



# HAPPY NEW YEAR!!



## MAGIC CITY NEWS

2019 Editions Volume 1

[www.mcewyo.org](http://www.mcewyo.org)

January 2019

### “Driven by Purpose”

This is the first in an on-going series of columns that will appear in the quarterly newsletter and address the principles that make up our Purpose, Mission, and Core Values. It is critical to the continued success of the people we support, and for Magic City Enterprises that everyone associated with the organization is “Driven by Purpose”!

“We proudly aspire to create a supportive environment where people with disabilities are empowered to find value, equality, and individual self-worth” is the purpose of Magic City Enterprises. The Purpose of an organization, group, club, team, etc., is intended to provide a perfect world, big picture goal to work toward. In my opinion, MCE’s Purpose clearly outlines what we should strive for in supporting people in all areas of their life.

The most basic definition of empowerment is; “to listen to what someone has to say, and to take it seriously”. Our charge according to our purpose is to do exactly that. There is no doubt that there is difficulty in the day to day in doing this, but to fulfill our Purpose we must!! We need to HEAR what people are telling us, both verbally, and through their non-verbal cues. We MUST be responsive to people’s needs AND wants, and work tirelessly to support them.

Value is given not earned! All human beings, regardless of their situation deserve to be treated with value! It is expected of all people associated with Magic City Enterprises that PEOPLE are shown value, respect, and dignity. That means avoiding any references to unnecessary differences (client, consumer, participant, etc.) and without exception avoiding inflammatory language that references differences.

Equality is the benchmark of the human condition. Every effort to promote and facilitate equality must be made by all who are associated with Magic City. People with disabilities don’t want or expect to be “better than”...but they certainly have an expectation to be equal to people without disabilities. What that means to us is that we work every single day to facilitate opportunities for people to not only live in their community, but to be a part of their community. Membership in clubs and organizations; supporting local businesses; being a good neighbor; developing and maintaining healthy friendships and relationships; and experiencing the dignity of risk are all examples of equality.

Individual Self-worth is a direct result of facilitating value and equality. When people have the opportunity to experience the world, self-worth is the result! Having the chance to try something new...and possibly failing; forming a friendship with someone with whom you have very little in common; securing gainful and meaningful employment; belonging to a civic club or organization; “running in to” someone that you met through someone other than your paid support staff; and not having to do EVERYTHING with the people you live with promote self-worth, and come from people being shown innate value and equality.

As we dig deeper in to our Purpose, Mission, and Core Values they will become more natural and we will all find more opportunities to support people to live a typical life of quality in the community of their choice.

If you have thoughts or questions about the full implementation of Magic City’s P, M, CV please speak with your department leadership, or with me directly.

Thank you for your commitment to be “driven by purpose!!”

Jeff

# MAGIC CITY ENTERPRISES

## Winter Weather Safety

Cheyenne is known to have windy and cold winters, but add snow and you have a slippery slide of a ride. It is suggested if driving in snow pack and ice driving to plan ahead and take your time giving yourself 15 to 20 minutes lead way.

Always dress for the worst weather of the day. Check out the daily forecast before venturing out and see what the end of the day is going to bring. Always carry warmer clothes and a blanket just in case.

Be proactive “avoid the worst, put safety first” by making sure use ice melt and all walkways are clear. Try to keep bags of ice melt with you to use to throw in front of you as you walk.

If you are idling your vehicle in the winter, make sure the fumes are not carrying over into the vehicle. Crack a window or two.

Always keep an emergency kit in your own vehicle. Old blankets, hats, gloves, extra socks, etc. In Wyoming, you never know what you are going to encounter.

As always, be safe.

Avoid  
the  
Worst  
Put  
Safety

**“Avoid the Worst, Put Safety First”**





Our mission: Supporting individuals with disabilities to live successfully.

Magic City Enterprises Core Values  
Integrity  
Safety  
Compassion  
Diversity  
Teamwork



[www.mcewyo.org](http://www.mcewyo.org)

Low Carb Peanut Butter Cookies

1 cup crunchy peanut butter (100% peanuts) (250g)

1/2 cup granulated sweetener (100g)

1 egg large

pinch of sea salt

optional: 1/2 tsp cinnamon

Instructions

Preheat oven to 180 Celsius / 350 Fahrenheit.

Put all ingredients in a bowl and mix with a fork.

Roll small balls of dough (ca 15g each) with your hands (or use a small cookie scoop) and flatten them on a baking sheet.

Wet a fork and press on cookies to create a criss cross pattern.

Bake 8 -10 minutes, until the edges are firm. (8 minutes = soft centre, 10 minutes = overall crunchy)

Let cool completely before eating. They are very soft when just out of the oven, but will become crunchy once cooled.

Try getting hold of a peanut butter that contains 100% peanuts and nothing else.



