

THE QUALITY COURIER

Wacky Holidays

Country Music Day

July 4th

Fried Chicken Day

July 6th

Fresh Spinach Day

July 16th

Moon Day

July 20th

Vanilla Ice Cream Day

July 23rd

Culinarians Day

July 25th

Aunt and Uncle Day

July 26th

Cheesecake Day

July 30th

Did You Know?

The European Union has banned more than 1,100 chemicals from cosmetics. The United States has banned just 10.

The Thirty-seventh Newsletter

In the thirty-seventh issue of the monthly newsletter, you can find birthdays, a great recipe to try at home, and more. We would like to note that the employee of the month is 100% chosen by the staff, so please make sure you are turning in your nominations each month or voting on Facebook!

Missouri Quality Care

-Excellence in Behavioral & Developmental Needs-

July Employee Birthdays

If you see these people, be sure to wish them a Happy Birthday!

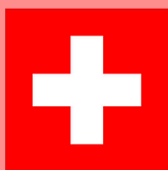
Tyler Swinderman - July 2nd

Dayah Rogers - July 19th



**You take
over
23,000
breaths
everyday.**

**The Swiss flag
is square.**



**PLEASE SEND US YOUR
NEWS, RECIPES,
PICTURES, OR ANYTHING
GOING ON IN YOUR LIVES
AND OUR PEOPLES'!**

EMAIL ME:

noah@moqualitycare.org

BONUS

Don't Forget

Our agency is always offering a referral bonus for any trusted person you send in. If they maintain employment in good standing for 90 days, you will receive a \$50 bonus!

Anniversaries

Madison Scott - 6 years

Cristni Thornton - 1 year

Don't forget to check out our website!

missouriqualitycare.com

Skinny Alfredo

Ingredients

12 oz. whole-wheat linguine
1 tbsp. extra-virgin olive oil
3 cloves garlic, minced
2 tbsp. all-purpose flour
1 c. low-sodium chicken broth
3/4 c. 1% milk
1/2 c. freshly grated Parmesan
2 tbsp. plain Greek yogurt (optional)
Freshly ground black pepper
Pinch crushed red pepper flakes
Freshly chopped parsley, for serving

Directions

In a large pot of salted boiling water, cook linguine according to package directions until al dente. Set aside 1/2 cup of pasta water, then drain pasta and set aside. In a large skillet over medium heat, heat oil. Add garlic and cook until fragrant, 1 minute. Sprinkle flour over evenly, then stir and cook until mixture is lightly golden. Very gradually add broth in while whisking, 2 tablespoons at a time, waiting for mixture to become completely smooth before adding more broth. Bring mixture to a boil, then gradually stream in milk while whisking. Bring to a simmer and cook until sauce is thickened, 2 to 3 minutes.
Remove from heat and add Parmesan and yogurt, if using. Season with salt, pepper, and a pinch of red pepper flakes.
Add pasta and a 1/4 cup reserved pasta water to sauce and toss to combine. If sauce is too thick add more pasta water, a tablespoon at a time, until desired consistency.
Garnish with parsley before serving.



Here's a
healthier
Alfredo recipe
to try!

This Month's Quote

The way a team plays as a whole determines its success. You may have the greatest bunch of individual stars in the world, but if they don't play together, the club won't be worth a dime.

~ Babe Ruth, baseball legend

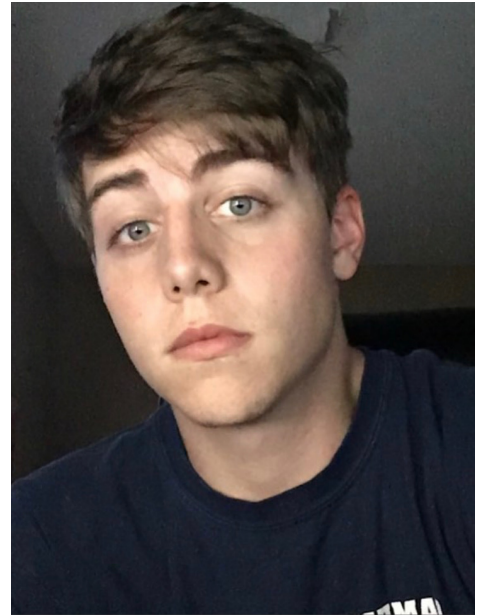
EMPLOYEE OF THE MONTH

After reviewing each of this month's employee of the month nominations, we have come to the conclusion that July's employee of the month is Nick Sprague. Nick has worked at Missouri Quality Care since May of 2019. He is originally from Cameron, MO and some of his family includes his mom, Jennifer, and his brother, Jake. In 5 years, Nick sees himself still working with here with advancement. Nick enjoys working at Missouri Quality Care because he likes making a difference, and he says that working with the residents has made him a better person. A fellow employee had this to say about Nick: "Nick is a kind hearted and caring staff. He brings professionalism and a smile everywhere he goes. I believe Nick will have a bright future in this company and in life. Nick takes the time to really understand and make a long lasting personal relationship with each individual he cares for." Missouri Quality Care thanks you for all of your hard work and dedication. We are very excited to continue working with you and can't wait to see what you do next!

Please keep the nominations coming so we can continue to select employees each month!

You can also submit your vote on our Facebook page!

***Nick
Sprague***



Announcements



If you haven't already, make sure to join the Missouri Quality Care Facebook page created for our employees to stay informed on upcoming events, trainings, open hours, internal job opportunities, etc.

You will also be able to view pics of agency events there, so that we can share the great times had with each other. We encourage all employees to join. If you haven't joined already, simply search for Missouri Quality Care on Facebook and look for our logo. You can also ask your fellow employees or someone at the office.

This Month's Feature

Juvenile Arthritis Awareness Month

July is Juvenile Arthritis Awareness Month, a month dedicated to increase awareness over early signs and symptoms of juvenile arthritis and to ease the focus of resources for this battle. The campaign was initiated by the Arthritis Foundation and targets a condition that currently affects 300,000 children nationwide, making it one of the most common childhood diseases in the US.

The word “**arthritis**” means joint inflammation in Latin, but juvenile arthritis can include eyes, skin and gastrointestinal tract as affected areas.

The disorder has a large variety in forms and researchers and doctors alike are working to better understand what the key differences are and how different approaches can help.

Three classifications of juvenile arthritis exist: juvenile rheumatoid arthritis (JRA), juvenile chronic arthritis (JCA), and juvenile idiopathic arthritis (JIA), of which, juvenile rheumatoid arthritis is the most common. The classification is made based on symptoms, number of joints involved and the presence of antibodies in the blood.

At this moment there is no cure for juvenile arthritis. The custom approach to the disorder is to control pain levels, reduce inflammation and maintain mobility, while in more extreme cases surgery is the only possible solution to prevent further joint damage. Many treatment plans are based on proper medication, therapeutically physical activities and healthy eating. Probably the most important component of any plan is the way in which all measures are included in a child's daily schedule in order to affect the quality of life as little as possible.

JUVENILEARTHRITIS
A W A R E N E S S

