

WHAT'S IN THIS MONTH'S LETTER

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MESSAGE FROM LORI...



Lori Chesna
Executive Director

Greetings Friends!

Lots of things are happening at SWSRA these days! We said our goodbyes to Ryan Cortez as she moved into a Coordinator position at Ray Graham near her home. We received many resumes for the position of Recreation Specialist. It just goes to show you that these are hard economic times and a lot of people are still looking for jobs. The plan is to have the position filled by December 15 (if all goes well).

SWSRA's Worth Community Center is just about ready to go. The plan is to move Erin and the Recreation Specialist into the building by November 20. Between interviews and the move, we will be very busy. Please be patient as we are getting used to a new phone system and how to work out "kinks." Marge, Rae, Denise and I will still remain at the Apollo Recreation Center. Marge and Denise will move upstairs into their own private offices. We are also in the process of hiring a brand new position: "Fleet Vehicle Coordinator." This person will work part-time, fueling, cleaning, starting up our vehicles on a regular basis, scheduling preventative maintenance and safety checks, as well as maintaining our driver's records, scheduling van routes and preparing monthly van reports to PACE.

PDRMA came out for another visit to complete our annual review. Based on this last visit, we have enough points to remain accredited! It is not easy to reach this status, and it's just as difficult to hold on to an accreditation as people tend to get a little "lazy" with follow through etc. I commend each and every one of you for doing your part to help us maintain our accreditation! I am very proud of you!

Holiday Employee Appreciation Party



Mark your calendars now for SWSRA's Holiday Employee Appreciation Party on Friday, January 22nd. This year's bash will begin at 6:00 PM and be held at the new Worth Community Building on 10707 Oak Park Ave. We will have a buffet style dinner, music and awards. Please RSVP to the office by Friday, January 15th. Don't miss out on this fun and relaxing night with your SWSRA friends!



Feed the Hungry Dance



Help SWSRA feed local families in need on Friday, December 4th. SWSRA will be hosting the Feed the Hungry Dance while collecting non-perishable food items from 7:00 PM – 9:00 PM at the Midlothian Park District located at 14500 S. Kostner Avenue. We are looking for volunteers. If you are interested, please contact the SWSRA office at 708-389-9423.

EMPLOYEE OF THE MONTH

DENISE IWINSKI

For the third time this year, Denise Iwinski is awarded "Employee of the Month." Denise has been working very hard on obtaining sponsorships—she created a sponsorship tier on her own which is bringing in added revenue. Also, Denise has been pitching in and taking some of Ryan's work until we fill the position; she has more press coverage on SWSRA programs and activities than we have ever experienced; she is working with DePaul University Graduate students on the development of a new marketing plan for SWSRA. One of the biggest reasons Denise is selected for this award is her constant POSITIVE ATTITUDE! The way she greets people when she meets them...whether it's the first time or the 100th time, she greets you with such spirit and makes you feel like you're so special! She makes us laugh and has a great sense of humor which is so refreshing! She has been a breath of fresh air to our team! Congratulations Denise!!!

UPCOMING EVENTS

- 6 - LWSRA's Hoedown Dance
- 7 - Candlelight Bowl Fundraiser
- 11 - Theater Night - "The Producers"
- 14 - SWSRA's Outdoor Country Hoedown
- 20 - Tri-County SRA's Pilgrim Rock Dance

SUDOKU

This month's puzzle level is: Tough

	1	4	9	7	6	2		
	8	3					1	
6								
				6				5
			5		8			
7				1				
								8
	4					1	3	
		1	3	2	7	4	6	

Five Best Thanksgiving Foods

By: Lynn Grieger

Holidays -- especially Thanksgiving -- can be all about indulgence. Don't worry; you can enjoy these holiday foods to your heart's content without worrying about your waistline!

1. Turkey. Seventy-seven million turkeys are eaten during the holiday season alone; that's one for every four Americans. A 3½-ounce portion of turkey breast without skin has only 160 calories, and it's packed with 30 grams of protein along with zinc, iron, phosphorus, potassium and B vitamins. Enjoy turkey, and its leftovers, as often as you want during the holiday season. But go easy on dark meat; it has twice the fat and almost 10 more calories per ounce than white meat.



