

March-April
2012

Volume 9
Issue 2

PKT's Mission:

Working together with integrity to provide quality care, support, and life enriching opportunities to persons with disabilities, in an environment fostering growth and independence, while upholding and maintaining a viable, ethical, and moral business, treating everyone with respect, compassion, and dignity.

FEATURED HOME

Well winter has not quite approached the **Columbia House**, leaving the ladies and staff to prance around in short sleeves and spring jackets.

Dottie L., "The mother of Columbia", has been spending her time outside enjoying the wonderful weather. Dottie is currently looking forward to cutting her hair and getting some of the "grey" out of her hair, expressing that getting rid of the grey will make her look "young." Dottie experienced a very nice surprise from one of her furry friends recently. She was outside enjoying her hot coffee when a deer came into the yard. Dottie was so excited that the deer had stopped by, just to visit her. Dottie declared that the deer stopping by was her way of knowing snow was right around the corner, and sure enough the following day we received our first snowfall. Thanks Dottie ☺

Barb B., is currently looking forward to going on her "Big Reward" soon. During this time Barb becomes so excited, that she can't choose what she wants her reward to be. One of her favorite rewards is going to the Humane Society to hold the kittens. Barb has been doing such a great job at both home and work. In her spare time, she enjoys dancing, singing, and spending time with her housemates.

Maryanne F. is still quiet and sweet as we all know her to be. Maryanne enjoys listening to music, talking on the phone with friends, and watching her Bad Girls Club show. Maryanne recently purchased a cell phone to stay in contact with friends and staff when in the community, and is finally getting the hang of it. Maryanne would agree with me, that she does love her cell phone.

Columbia House would like to introduce our newest housemate, **Shemiah W.** who moved in in December and made herself right at home. Shemiah enjoys music, reality TV and her new job at the Goodwill Easter Seals, where she works three days a week. Staff and housemates have expressed that she is quite the helper around the house. She has been seen helping a housemate with laundry and cleaning. We are very excited to have her here. Shemiah is looking forward to soon starting work at the Goodwill Easter Seals.

So if you are ever in the Columbia Heights area and you find yourself with nothing to do, feel free to stop by and enjoy a dance or two with the ladies. Also, the Columbia Ladies would like to say hi to a former roommate **JW**, and wish her success at her new PKT home.

Rayneshia (Nish) Nunn, Columbia House Coordinator ✉

Welcome **SHEMIAH** to Columbia House!

No matter how long the winter,
spring is sure to follow ~ Proverb



PKT ENTERPRISES

THE PKT PRESS

Investing in the Lives of People

DIRECTOR'S CORNER

"You are what you eat." This adage most of us have probably heard thrown around at one time or another, and have developed our own attitudes towards. With eating being such an integral part of life and affecting us in so many ways (physiologically, socially, emotionally) I thought it would be interesting to take a closer look at how the things that we put in our stomach can affect our lives.

In the most basic sense, the food that we eat gives us the energy we need to get through the day. Proteins, fats, carbohydrates, vitamins, and minerals are all important and are broken down by our bodies to be utilized in different ways. This is one reason why balance is so important. Too much of anything that surpasses what the body actually requires (for example from excess calories or extra fat) can lead to physical problems such as obesity, lowered immunity, heart disease, or diabetes.

Inadequate nutrition affects more than just a person's physical health as the mind and the body are not autonomous from each other. There have been studies that have linked the lack of certain nutrients to symptoms of depression and anxiety. A person may also be affected socially by food choices. Someone who suffers from obesity may lack the energy or the self-confidence to get out into the community and socialize.

It is mandated by the Minnesota Department of Human Services that the clients have made available to them or be served three nutritionally balanced meals each day with the addition of nutritious snacks in between meals. Furthermore, the food provided must meet any specific dietary needs that a client has. Each of the group homes has a posted menu that meets these requirements. The coordinator and staff at each house work with the clients on developing meals that the clients enjoy, and some clients even help with the grocery shopping and the cooking.

As a provider of services, the decisions that we make about food for our clients have the power to improve their lives, or cause potential complications. Just something to "digest" as we at PKT strive to enhance and empower the lives of the clients we serve.

Christi Desautels, Director ✉

SPOTLIGHT ON



Spotlight on this month is **Michael M.** Mike is a fun-loving, carefree guy who lives in the upstairs loft at the Pink House. He is, by far, the busiest resident at this house. Mike likes to fill up his days with positive activities that enrich his life.