For those of you who don't know Jess, meet Jess! She is the adorable furbaby of Mandy Liley our Business Services Director. She brings Jess along with her once in a while to visit with everyone. Jess enjoys every minute of it since she is so loved by all the staff and participants. If you see Jess she is probably in the arms of someone giving her love and attention Just like Susan and Trina in the picture to the left.



## MCE Services Offered

Adult Day

Community Integration

Residential

Alternative Living

Supported Living

Customized Employment

Community/Contract  
Employment

## Smile for Your Good Health

Are you a glass-half-full or glass-half-empty kind of person? The answer could make a difference in your heart health, say Johns Hopkins researchers. The mechanism for the connection between health and positivity remains murky, but researchers suspect that people who are more positive may be better protected against the inflammatory damage of stress. Another possibility is that hope and positivity help people make better health and life decisions and focus more on long-term goals. Studies also find that negative emotions can weaken immune response.

What is clear, however, is that there is definitely a strong link between “positivity” and health. Additional studies have found that a positive attitude improves outcomes and life satisfaction across a spectrum of conditions—including traumatic brain injury, stroke and brain tumors.

Resiliency is the ability to adapt to stressful and/or negative situations and losses. Experts recommend these key ways to build yours: 1) Maintain good relationships with family, friends and co-workers. 2) Accept there are changes that are just part of life.. 3) Take action on problems rather than just hoping they disappear or waiting for them to resolve themselves.

A University of Kansas study found that smiling—even fake smiling—reduces heart rate and blood pressure during stressful situations. So try a few minutes of YouTube humor therapy when you’re stomping your feet waiting in line or fuming over a work or family situation. It’s difficult not to smile while watching a favorite funny video. Smiling and laughing reduce stress. Since body language and mood are so linked, it makes sense that laughing on purpose helps us too. Smiling relaxes the facial muscles and calms the nervous system. ... Laughing can lower blood pressure, relieve stress, and boost mood. Smiling can lift a bad mood. Scientists have found that smiling on purpose can help people feel better. Just the simple act of putting a smile on your face can lead you to feel actual happiness, joy, or amusement. Smiling on purpose changes brain chemistry.



**Magic City's Got Talent!**



**Jill, Trina, Heidi and Janice taking a break downtown.**



**Greetings from the Staff Development Director, Kim Shaw**

I am so excited when I look back over the last year and see all the wonderful changes that Magic City has made in 2018. As I look forward to what is coming in 2019, I am even more energized. I am currently looking into alternatives to I-Train. One options is currently being reviewed by the Leadership Team for comment. We will all have to wait to see how we will progress, but I think it's a winner. MCE is also moving ahead with the MANDT Philosophy to assist us in understanding, preventing, and addressing behavioral communication. I was so impressed when I went through the Trainers training that I have been chomping at the bit to pass it on... MANDT will assist all of us to better foster and adhere to MCE's Purpose, Mission, and Core Values. New trainings will also roll out throughout year as they are completed and or updated.

I am proud to announce the MCE will also be continuing our membership with the NADSP. This is such an amazing organization. Their goal is to make DSP's a recognized career choice and profession. Their website has a lot to offer in the lines of training and information about and for DSP's. NADSP's Facebook page is also a great place to communicate and connect with DSP's nationwide. Please take advantage of this gift and see what we may be able to do to better ourselves and help the cause.

I look forward to what 2019 holds and see MCE reaching new heights as we embrace the future!!

Questions about trainings please Kim at 307-634-5205



## The 2019 Festival of Trees Needs You!

If you are interested in volunteering to help with the MCE Foundation Festival of Trees, please attend the first planning meeting of this year on January 17, 2019 at 1:30 p.m. in the Boardroom at 1780 Westland Road.

There are committees to chair and lots of support for those committees. If you are good at organizing, decorating, asking for donations or just being festive, please attend this meeting or let me know that you are interested in helping out.

Thank you! See you all there!

Patty Gardner



**Embrace and  
celebrate diversity  
by supporting  
people to achieve  
the highest level of  
expectations.**

## Activities & Event Calendar

January 2019

Month:

National Bath Safety Month

National Blood Donor  
Month

National Braille Literacy  
Month

National Hobby Month

Hot Tea Month

National Oatmeal Month

National Soup Month

Bittersweet Chocolate Day

Houseplant Appreciation  
Day

Peculiar People Day

National Hat Day 1/15

National Popcorn Day

National Tin Can Day

Martin Luther King Jr.  
Birthday

National Hugging Day

Compliment Day

Backward Day

Inspire Your Heart with  
Art Day



## 2018 Festival of Trees

The People's Choice award went to the Woodland Winter Dream Tree.

All of the beautifully decorated trees filled the Little America Ballroom with Christmas cheer.

The Festival of Trees is on the way to being one of Cheyenne's most favorite holiday events!

