



Your monthly guide to CHI  news, information and events.

**JANUARY  
2023**

# CHAMBERLIN HOUSE EXPRESS



**We  our  
DSPs!**

## **6 SELF-CARE TIPS FOR DIRECT SUPPORT PROFESSIONALS**

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### **Eat Healthy Meals Regularly**

Caregiving is hard on the mind & the body. Keep your body & mind healthy by replenishing your strength with nutritious meals. Be sure to include lots of fruits & veggies which provide antioxidants to protect your health.

### **Stay Hydrated**

It's important to make a conscious effort to drink water! Adequate water helps keep your mind clear. Although it's tempting to opt for more caffeinated & sugary beverages to help keep you going – water is by far the best option!

### **Sleep & Rest Regularly**

Making sure you get some sleep – or at the very least a little rest – gives your body a break from stress. Adequate rest is critical for keeping you in good health.

### **Exercise**

Exercise is an incredible way to help relieve stress – not to mention it's just plain good for you! Even something as simple as going for a walk outside at a gentle pace will do you a world of good. If you can't go outside, walk up and down the hall – anything to get your heart pumping.

### **Ask For & Accept Support!**

Let family & friends know how they can help you. People are often very eager to help during difficult times. Accept support that is offered by your friends & family. If you feel like you need to – don't be afraid to seek professional support from a counselor or a spiritual care advisor.

### **Give Yourself A Break**

Give yourself permission to take some YOU time. A little R & R can dramatically help ease your stress levels and renew your energy.



**“Be kind to yourself. Be proud of yourself. Because you matter.  
What you do matters. You make a difference.” — Unknown**

# A message from the Wheelhouse



To enrich the lives of adults  
experiencing intellectual and  
developmental disabilities by  
providing housing and  
opportunities to learn,  
experience and achieve. ♥

Dear CHI Family,

It is my pleasure to announce that Nancy and Goode were reviewed by licensing and passed with flying colors!

The licensing teams were very impressed with the supports provided, especially with the complex support needs of those programs! Well done Dianna and Leigh!

Kudos again to Cheryl for our HR records. They were very impressed by the organization and complete records for our staff!

Kudos to Cody for the behavior support work you are doing at Nancy's! They were impressed with your GER reviews!

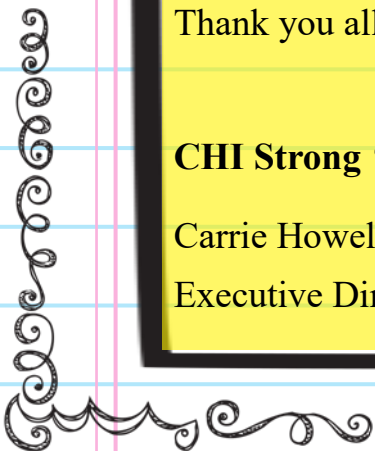
Big Thanks to the Nancy / Goode staff and the support you provide to ensure the health and safety as well as ensuring the quality of life is top notch for our folks!

Thank you all for your efforts every day.

**CHI Strong** ♥

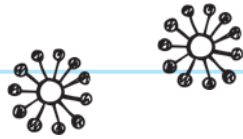
Carrie Howell

Executive Director





# let's PARTY!!!



**Wednesday, December  
21<sup>st</sup> was our "Winter  
Fiesta"!**

**We enjoyed a variety  
of holiday-themed  
crafts, cookies, and  
companionship!**

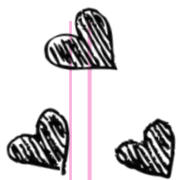
**Santa and his elves  
even made a special  
guest appearance!**



**"The best part of life is not just surviving, but thriving with passion and  
compassion and humor and style and generosity and kindness."**

**– Maya Angelou**





save

**THE DATE!**

Activity Center happenings!