Mike has two jobs that he loves. In the mornings, he takes the bus or bikes to the Kelly Inn in downtown Saint Paul, where he and his coworkers socialize over doughnuts before a busy day of cleaning hotel rooms (Mike typically does 6 rooms BY HIMSELF!). After a short lunch break, he goes to the Candyland candy store to wash serving trays and clean the candy-making counters.

When Mike is not working hard, he can usually be found biking around Saint Paul visiting all his friends. His favorite local haunts are Starbucks Coffee and the Tea Garden. On the weekends, if he can't sleep in, he heads over to the Saints North Roller Rink and goes roller skating.

Mike is looking forward to a busy year. He almost can't wait for the weather to get warm so he can break out his brand new road bike and hustle around his city. This coming summer, Mike is taking a well-deserved vacation up at Camp Friendship. But he won't just be sitting around until then. Mike's got places to go and people to see, and this winter weather won't keep him from doing the things that he loves.

Tim Sullivan, Pink House Coordinator ✉

STEVE'S SCOOP



Happy "Spring"? Is it finally here to stay? Oh, the ups and downs of a Minnesota "winter." I guess the variety is why we all stay here, right?

Over the past few months I have been doing a lot of thinking about just how important all of PKT's employees really are, from the long timers who share so many memories with me from eons ago, to the newer ones who bring in awesome and fresh perspectives, and to ALL those in-between who I have gotten to know and grown fond of! We are such a blessed organization because of all the incredible folks who work with me here, as we strive to always put our clients first, above all else! I have been thoroughly energized by meeting and chatting with folks AND spending more quality time with the clients! It brings back wonderful feelings of 17+ years ago when this vehicle originally took off. So, to all our employees and clients, thanks for making this a wonderful place for me to work! I enjoy each moment I get to spend with all of you! YOU are the reason PKT is here and in that I take value and appreciate all "this."

As you have read in the openings section, PKT has just one SLS opening...I looked back over the past year or so and discovered that we have been almost full for a long time now! Exciting!! What's even more thrilling is that according to Tennille, who manages all the referrals, we have received about 10 or 11 referrals to fill our 1 opening! With that information, I went down to the County to meet with our contract managers and the planner to discuss our options. It was a great meeting and I was given some good ideas to ponder and take back with me! One of the big things that was accomplished was that now, officially, PKT can start providing In-Home type services to folks on the CADI Waiver, namely, Independent Living Skills Services! Thus, if anyone has someone on the CADI Waiver and desires these services, feel free to give either Tennille or myself a call. We would love the chance to chat with you! Thank you Michelle, Tim, and Dawn, for taking the time to meet with me to explain options and to officially open this new door for PKT! I truly appreciated your time!

Lastly, be watching for information pertaining to PKT's new "contest" for our employees! It is called, "Walk the Houses." Flyers will be going out in paychecks soon and in a Communication Book near you!

Have a great couple of months!!

SHARILYN'S ...

After seeing and talking to quite a few of our clients over the past weeks, I had a couple thoughts. One, our clients strive for knowledge and understanding. They want to know how things work, why they work or why something doesn't work how they thought it would. Commonly for me, I get questions from them about their money. How much they have? Do they have enough for a certain purchase? How long do they have to save before they can make a big purchase? Others have more in depth questions about their Social Security, taxes, or bills. I do my best to answer these questions in a way that is easy for them to understand.

Secondly, many of our client are great self-advocates. They have asked for monthly statements/letters as proof, while others are okay with verbal answers. If they have questions, they ask. I have noticed an increase in the number of calls I get from clients over the past few months. A big part of this is the staff encouraging the clients to call me and ask me directly, so kudos to them. Either way, this is a part of my job that I enjoy because it is the essence of why I do this job. I like seeing our clients become more independent and self reliant. Plus, when a client calls me or comes in to talk "business" I get the chance to catch up with them and hear about all the fun things they are doing with their lives.

Therefore, I want to conclude by encouraging all of you to continue to help our clients learn, grow, and become more self reliant. Never take for granted that we are so blessed to be able to come along side of these incredible individuals and help them achieve their life goals.

Sharilyn Korte, Director of Financial Services ✉



IN-HOME CONNECTION

Faster than a speeding bullet. More powerful than a locomotive. Able to walk the malls in leaps and bounds in no time flat. Look! Up in the skyways of Minneapolis! It's a bird. It's a plane. It's SM! Could **Scott M.** really be PKT's Super Man?

Well, possibly, but for sure he's a man who likes to be where the action is, not to mention a man who likes to stay active. One time a staff of his teasingly stated "I can hardly keep up!"

