



JANUARY 2021

North & South Dakota Houses



Exercise and physical activity can help adults reach their potential, both physically and mentally. Taking a walk can be fun and health-promoting. A study published in the Fall 2005 issue of "Therapeutic Recreation Journal" reported better health, improved social and family life and improved quality of life for people who participated in recreational activities.



South Dakota House

NEWS WORTHY:

MANAGER OF THE MONTH, Mindy M.

EMPLOYEES OF THE MONTH, Jasmine C.,
Ronette S., Roberta H., Amber C., and Frankie G.

There is a Birthday at North Dakota!



**Happy
Birthday
to you!**



2021 New Year Resolutions

"My New Year's resolution is to get a job this year." Genesis House



"I don't need to make a New Year's resolution because I am perfect."

Genesis House

Beacon House



Winter Wonderland



"He loves everything about winter but especially Christmas time."

Oasis House