

DSP Week Wrap Up & Zoo Thank Yous!

Hello HH Team,

THANK YOU to all of our HH Team Members who sent in photos for DSP week and attended the Minnesota Zoo last Wednesday! Everything we do at Hiawatha Homes starts and ends with our individuals. The people doing the day-to-day work to make sure our individuals are living full lives are our Direct Support Professionals. I hope you all never forget the impact you make each and every day. I am incredibly grateful for your hard work.



These opportunities and moments can come far and few between. The extra effort to bring nearly 30 individuals was so exciting.

I can say for my group, one of the biggest highlights of the trip was in the aquarium, seeing Linda and Keith's faces light up was absolutely terrific.



One of our next larger gatherings for all of Hiawatha Homes will be on Thursday, October 29 from 1 - 5 PM for Halloween. We hope to see you all there!

WE APPRECIATE YOU!!!!

Cindy S. Ostrowski
Cindy Ostrowski, CEO

HIAWATHA HEROES

October 2026



Ashley Millard

Nurse

Ashley is a compassionate, self-sufficient nurse. She quietly goes about her nursing duties making sure that all individuals receive the needed nursing care. She worked diligently to ensure a seamless transition for an individual after the doctor ordered a medication only nurses can administer, making sure that a nurse is available every day to give the medication; preserving the individual's dignity and ensuring their health.

Ashley does not shout about her achievements or her knowledge, so this note is to shout for her about what an amazing nurse she is!

October Anniversaries

Michael Klobuchar - 27 years

Ruth Carr - 21 years

Robelene Hondel - 9 years

Christina Fricker - 6 years

Florence Kariuki - 6 years

Ashley Chav - 4 years

Sumeya Noor - 3 years

Shukri Galbed - 3 years

Anyieth Nyang - 3 years

Rebecca Manyok - 3 years

Xiona Crosby-Horton - 2 years

Abdulkadir Hilowle - 1 year

Emnet Hermano - 1 year

Fiozia Muhamed - 1 year

Kylee Sue - 1 year

Orion Mayr-Grebe - 1 year

New Team Members

Welcome to Hiawatha Homes!

Abdishakur Mohamed
Abdulrahman Ahmad-Hasan
Ahmed Ali
Akoti Ajok
Amran Jamac
Asha Ahmed
Ayan Ahmed
Brianna Smith
Bryant Lasky
Comfort Wehyee
Fowzi Abukar

Hamza Adan
Karom Abdi
Koraan Kamel
Lance Koenig
Mariah McNamara
Rylie Ronnenberg
Segeel Shire
Tammy Aarsvold
Tasiya Abshir
Yahye Aden
Yelisa Diaz

NOMINATIONS

Did you know?

**REFER A
FRIEND**

Nominate a Hiawatha Hero by visiting
hiawathahomes.org/employee-login

Refer an Employee by visiting
hiawathahomes.org/employee-login

Food Safety Tips

Safe Minimum Internal Temperature

Food safety is high priority in our homes at Hiawatha, and at your home as well!

Over the next handful of employee newsletters, we'll be breaking down food safety tips that can be used during grocery shopping, food storage, and meal preparation. ***Print this out and hang it on your fridge as a helpful reminder!**

This month is all about safe internal temperatures of meats and leftovers. This information comes from our friends at USDA (United States Department of Agriculture - Food Safety and Inspection Service).



U.S. DEPARTMENT OF AGRICULTURE

Is it done yet? You can't tell just by looking!

Use a food thermometer to check for the safe minimum internal temperature.



145°F



Beef, Pork, Veal & Lamb
(Steaks, Roasts & Chops)

145°F

(with a 3-minute rest time)



Beef, Pork, Veal & Lamb
(Ground)

160°F



160°F



Turkey, Chicken & Duck
(Whole, Pieces & Ground)

165°F

Have more questions? Visit our website at www.FSIS.USDA.gov
or contact the USDA Meat and Poultry Hotline at **1-888-MPHotline** (1-888-674-6854) or MPHotline@usda.gov



HIAWATHA HOMES

Sensory-Friendly Trunk or Treat

Saturday, October 24 | 1:30 pm - 3:30 pm

Join Tilson's Auto Repair for an afternoon of inclusive Trunk or Treat. This will be a safe and welcoming space where everyone can enjoy the spirit of Halloween - no matter their age or ability.

Scan here to sign up to be a trunker!