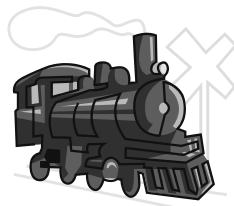
We're talking here about our good friend Scott. He likes going to the mall to walk and browse around the stores, especially the bookstore. It seems one of the types of books he likes to go through the most are travel books. Scott is always on the quest of seeking the ideal vacation place to go to someday.

One of the places Scott has expressed an interest in going to is Halloween Horror Nights at Universal Studios. Yes, Scott is one who might be hard to scare. Usually, whenever he requests to go see a movie, it can be a real nail-biter; a little intense, a little "Paranormal Activity" or Zombie-like.

He is also into music. While cruising around with Scott, 93X might very well be playing on the radio. Although probably his most favorite type of music, by no means is it the only type he's familiar with. Scott is quite good identifying songs on other radio stations, and overall seems to enjoy music.

Scott also enjoys doing research on the computer to see what events are coming to town. He likes to go to concerts when he can. One of the other favorite research projects of his is choosing the best day for him to go to Valleyfair. Scott usually tries to go each year, and always ends up having a blast.

Christopher Bastyr, In-Home Services Coordinator ✍



OPENINGS UPDATE

If you know of anyone looking for placement, please let them know about PKT's openings. We now have one spot opening at our "Brick House", which is located in Roseville. This site has two ladies and one gentleman living there. Please feel free to call with questions or to set up a tour!

Don't forget about our In-Home department either. PKT always has openings for new clients for the In-Home department.

People interested in any of the openings, both Group Home and In-Home, should contact Tennille Carlson at 612-788-3998 x 114 or Steve Tschacher at 612-788-3998 x 105.

CALENDAR/UPCOMING EVENTS

MARCH STAFF MEETINGS

IHS:	March 7 th	9:30a - 11:30a
Brick:	March 28 th	10:00a -12:00p
Pink:	March 14 th	9:00a - 11:00a
Brown:	March 23 rd	12:00p - 2:00p
Columbia:	March 27 th	12:30p - 2:30p
Green:	March 12 th	4:30p - 6:30p
Brighton:	March 20 th	3:00p - 5:00p
Dark:	March 19 th	5:00p - 7:00p
Yellow:	March 14 th	12:00p - 2:00p
White:	March 26 th	12:00p - 2:00p

APRIL STAFF MEETINGS

IHS:	April 4 th	9:30a - 11:30a
Brick:	April 25 th	10:00a -12:00p
Pink:	April 11 th	9:00a - 11:00a
Brown:	April 27 th	12:00p - 2:00p
Columbia:	April 24 th	12:30p - 2:30p
Green:	April 9 th	4:30p - 6:30p
Brighton:	April 17 th	3:00p - 5:00p
Dark:	April 16 th	5:00p - 7:00p
Yellow:	April 11 th	12:00p - 2:00p
White:	April 23 rd	12:00p - 2:00p

CPR

Wednesday March 7 th	9:00a -12:00p
Wednesday March 28 th	1:00p - 4:00p
Wednesday April 11 th	9:00a -12:00p
Wednesday April 25 th	1:00p - 4:00p



First Aid

Wednesday March 7 th	1:00p - 4:00p
Wednesday March 28 th	5:00p - 8:00p
Wednesday April 11 th	1:00p - 4:00p
Wednesday April 25 th	5:00p - 8:00p

March 2012						
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25	26	27	28	29	30	31

April 2012						
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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

March Upcoming Events

9-10	Art on Main-Stillwater Free
11	Daylight Savings Time begins
12	Monday Maplewood Matinees 3:30-5p Maplewood Library (free popcorn)
13	MN Zoomobile 2-3p Roseville Library free
17	St. Patrick's Day - various events
18	Minnesota Children's Museum-9a-5p free entry
20	First day of Spring
22	Making it-Henna Tattooing 1-3p WBL library (limited spots) free
24	Making it-Bronze Charms 1-3p Maplewood Library (limited spots) Free
26	Monday Maplewood Matinees 3:30-5p Maplewood Library (free popcorn)
Various	Timberwolves Basketball - tickets start at \$10

April Upcoming Events

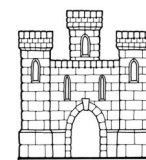
1	April Fool's Day
6	Good Friday
6-7	Harlem Globetrotters April 6 th /7 th - tickets start at \$20
7	Passover Begins
8	National Library Week begins
8	Easter Sunday
9	Monday Maplewood Matinees 3:30-5p Maplewood Library (free popcorn)
15	Minnesota Children's Museum-9a-5p free entry
22	Earth Day
23	Monday Maplewood Matinees 3:30-5p Maplewood Library (free popcorn)
26	Take your daughter/son to work day
27	Monday Maplewood Matinees 3:30-5p Maplewood Library (free popcorn)



UPDATED CONTACT INFORMATION ...