# Jeff's Weather Report

## January

Green leaves  
change weather  
and leaves

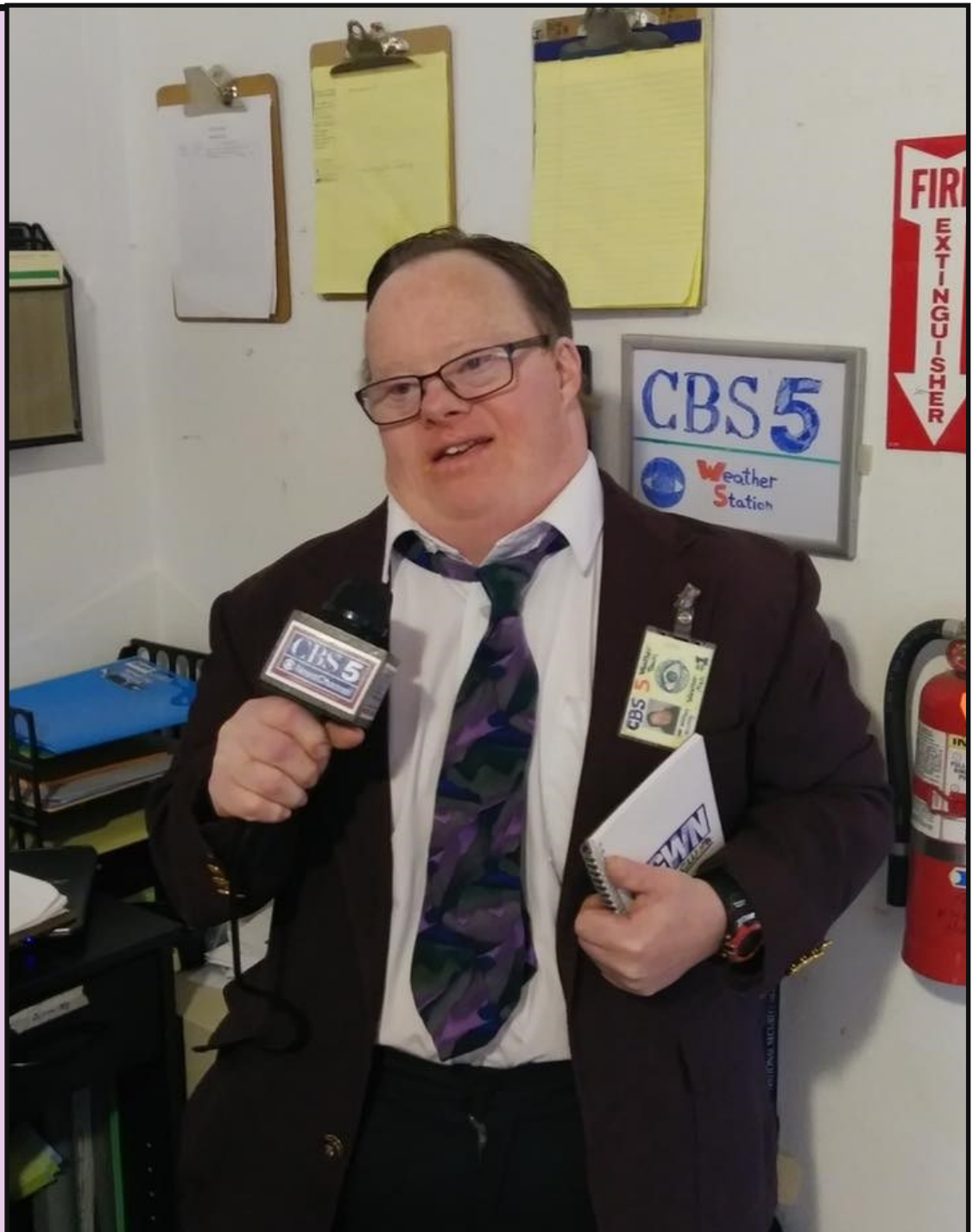
Fall. Colder and  
nature snow

## February

Colder and wind  
chance of snow  
10%

## March

Nature was  
weather and 2%  
chance of snow.



Winter Safety Tip:

Always prepare for unexpected winter weather!

## Upcoming Holidays and Events

Martin Luther King January 21

Groundhog Day February 2

Valentine's Day February 14

Presidents Day February 18

St. Patrick's Day March 17

2019 Disability Awareness Walk March 23



### Magic City Enterprises Inc

Supporting individuals with disabilities to live successfully

Magic City Enterprises  
1780 Westland Road  
Cheyenne, WY 82001  
307-637-8869

Follow Us on Facebook and  
Instagram!

We have amazing sponsors who believe in and support our commitment and mission. Here are just a few we would like to recognize.

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Halladay Motors

Black Hills Energy

Hub International

Capital Business Systems

Green House Data

Cheyenne Frontier Days

Dr. Jerri Donahue

Etchepare Foundation

Cheyenne Regional Med Center

North Star Pharmacy

Platte Valley Bank

#1 Properties

If you have ideas or a good recipe you want to share with everyone.

Please call

Susan Brown

307-637-8869 ext. 282

Or

[sbrown@mcewyo.org](mailto:sbrown@mcewyo.org)