

# X-Excel

# NC#1

## NEWSLETTER

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Being independent

X-Excel is an agency certified to provide an array of community based services in the State of Ohio. Our mission is to do more of what works and/or adds value and to do less of what doesn't work and/or doesn't add value to the lives of the individuals we serve. We will only do things that adults without developmental disabilities do.



## Employee of the Month

JILL HALL

BY BILL W

- Favorite Food : Chicken
- Favorite Animal : Cat
- Favorite Resturant: Olive Garden
- Favorite Color : Orange
- What I like about working at X-Excel – All the Staff is nice and I like working on the crafts that we make here.



Picked By: Austin



## Cranberry Sauce

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### INGREDIENTS

- 1 cup (200 g) sugar
- 1 cup (250 mL) water
- 4 cups (1 12-oz package) fresh or frozen cranberries
- *Optional* Pecans, orange zest, raisins, currants, blueberries, cinnamon, nutmeg, allspice.

### How to Cook

- **1 Rinse cranberries:** Place the cranberries in a colander and rinse them. Pick out and discard any damaged or bruised cranberries.
- **2 Boil water with sugar:** Put the water and sugar in a medium saucepan on high heat and bring to a boil. Stir to dissolve the sugar.
- **3 Add cranberries, cook until they burst:** Add the cranberries to the pot and return to a boil. Lower the heat and simmer for 10 minutes or until most of the cranberries have burst.
- **4 Stir in mix-ins if using:** Once the cranberries have burst you can leave the cranberry sauce as is, or dress it up with other ingredients. We like to mix in a half a cup of chopped pecans a pinch or two of orange zest.
- Some people like adding raisins or currants, or even blueberries for added sweetness. You can also add holiday spices such as cinnamon, nutmeg, or allspice. If adding spices, start with a pinch of each and add more to your taste.
- **5 Let cool:** Remove the pot from heat. Let cool completely at room temperature, then transfer to a bowl to chill in the refrigerator. Note that the cranberry sauce will continue to thicken as it cools.

# Pumpkin Decorating



## OCTOBER FACTS

BY: JASON B

The **name of the month of October** comes from the Latin “octō”, meaning “eight”, because in the Roman calendar October was the eighth month of the year. With the adding of January and February at the beginning of the calendar after the Julian calendar reform, October became the tenth month of the year, as we know it today.

- The Anglo-Saxons called October “**Wintirfylith**”, meaning “fullness of winter” because it had the first full moon of the winter season.
- Another fun fact about October is that, according to folklore, if the deer have a **gray coat** in this month you should expect a hard winter.
- The holiday of **Halloween**, celebrated in October, comes from “All Hallows’ Eve” or the night before “All Hallows” day (“All Saints” day) as in old English “hallow” means “to sanctify”.
- The **zodiac signs** for October are Libra (September 23 – October 22) and Scorpio (October 23 – November 21).
- **Famous people born in October** include Angela Lansbury, Hillary Clinton, Bill Gates, Julia Roberts, Matt Damon, Kate Winslet, Julie Andrews, Hugh Jackman, Katy Perry, Alfred Nobel, Anne Rice, Arthur Miller, Auguste Lumière, Friedrich Nietzsche, Christopher Columbus, Johannes Vermeer, John Keets.
- The **birthstones** for October are the tourmaline and the opal. Tourmalines display a wide spectrum of colors, such as yellow, pink, blue, red, green, black or brown and they are believed to help you stay calm under pressure, bring peace and tranquility and defeat emotions like anger and jealousy. Opals exhibit different colors (green, white, yellow, blue, pink etc.) depending on the conditions under which they were created. Opal gemstones are believed to cure eye infections, strengthen memory, calm nerves and enhance creativity.
- The **traditional flower** of the month of October is the calendula, symbolizing comfort, healing, protection and grace.
- Special **holidays** in October include Halloween (October 31st), Columbus day (the second Monday of October), Yom Kippur, Diwali, International Peace Day (October 2nd)



