

Magic City is All About Fun!

When we think of fun, we think of the wonderful people at Magic City! Since 1971, Magic City Enterprises has supported people with disabilities in Wyoming. The purpose? To encourage and support those individuals to live their lives successfully. This means striving for fun, creative, and ever-expanding services to continue to develop new skills, to become involved in the community, and to reaffirm the beliefs in doing what is right for everyone.

So Why a Newsletter?

We ask this question because this isn't the first newsletter that Magic City has published in the many years since it opened. We are striving for a fun and helpful renewed edition for staff, participants, and the community. We are involving tips, secrets to success, weather forecasts, and more in this first edition!

Confirming our Mission

"Supporting Individuals with Disabilities to Live Successfully." - The individuals we serve are an important part of Magic City. We wouldn't have a newsletter without their help and success!

"Magic City Enterprises is a place where everyone learns and has fun! I like how the staff really care and try to do the best that they can for our participants."

- Tanya Kolsen



Jeff was able to meet Belle at Cheyenne Comic Con 2016

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MAGIC CITY ENTERPRISES

Purpose Statement

“WE PROUDLY ASPIRE TO
CREATE A SUPPORTIVE
ENVIRONMENT WHERE
PEOPLE WITH DISABILITIES
ARE EMPOWERED TO FIND
VALUE, EQUALITY AND
INDIVIDUAL SELF-WORTH.”

6 Core Values

Integrity
Healthy and Safety
Compassion
Diversity
Teamwork
Excellence

Mike and Tom have Fun at the Annual Talent Show





Marcia was named Residential Participant of the Year at our annual picnic. She was given a plaque and was congratulated for making so much progress during her time at Magic City.



MCE's Christmas Float

Festival of Trees

Family Night, November 11th from 6-8:30pm at Cheyenne Depot Museum

Family Gala, November 12th from 6-9:30pm at Cheyenne Depot Museum

What is the Festival of Trees?

Family night is free to the public and features beautifully decorated trees and wreaths. Vote for your favorite tree for the "People's Choice Award!" The gala evening is for individuals and corporate sponsors. This year's gala will feature a dinner, silent auction and live tree auction.

Donations will be accepted for MCE Employment Services!



Jennifer receives a thank you for being a part of Magic City

Holidays and Health

In today's DD population, with a lack of restrictions and easy access to unhealthy foods, many people are gaining weight and developing diabetes. Then, just when they seem to get a handle on the new ways of self-restricting themselves and eating more sensible meals to help lose weight and decrease their sugar intake, here comes the ever-looming holiday season. Boom, food is everywhere! I mean seriously, the other day while walking down the aisles at the grocery store, there were packages of pumpkin spice cookies, crackers, drinks, and candy.

Pumpkin is actually very good

for folks even though it is a little high in carbohydrates at 12 grams per cup. During the holiday season, everywhere a person turns, from home to the office to out in the public, food is everywhere! Most of it is really bad for a person with diabetes.

One of the main things to remember about the diabetic diet is the carbohydrates. If a person wishes to splurge on a favorite dessert, they can cut back on some of the carbs in their main meal. For instance, my favorite holiday treat is my grandmother's German cookies. If I choose to eat one or two (well, maybe 3 or 4) cookies, then I can cut bread and potatoes out of my meal and stick closer to the veggie tray. Seriously, one of the easiest ways for me to control my blood sugar is to make and share my own favorite types of food. I really enjoy veggie and fruit trays. I just recently saw a recipe on Facebook for a low-fat vanilla yogurt, canned pumpkin, and pumpkin spice dip. All I have to do is blend all of the ingredients, dip in sweet and tasty apple slices, and chow down. If you eat the entire bowl of dip, it comes out to roughly 17 carbohydrates. That might be high, but it's three cups of dip!

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The Five Rights

When giving medications, you must always remember the 5 rights. What are those rights?

Right Individual—Always check that the person you are giving the medication to is the correct person. You should always know who you are giving meds to.

Right Medication—Always check that the medication matches with the MOR listed in the book.

Right Dose—Always check the medication with the description listed on the MOR to ensure that it is the correct dose.

Right Time—Always check the MOR for the correct time that is listed in order to give the medication. There is a one-hour before and one-hour after grace period to give the medication during.

Right Route—Always check that the medication is given properly, as listed in the MOR. This can include oral, topical, etc.

If the medication is not listed in the MOR or if it does not match the description, do not give the medication and notify the first person in your chain of command.



Jackie performs her own song at the annual talent show



What is Your Definition of Diversity?

Email your answer
to Stephanie
Sprinkle at

ssprinkle@mcewyo.org

by Dec. 5th, 2016.

Any Suggestions?

Email Sam Clark at

sclark@mcewyo.org.

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The important thing to remember is,

with the holidays fast approaching, awareness of weight gain should be a consideration when planning to attend the different events and activities. For instance, the work Thanksgiving pot luck and the actual Thanksgiving feast. For the pot luck, perhaps bring a turkey chef salad and diabetic banana pudding that would help blood sugars and waist lines from expanding. For Christmas and the ever present Christmas party, consider the theme of ham chef salads and the fruit dip mentioned above, along with a rainbow of fruits and vegetables.