**BIRTHDAYS  
ACTIVITIES  
FRIENDSHIP  
CELEBRATIONS  
AND SO MUCH MORE!**

**WHERE?**

*Activity  
Center*

**WHAT TIME?**

**2:30 - 4:00PM**



**Be My Valentine**

**Birthday Bash &**

**Valentine Crafts!**

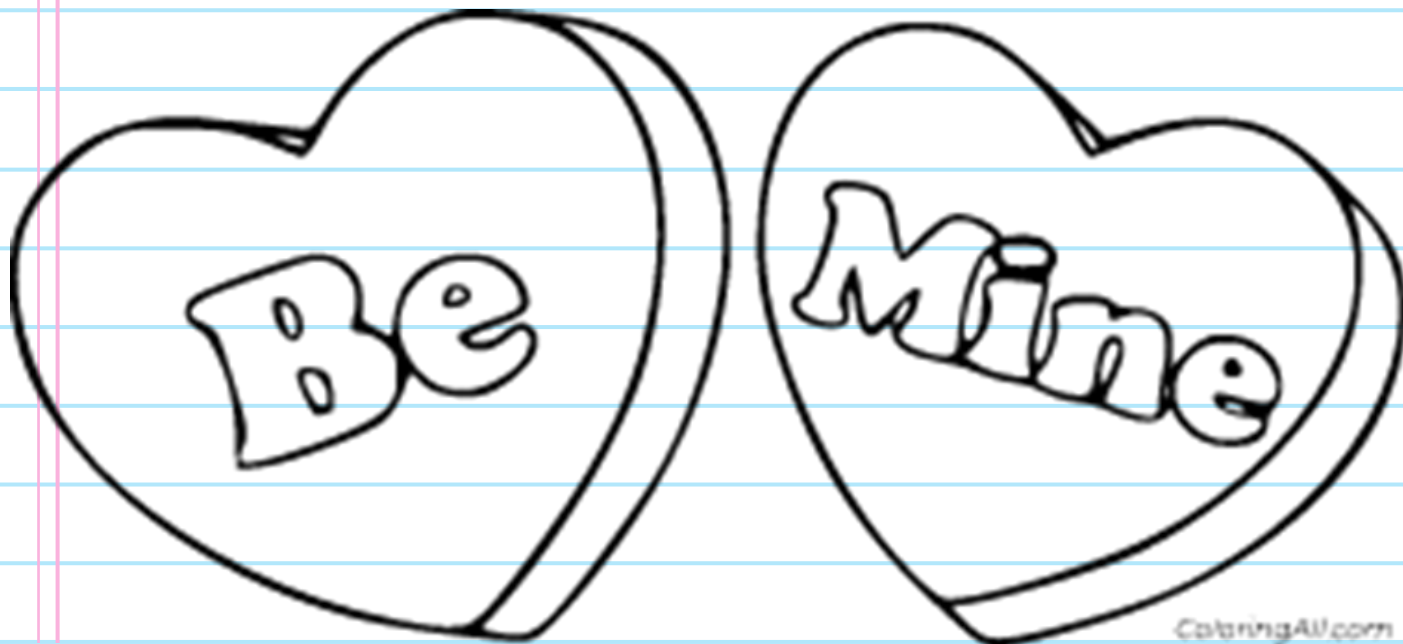


It's party time again!

**We're celebrating Robert Chambers, Kristal Collins, Joey Jackson, Janell Salmon, Melvin Smith, and Steven Westover!**



**Come enjoy an afternoon of crafts, festivities, and treats.**





# every day, a little fun!

## MONTEITH LIVING HISTORY SATURDAYS

Saturday, January 14<sup>th</sup>

With the weather getting colder, wouldn't it be nice to know you can light your home with candles you made yourself? This month, you can hand dip wicks to make candles the pioneer way and create old-fashioned candles to take home! All candle-making supplies are included with your \$5 donation.

[www.monteithhouse.org](http://www.monteithhouse.org)

## COMMUNITY MARKET AT HERITAGE MALL

Wednesday, January 18<sup>th</sup>

Support local artisans, farmers, bakers, and crafters from 10 am to 3 pm every Wednesday!

## WINTER ROD & SPEED SHOW – LINN COUNTY FAIR & EXPO

Friday, January 20<sup>th</sup>

The Winter Rod and Speed Show is the biggest indoor car show between Salem, Oregon, and Sacramento, California. Hundreds of cars, including hot rods, muscle cars, bikes, low riders, custom trucks and race cars from all over the Northwest gather for a show they will be talking about for months.

## DELUXE BREWING CHILI COOK OFF

Sunday, January 22<sup>nd</sup>

Join us at the taproom on Sunday, January 22<sup>nd</sup> from 1-4PM for a Deluxe Chili Cook Off! Free entry and free to taste with HOT prizes for People's Choice Best Chili.

Start cooking up your best recipe now and if you can't handle the heat, you better stay out of the kitchen.

[www.deluxebrewing.com](http://www.deluxebrewing.com)



## What's Cooking?!

**YUMMY!**



### **CREAMY CROCKPOT TORTELLINI**

This Creamy Crockpot Tortellini is a pasta dish the whole family will love! Made with sausage, spinach, tomatoes, cream cheese, and tortellini it is perfectly creamy & delicious. ❤️ - Carrie

#### **INGREDIENTS**

- 1-pound Italian Sausage
- ½ small onion diced
- 3 ounces frozen spinach
- 28 ounces canned diced tomatoes with juice
- 8 ounces cream cheese cubed
- 1 teaspoon Italian seasoning
- 16 ounces frozen tortellini
- 3 cups chicken broth
- ¼ cup tomato paste
- ¼ cup parmesan cheese optional

#### **INSTRUCTIONS**

- Brown sausage and onion until no pink remains. Drain fat.
- Place all ingredients in a 6qt slow cooker.
- Cook 2 ½ to 3 ½ hours on low. Once cooked through, stir until sauce is smooth.
- Top with parmesan cheese if desired and serve.

**LOVE AT FIRST BITE!**