

Supported Living Monthly

October | 2011

Saturday Night Activities

10/1: Halloween night

Bake cookies, and watch a Halloween-themed Movie

Cost: \$3.00

10/8: Tour of Route 28

Go on a sight-seeing tour around Wakefield, Stoneham, and Reading

Cost: Free

10/18: Video Game and Costume Shopping

Cost: Free

10/22: Halloween costume party

Costume party at 118 Nahant st. with simple snacks

Cost: Free

Independent Skills Classes

10/3 Thai Cooking Class

Learn how to make a traditional Thai chicken dish

10/10: Columbus day - No Class

Practice your computer skills in EMARC's computer lab

10/24: Money Management

Learn how to count change, write checks, and balance your check book.

10/31 Halloween Baking

Cook up tasty, halloween-themed cookies

Biggest Loser's Biggest Winner

Four-month long contest ended September 23rd



Greg Staisowski took home the grand prize after losing more than 20 pounds

The biggest losers were also the biggest winners at the end of Supported Living's Biggest Loser weight-loss challenge this September.

The weight loss challenge started in May with 12 individuals and 7 EMARC staff. Participants met every Monday

for a weigh-in and the individual who lost the most weight at the end of the contest would win a Nintendo Wii.

To help participants reach their goal, Supported Living staff set up a weight-loss program centered on the contest.

Contestants recorded their eating habits on a food diary and compared notes during weigh-in nights. At the end of the weigh-in, staff would give lessons on healthy cooking techniques, exercise programs, and diet tips. Individuals would also take turns preparing a healthy snack for the weigh-in group each night.

The contest ended this September but Supported Living will continue the walking club and the exercise club throughout the year. The clubs are open to any EMARC individual.

For more information, see either Nancy Woolman, or Matt Tetrault in the Supported Living office

Monthly guys night out begins this Friday

Beginning this Friday, Supported Living and Residential will be running a monthly "guys night out" activity group.

The group is open to men of all ages who receive residential or independent living supports through EMARC. Examples of typical activities are golf trips, camping, movie nights, fishing trips, and restaurant outings.

Each activity is expected to cost between \$5 and \$15.

This month's activity is a trip to

Golf Country in Middleton. Golf Country offers ice cream, mini golf, driving ranges, and batting cages. The group will meet at EMARC at 5:30 and will return to EMARC at 7:30. Participants should bring \$5 to \$20 dollars.

For more information, or to sign up for an outing, contact Matt Tetrault at mtetrault@themarc.org, or Chris Tetrault at ctetrault@themarc.org.

Rachael Ray's Sloppy Joes

Courtesy: foodnetwork.com



Ingredients

- 1 tablespoon extra-virgin olive oil
- 2 pounds lean ground sirloin or ground turkey
- 1 packages beef or pork hot dogs, sliced 1/2-inch thick
- 1 onion, chopped
- 1 tablespoon steak seasoning (recommended: Montreal Steak Seasoning by McCormick)
- 1 tablespoon chili powder
- 3 tablespoons dark brown sugar
- 3 tablespoons Worcestershire sauce
- 1 (14.5-ounce) can tomato sauce
- 9 soft burger rolls

Directions

Heat the extra-virgin olive oil, a turn of the pan, in a deep skillet over medium-high heat. Add meat and crumble as it browns. Add chopped hot dogs after 3 to 4 minutes then cook 3 to 4 minutes more. Add the onions to the pan and cook to soften, 5 to 6 minutes more. In a bowl mix the spices, sugar, Worcestershire and tomato sauce. Pour sauce over the meat and simmer a few minutes to combine flavors. Slop onto buns and serve.

For more photos and events, visit EMARC's Facebook page