Steven Tschacher	612-788-3998 ext 105	stevent@pktenterprises.com	President
Pat Matt	612-788-3998 ext 1007	patm@pktenterprises.com	Human Resources Director
Sharilyn Korte	612-788-3998 ext 106	sharilynk@pktenterprises.com	Director of Financial Services
Christi Desautels	612-788-3998 ext 118	christid@pktenterprises.com	Director
Jennifer Johnson	612-788-3998 ext 115	jmj@pktenterprises.com	SLS Director
Matt Wahl	612-788-3998 ext 109	mattw@pktenterprises.com	SLS Director
Tennille Carlson	612-788-3998 ext 114	tennillec@pktenterprises.com	Director of IHS, Licensing Compliance, and Client Relations
Chris Bastyr	612-788-3998 ext 16473	chrisb@pktenterprises.com	IHS Coordinator
Danielle Straka	612-788-3998 ext 151	brickhousecoordinator@pktenterprises.com	Brick House Coordinator
Tim Sullivan	612-788-3998 ext 152	tims@pktenterprises.com	Pink House Coordinator
Duane Sundblad	612-788-3998 ext 153	brownhousecoordinator@pktenterprises.com	Brown House Coordinator
Rayneshia Nunn	612-788-3998 ext 154	rayneshian@pktenterprises.com	Columbia House Coordinator
Katie Fordyce	612-788-3998 ext 155	katief@pktenterprises.com	Green House Coordinator
Melissa Holum	612-788-3998 ext 156	brightonhousecoordinator@pktenterprises.com	Brighton House Coordinator
Jeanette Wisnewski	612-788-3998 ext 157	jeanettew@pktenterprises.com	Dark House Coordinator
Anna Seiger	612-788-3998 ext 158	yellowhousecoordinator@pktenterprises.com	Yellow House Coordinator

Brick House	651-646-5221
Pink House	651-696-1909
Brown House	651-730-4773
Columbia House	763-789-7188
Green House	651-748-0580
Brighton House	651-636-8558
Dark House	651-766-6992
Yellow House	651-487-8770
White House	651-784-7874



**HAPPY
ANNIVERSARY!**

Client Birthdays

Anna V.	3/12
Jon R.	3/17
Miah W.	3/17
Mike M.	3/22
Kristin M.	4/2
Sean A.	4/14
Sharon G.	4/17
Lynn Z.	4/18
Bob E.	4/23



**HAPPY
BIRTHDAY!**

Sarah Dunn	1 year
Getsy Guillaume	1 year
Arthean Williams	1 year
Rosilyn Carroll-Blakey	2 years
Ryan Tamte	2 years
Pat Matt	3 years
Donna Collings	4 years
Jennifer Hawkins	5 years
Joanna Rojas	5 years
Jennifer Johnson	7 years
Chi Thao	8 years
Tami Block	9 years
Katie Fordyce	14 years

Employee Birthdays

Duane Sundblad	3/1
Renae Brown	3/8
Sarah Lancial	3/13
Linda Fox	3/17
Sherri Vogel	3/23
Susan Schwecke	4/6
Sarah O'Blenes	4/18
Jennifer Hawkins	4/20

WELCOME

New Employees

Jennifer Clement	White House Coordinator
Chloë Holum	Brick House LSI
Nerseh Kindermah	White House LSI
Ann Niebuhr	White House Live In
Susan Schwecke	In-Home LSI
Cassie Sjogren	Float



PKT Enterprises
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Words to Live By ...

The art of longing and the art of belonging
must be experienced in life.

Unknown Author

Hope deferred makes the heart sick, but a
longing fulfilled is a tree of life.

Proverbs 13:12

*For mailing changes, please contact Pat Matt at 612-788-3998
x 1007; email: patm@pktenterprises.com*

THE PKT PRESS

is intended to provide information to the individuals we serve, the families and individuals who are so vitally important to those we serve, as well as the many members of the PKT community about what is going on at PKT Enterprises and just exactly "who" PKT Enterprises is...