

X-Excel

NC#1

NEWSLETTER

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Welcome New to NC#1

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



JASON BELL

BY: BILL W.

- Favorite Food : Mexican
- Favorite Animal : Cat
- Favorite Resturant: El Campesino
- Favorite Color : Green
- What I like about working at X-Excel – Like's going to the dollar tree, dunkin donuts and going on the candy route(sometimes)



Picked By: Deana S.

Frozen Fruit Smoothies

- Level: Easy
- Total: 5 min
- Prep: 5 min
- Yield: 2 servings

Ingredients:

- 1 frozen banana, peeled and sliced
- 2 cups frozen strawberries, raspberries, or cherries
- 1 cup milk
- 1/2 cup plain or vanilla yogurt
- 1/2 cup freshly squeezed orange juice
- 2 to 3 tablespoons honey or to taste

Directions:

1. Put all the ingredients in a blender and process until smooth. Pour into glasses and serve.
2. Cooks note: For non-dairy smoothies, substitute 1 cup rice milk for the milk and yogurt. Or, use soy yogurt or milk instead of dairy.

Volunteering at the Salvation Army and Habitat for Humanity



March Birthday's

Stella S.	3.1
Laura S.	3.3
Bill M.	3.26

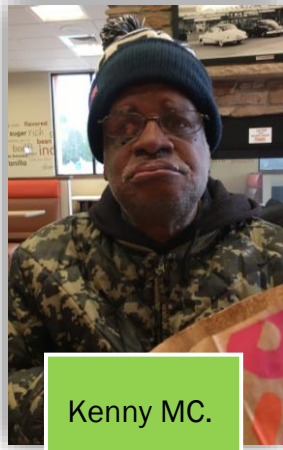
March



Hard at work with smiles
on their faces !!

By: Garrett H.

WELCOME
to our team!



By Jason B.