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What' S.U.P.?



Supporting Unlimited Possibilities, Inc.

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National Immunization Awareness Month

Sponsor: Center for Disease Control and Prevention, National Center for Immunization and Respiratory Diseases

Immunization or vaccination, helps prevent dangerous and sometimes deadly diseases. To stay protected against serious illnesses like the flu, measles, and pneumonia, adults need to get their shots—just like kids do.

National Immunization Awareness Month is a great time to promote vaccines and remind family, friends, and co-workers to stay up to date on their shots.

We can all use this month to raise awareness about vaccines and share strategies to increase immunization rates with our community.

Here are just a few ideas:

- Talk to friends and family members about how vaccines aren't just for kids. People of all ages can get shots to protect them from serious diseases.
- Encourage people in your community to get the flu vaccine every year.
- Invite a doctor or nurse to speak to parents about why it's important for all kids to get vaccinated.

Everyone age 6 months and older needs to get a flu vaccine every year. Other shots work best when they are given at certain ages.

Old-Fashioned Macaroni Salad

Total Time: 2 hr 35 min
 Prep: 15 min
 Inactive: 2 hr
 Cook: 20 min
 Yield: 4 to 6 servings
 Level: Easy

Ingredients

4 eggs
 1 pound large elbow macaroni
 4 ounces ham steak, finely chopped
 2 stalks chopped celery, including leaves
 1 large shallot, chopped
 2 tablespoons fresh lemon juice
 Dressing:
 2/3 cup mayonnaise
 2 tablespoons Dijon mustard
 1 (4-ounce) jar chopped pimentos, drained
 3 tablespoons sweet pickled relish
 Kosher salt and pepper

Directions

To make the hard-boiled eggs: Add the eggs to a medium-sized saucepan. Cover with cold water

and bring up to a boil over medium heat. Cover with a lid and turn off the heat. Let the eggs sit in the hot water for 14 minutes. Drain and cool under cold running water. Peel the eggs and chop. Reserve.

While the eggs are cooking, bring a large pot of salted water to a boil over high heat and add the macaroni. Cook until al dente. Drain and rinse with cold water.

In a large serving bowl, combine the eggs, ham steak, celery, shallots and lemon juice. Add the macaroni and stir to combine.

In a separate bowl, whisk together the mayonnaise, mustard, pickled relish, and salt and pepper, to taste. Add the dressing to the macaroni and toss to coat. Season with more salt and pepper, if needed. Cover and chill for 2 hours for the flavors to meld.

Recipe courtesy of The Neelys

Advertisement

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Read more at: <http://www.foodnetwork.com/recipes/patrick-and-gina-neely/old-fashioned->

Happy Birthday For the Month of August:



- Todd Forrer 8/1
- Cindy Church 8/5
- Alma Caballero 8/13
- Irene Garcia 8/14
- Stephanie Russaw 8/17



Employee Incentive Winners For the Month of July:

- **Debbie Murrillo**
Broken Arrow
- **Noah DiConti**
Catlin
- **Chicago Staff**
Chicago
- **Mack Staff**
Mack
- **Larrissa Bandura**
Mayberry
- **Donnesha Blackman**
White
- **Jonathan Soto**
Day Program

Each employee received a gift card!!