on this project as well (BIG SECRET).

What's to come for Access in the upcoming months?

We are looking forward to more community time with other programs, lectures from community sources, going to the lake, and working on outreach activities with Josie group Monday after noons. Josie, one of the MCE counselors has set up a time once a month for Access to go read and play games at the local nursing homes. We are also planning on creating a mural and looking into geocaching, boot hunt, frontier days, and Krysten, our other MCE counselor's horse therapy group.

The changes to the day program have been a good success so far and we can't wait to see what the months will bring for this program.

WORKPLACE COMMUNICATIONS CLASS

By Jennie Enell & Darcy Fournier

We received a request from the DCP Council asking for a class on communication. You ask, we deliver. Here is a summary on the upcoming communication class that will be mandatory for everyone.

Communication is about expressing and conveying your thoughts, feelings, opinions and ideas to another person or group of people. Good communication skills can help you feel pride in what you do and have people listen to you.

In this class you will learn why good workplace communication is important and how it can keep morale high and increase staff retention. You will learn to differentiate between formal and informal communication, the importance of each and when to use the two styles. The skills needed to be a good communicator will be presented and you will have the chance to practice them in class.

This class will be added to the agenda in July and you will need to make arrangements to attend. The class will be about 2 hours in duration. Our goal will be to increase effective communication between us all.

FILIPINO LUMPIA



Image by Kguirnela, Wikimedia Commons

Stumped for dinner?

Try this tasty treat the next time you want to change up your menu

By Deena Cummings

Ingredients

- 1 tablespoon vegetable oil
- 1 pound ground pork
- 2 cloves garlic, crushed
- ½ cup chopped onion
- ½ cup minced carrots
- ½ cup of thinly sliced green cabbage
- 1 teaspoon black pepper
- 1 teaspoon salt
- 1 teaspoon garlic powder
- 1 teaspoon of soy sauce
- 30 lumpia wrappers
- 2 cups of vegetable oil

Directions

1.Place a wok or large skillet over high heat, and pour in 1 tablespoon vegetable oil. Cook pork, stirring frequently, until no pink is showing. Remove pork from pan and set aside. Drain grease from pan, leaving a thin coating. Cook

garlic and onion in the same pan for 2 minutes. Stir in the cooked pork, carrots, green onions, and cabbage. Season with pepper, salt, garlic powder, and soy sauce. Remove from heat, and set aside until cool enough to handle.

2.Place three heaping tablespoons of the filling diagonally near one corner of each wrapper, leaving a 1 1/2 inch space at both ends. Fold the side along the length of the filling over the filling, tuck in both ends, and roll neatly. Keep the roll tight as you assemble. Moisten the other side of the wrapper with water to seal the edge. Cover the rolls with plastic wrap to retain moisture.

3.Heat a heavy skillet over medium heat, add oil to 1/2 inch depth, and heat for 5 minutes. Slide 3 or 4 lumpia into the oil. Fry the rolls for 1 to 2 minutes, until all sides are golden brown. Drain on paper towels. Serve immediately.



Deena Cummings



Think your yard is better than the rest?

Prove it and get the golden shovel for the month.

This June, July, & August we will be awarding a traveling award, The Golden Shovels, to both a Day Service and Residential home or with the most attractive yard ... **so you can gloat.**

Get digging, planting, and mowing so you can make it known that you are the greatest...

Stands out



in a crowd



MAGIC CITY ENTERPRISES
1780 WESTLAND ROAD
CHEYENNE, WY 82001