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- **SPECIAL OLYMPICS** this Saturday the 15th at North Montgomery High School for Track & Field Regionals. Leaving PCCS at 7 am and will return between 5 and 5:30 pm.
- **SPECIAL OLYMPICS STATE GAMES** are June 4th, 5th and 6th at Indiana State University in Terre Haute. Opening Ceremony starts at 7 pm on Friday the 4th at Hulman Center.
- **3RD ANNUAL COMMUNITY CLEAN-UP DAY** is Saturday, May 22nd. This event is sponsored by the Greater Greencastle Chamber of commerce, Inc and

Republic Service Company. Some of our consumers will be helping out with this event. This is a wonderful opportunity for the businesses and residents to participate in keeping the city of Greencastle a clean, well-groomed place to live.

- **CPR/FIRST AID:** The upcoming CPR/First Aid classes for the *Greencastle* area are June 19th at 10 am and July 17th at 10 am. Please contact Debbie at 765-653-9763 ext. 114 to schedule and check for availability. To schedule a class for the *Greenwood* area, please contact Emily at 765-721-7993. *CPR/First Aid class, please dress appropriately.*

LIFESTYLE NEWS

- **TO EAT BETTER, SWAP THIS FOR THAT:** It's easier to eat healthfully if you keep your kitchen stocked with foods that are packed with nutrients but low in calories and saturated fat. Here are a couple of ingredients that fit the bill, plus advise on how to substitute them for their less-healthy counterparts. 1) **Instead of ground beef** (231 calories, 6 grams of saturated fat per 3-ounce serving of cooked, 80 percent lean beef), **try canned beans** (about the same calories but almost no saturated fat per cup, depending on the type.) They can have almost as much protein as ground beef, plus lots of fiber and other nutrients. **Cooking tips:** Try beans in burritos, swap them for meat in chili or stews, or add them to a salad. Put cannellini beans into a blender with rosemary, then thin with water for a tasty soup. 2) **Instead of full-fat sour cream** (444 calories, 26 grams of saturated fat per cup), **try fat-free sour cream** (189 calories, 0 grams of saturated fat per cup), **or plain, fat-free yogurt** (137 calories, 0.3 grams of saturated fat per cup). They have a similar tangy flavor and creamy texture, so they work well in dips or on top of baked potatoes. **Cooking tips:** Strain yogurt to thicken it and use in place of cream cheese or add to cold soups or salad dressings. Try using yogurt seasoned with curry or ginger to marinate chicken, fish or lamb.

COMMUNITY LIVING SERVICES (Debbie Rooksberry 765-653-9763 ext. 114)

- **THIS IS A MUST REQUIREMENT--> VISIT OUR WEBSITE** at www.pccsinc.org. Go online and create an user account. When this is done we will add your information on your page, which will have your PTO time and when all of your training expires. We will NO LONGER be sending out letters to remind you as it will be on the website. You will be able to email us attachments of your updated training as well as have access to all of the tests and other forms that you need. It will also have upcoming events and other information. If you do not have access to a computer, please contact your supervisor to set you up a webpage that they will have access to for your information. Please be patient as it will take a while to add everyone's information once logins are created.

PEER SUPPORT (Lisa Wagle 765-721-0158)

- Mikey's Walk-Run-Ride that was held on May 8th was a cool, breezy day but all went well and approximately \$1500.00 was raised. Thank you to everyone who played a part in making this a success. PCCS had close to 30 participants. A Great Time was had at Robe-Ann Park playing games, listening and dancing to music and eating good food.
- Get a **MIKEY'S T-SHIRTS** for a \$10 donation. Please help us surpass our goal, see Donna or call Lisa at 765-721-0158 to get your t-shirt. All proceeds go to *assisting terminally ill cancer patients*.
- Next Peer Support Meeting will be Tuesday, May 18th at the PCCS Workshop at 5 pm. **Black and White Race** is our theme, members are asked to wear "black and white" and bring in pop cans to be recycled.

MISSION STATEMENT

- The mission of Putnam County Comprehensive Services, Inc. is to provide services to individuals with disabilities in order for them to reach their optimum potential in attitudes, habits and skills through training and integration, making them contributing members of their community; and to promote community awareness and acceptance of people with differing abilities.

Happy May Birthdays!