I hope everyone enjoys the approaching holiday season, but please remember that consuming food in moderation will forestall that holiday weight gain and watching carbohydrates (meaning not too little or too much) will keep the blood sugar and calories in check. We all need to remember that we lead by example. If we go to the store every day for a soda and a candy bar, our participants will want to also. The better we all eat, the better our participants will also eat. For those of you interested, I'll try to bring in a few German cookies for one of those potlucks, I've learned how to make those sugar-free as well.

-Tanya Kolsen

Support Team Coordinator



Meet Lydia, our Nursing Assistant

Lydia Rivera has worked with Magic City Enterprises for over nine years. She is an important name in our company, as she is the single point of contact for all medical professionals that our participants see. She takes participants to their doctor appointments, she handles all medical and psychiatric scheduling, she takes care of medication sheets and getting nursing orders in order for our participants to see the MCE nurse on a regular basis, as well as a variety of other important tasks from day-to-day.

“The most important part of my job is making sure they’re healthy. I’ve learned a whole lot in this job from the participants. They teach you unconditional love.”

Lydia enjoys working with the participants of Magic City. She states, “I love when I take the participants to appointments. If they’re scared or nervous, we can talk together and I get to spend some one-on-one time comforting them and helping them understand.”

Lydia says she loves her job and wouldn’t trade it for anything else. She has shown endless support and encouragement to the participants and is someone who we are lucky to have!

No Bake Pumpkin Cheesecake

Ingredients

Crust:

30 Graham Crackers

5 tbsp. Melted Butter

2 tbsp. Sugar

Filling:

16 oz. Softened Cream Cheese

1/2 cup Sugar

1/2 cup Brown Sugar

15 oz. Pumpkin Puree

1 tsp. Vanilla

1 tbsp. Pumpkin Pie Spice

16 oz. Heavy Whipping Cream

Instructions

Crush graham crackers in food processor.

Add melted butter and sugar and then pulse to incorporate. Press mixture into bottom and partially up the sides of a spring form pan.

Refrigerate at least 30 minutes to firm.

In a large bowl, beat cream cheese, brown sugar and sugar until creamy.

Add in pumpkin, vanilla, and pumpkin spice. Beat until fully blended.

Whip heavy cream until stiff peaks form.

Fold pumpkin mixture into whipped cream.

Spread evenly into crust. Refrigerate at least 2-3 hours before serving.

Garnish with additional whipped topping for desired sweetness.

Jeff's Weather Report

November

Green leaves
change weather
and leaves

Fall. Colder and
nature snow

Happy
Thanksgiving!

December

Colder and wind
chance of snow
10%

Merry Christmas!

Enjoy family!

January

Happy New Year!

Nature was
weather and 2%
chance of snow.

Magic City's Auxiliary Team
meets every 3rd Tuesday of
the month at 5:30pm at 301
Deming. Come join us for a
meeting of the minds!



Meet Jeff, our proud writer and weather expert

Winter Safety Tips

There are way too many safety tips to combine them into one newsletter, so we are going to look at a few specific to Magic City:

Always dress yourself and participants for the worst weather of the day. Most everybody has a smart phone now. Check out the daily forecast and see what the end of the day is going to bring. If a participant does not want to wear the warmer clothing, throw some in the vehicle for later.

Make sure your facility has ice melt. If not, you can request it from maintenance. Complete a work order from off of the website

We will provide ziplock bags full of ice melt at our main facilities that you can use to throw in front of you as you walk into the parking lots. The homes should bag up some of their own to use when walking to their cars.

Our Maintenance department works really hard at clearing ice and snow, however safe surfaces are everybody's responsibility. If you see ice, throw ice melt on it.

If you are traveling out of town in an MCE vehicle during the winter, there are larger first aid kits that you need to check out at 1780 Westland. They have extra first aid supplies and have emergency blankets.

When you are idling your vehicle in the winter, make sure the fumes are not carrying over into the vehicle.

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 come across.

As always, be safe.

Did you know?

The Wyoming Disability Awareness Walk is
March 25th, 2017.

There are 17 different Critical Incident Reports
that must be reported to the state within
24 hours of occurring.

Magic City Enterprises provides a variety of services, including Residential, Adult Day, Community Integration, Employment, Supported Living, Nursing, Occupational Therapy, etc.

Magic City will not be closed on Veteran's
Day this year.

Upcoming Events

MCE Halloween Party
October 31st, 12-2pm
1750 Westland Road

MCE Trunk or Treat
October 31st, 3-6pm
1704 Westland Road

MCE Movie Nights
Fridays 530-830pm
Nov. 4, Nov. 18,
Dec. 2, Dec. 16
1750 Westland Road

Election Day
November 8th

Festival of Trees Family Night
November 11th, 6-830pm
Cheyenne Depot Plaza

Festival of Trees Gala
November 12th, 6-930pm
Cheyenne Depot Plaza

Christmas Parade
November 26th
Downtown Cheyenne

Monthly Birthday Celebrations
November 17th, 11-2pm
December 15th, 11-2pm

MCE Annual Christmas Party
December 15th, 6-9pm
American Legion



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

Magic City Enterprises

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Cheyenne WY, 82001
www.mcewyo.org



DO you have ideas or want to publish?

Please contact Sam Clark, 307-637-8869 ext. 276, at Magic City Enterprises if you are interested in being a part of our next issue. We are accepting a variety of submissions and would love to hear more voices!

Deadline is Dec. 5th, 2016