### October Birthday's

David G – 10/8

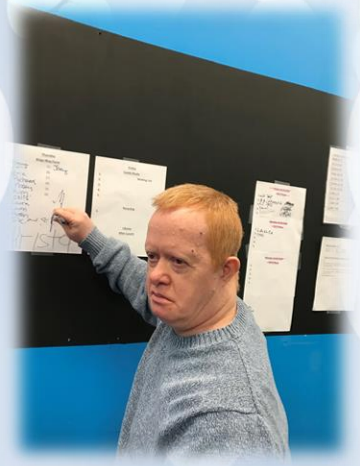
Austin Mc – 10/27



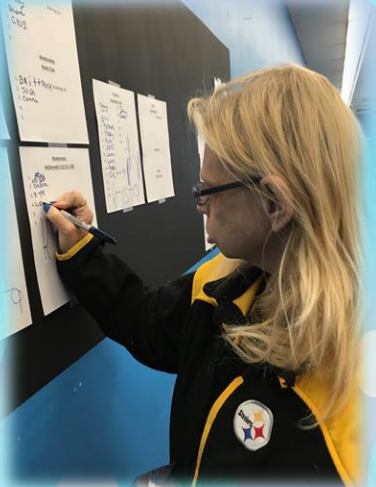
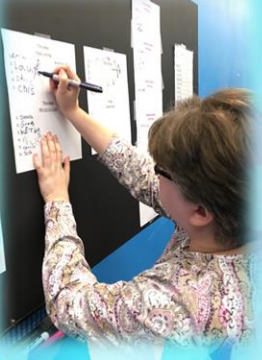
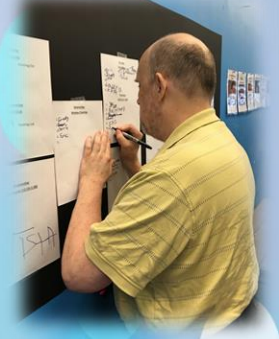
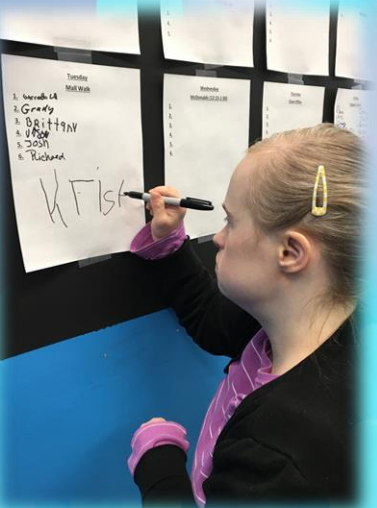
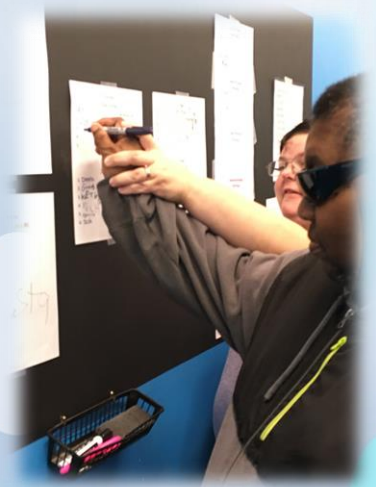
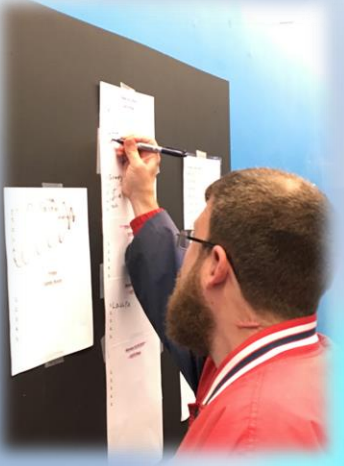


Hard at work with smiles  
on their faces !!

By: Garrett H.



Over the past month we started something new here at NC#1 . Every morning at 9:30am we talk about what is planned for the day and we sign up for what they want to do in the community. We are focusing on trying to be more independent and giving different opportunities for everyone to choose from. You can tell by the pictures everyone is doing a great job being independent. GO NC#1 !!!



By: Bill S

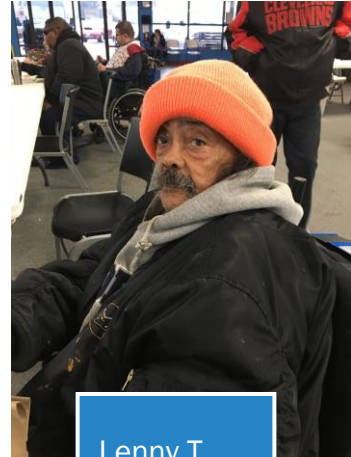
# New Faces to NC#1



Susan I.



Kim S.



Lenny T.

BY: Deana S.



Emma S.