2. Sweet potatoes. Baked, broiled, mashed or turned into pie or pudding, sweet potatoes are a healthy, low-calorie veggie you simply shouldn't ignore any time of the year, holidays included. One medium-size sweet potato has only 140 calories and twice the amount of vitamin A you need each day,

along with healthy amounts of vitamin C, iron and fiber.

3. Green beans. Looking for a green vegetable to include in holiday planning? Don't ignore versatile green beans. At only 45 calories per cup, you don't have to skimp on portion sizes. Green beans are a good source of vitamins A, K and C, along with fiber and potassium. Try pickled green beans on your next veggie tray, toss steamed green beans with vinegar and low-fat Canadian bacon, or sprinkle quick stir-fried green beans with sliced almonds.

4. Hot mulled cider. We all know eggnog is loaded with calories -- 340 per cup. Offer spicy hot mulled cider at about 115 calories per cup at your holiday gatherings instead. Not only will you save hundreds of calories, you'll infuse your entire house with the wonderful holiday scent of mulled cider.

5. Citrus. We've all heard the stories of how our ancestors were thrilled with holiday gifts of oranges or grapefruit; these once-exotic fruit were never routinely available or affordable for most people. Branch out from the expected and offer your guests tangelos, clementines,



pomelos or even ugly fruit. Piled high in a festive bowl for a quick snack or tossed into colorful and healthy fruit salads, you can't go wrong with the flavors, colors and less than 100 calories per cup of citrus!

This article was obtained from:
<http://yourtotalhealth.ivillage.com/five-best-thanksgiving-foods.html?pageNum=2>

The AMA also offers some advice on how to avoid putting on extra pounds when you attend holiday get-togethers:

- * Don't hang around the appetizers. Doing so makes it too easy to mindlessly eat while chatting with friends.
- * Limit your desserts. Take just a taste instead of a full serving.
- * Drink alcohol in moderation. Alcoholic beverages are full of sugar and empty calories, and drinking may lower your inhibitions and lead you to eat foods you otherwise wouldn't consume.
- * Fill your plate with fruits and vegetables, instead of fried foods and creamy dips.
- * Get out for walks.

<http://yourtotalhealth.ivillage.com/diet-fitness/holiday-meals-with-calorie-conscious-twist.html>

HIGHLIGHTS OF OCTOBER 2009

- We had our Rock & Roll Sock Hop Dance at Midlothian Park District and it was a jive time. The limbo contest was great!
- SWSRA's Sports Banquet was held at Beggars in Blue Island. Congratulations to all our athletes - you are all stars!
- Oak Lawn's Halloween Hip Hop Dance was a lot of fun and memories were made by both staff and participants.
- SWSRA/Tri-County/SSSRA hosted the first Adventure Etc. Program for emotionally disabled individuals.
- Recreation Specialist, Ryan Cortez, is no longer with SWSRA as of October. SWSRA wishes her the best of luck at her new position. She is dearly missed.

Did You Know.....

ALL ABOUT MIDLOTHIAN

Until the turn of the century, the area now known as the Village of Midlothian - named for an ancient borough in Scotland - was little more than a milk stop along the Rock Island Railroad serving a few area farmers.

The population was 14,315 at the 2000 census.

The mayor's annual charity golf classic is held every summer at the Midlothian Country Club. The club also played host to the 1914 U.S. Open.

The first copy of The Messenger newspaper was printed in 1929 by the Andrews brothers, above the old Largent store located on 147th Street just west of Kildare. The first editor was Kevin McGann, who later served as aide-de-camp to General Dwight Eisenhower during World War II. McGann also worked with the General on his two books.

BRAINTEASERS



1. What is the longest word in the dictionary?
2. Pronounced differently but spelled the same I have many meanings from obscure to mundane
 In a trip across water I get there before you
 In precipitation amazing, a marvel to awe you
 One naming of me means to acknowledge the praise
 I move fastest in music as the violin maestro plays
 Taught to children of all ages, or trip up they would
 I was also much favoured by a notorious Hood.

COM) OF BOW (as in JOE)

1) 2 miles (there is a mile between the two 2's) 3) BOW Pronounced BOW (as in ANSWER: