**HAPPY FEBRUARY BIRTHDAYS TO THE FOLLOWING:**

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<thead>
<tr>
<th>Date</th>
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<tr>
<td>Feb. 1st</td>
<td>Ira Gadsden</td>
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<td>Albert Larue</td>
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<td>Feb. 2nd</td>
<td>Andrew Wyatt</td>
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<td>Pam Linde</td>
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<td>Chalyn Brooks</td>
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<td>Feb. 7th</td>
<td>Jay Donaldson</td>
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<td>Laura Blair</td>
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<td>Raheim Hawkins</td>
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<td>Kelli Ivey</td>
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<td>Eddie Cunningham</td>
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<td>Donny Blake</td>
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<td>Lizzie’s 13th</td>
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<td>Alden Oakley</td>
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<td>Michael Strader</td>
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<td>David Carlisle</td>
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<td>Mimi’s 15th</td>
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<td>Lee Spradlin</td>
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<td>Leigh Vermillion</td>
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<td>Kerrie Fox</td>
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<td>David Grissom</td>
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<td>Arman Majdi</td>
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<td>Kenny Williams</td>
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<td>Eddie Cunningham</td>
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<td>Pat Harter</td>
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<td>Nikki Brown</td>
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<td>Feb. 25th</td>
<td>Danny King</td>
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<td>Kerns Sage</td>
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<td>Feb. 26th</td>
<td>Jim Russell</td>
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<td>Feb. 27th</td>
<td>Jenna Hildebrand</td>
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<td>Feb. 27th</td>
<td>Jimmy Mccormick</td>
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<td>Feb. 29th</td>
<td>Hadley Berry</td>
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**WELCOME NEW MEMBERS!**

**Welcome Back:**
Monty White  
Brian Nance

**New Day/Social Program:**
Dylan Adonis  
Greg Greeson  
Steven Adams

**ILP**
Garrett Bailey moved in with Kenneth & Khadeem in Gwinnett.

Justin Underwood has moved in with Tony Sinkfield in Gwinnett.

Haden Keen has joined ILP and moved in to the 1 bedroom in Fulton.

**HALL COUNTY**

We are hopefully closing on the loan this month and starting Ground Breaking! We will keep everyone up to date as we make progress. If you are interested in contributing to the property or have any questions, you can contact Kyle at kivey@beckelinc.org.
**CHEESY BACON DIP**

**INGREDIENTS:**
- 16 oz cottage cheese
- 1 cup shredded cheddar cheese
- 1/2 cup grated parmesan cheese
- 1/3 cup bacon bits
- 3 green onions, sliced

**DIRECTIONS:**
1. Preheat oven to 350.
2. Mix all ingredients in a large bowl.
3. Spread into a 9 inch pie plate.
4. Bake 20 to 25 minutes until hot. Let stand 10 minutes.
5. Serve with crackers.

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**CHEESY PIZZA DIP**

**INGREDIENTS:**
- 1 lb Velveeta cut into 1/2 inch cubes
- 1 tomato, chopped
- 20 slices pepperoni, chopped

**DIRECTIONS:**
1. Combine ingredients in a 1 1/2 quart microwaveable bowl.
2. Microwave on high for 4 to 5 mins., stirring every 2 mins.
3. Serve with fresh veggies.

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**QUICK DILL DIP**

**INGREDIENTS:**
- 1 cup Miracle Whip
- 16 oz sour cream
- 1 tbsp dill weed
- 1 tbsp dried minced onion
- 1 tbsp parsley flakes

**DIRECTIONS:**
1. Mix all ingredients. Cover.
2. Refrigerate overnight.
3. Serve with crackers or veggies.

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**LAYERED TOMATO DIP**

**INGREDIENTS:**
- 9 oz Philadelphia Neufchatel Cheese, softened
- 2 small tomatoes, chopped
- 1/4 cup shredded cheddar cheese
- 2 cloves garlic, minced
- 3 green onions, sliced

**DIRECTIONS:**
1. Mix Neufchatel and garlic until well blended.
2. Spread onto bottom of serving bowl, top with tomatoes, onions and cheddar.
3. Refrigerate several hours. Serve with crackers.

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**BUFFALO CHICKEN DIP**

**INGREDIENTS:**
- 2 cups shredded cooked chicken
- 8 oz cream cheese, softened
- 1/2 cup Ranch dressing
- 1/2 cup hot pepper sauce
- 1/2 cup Blue cheese crumbles
- 1 tbsp chopped green onions

**DIRECTIONS:**
1. Heat oven to 350 F.
2. Combine all ingredients in medium bowl. Spoon into shallow baking dish sprayed with cooking spray.
3. Bake 20 min, stir
4. Sprinkle with onions.

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**MEATBALL SUB BUBBLE UP BAKE**

**INGREDIENTS:**
- 1 can Grands biscuits
- 16 oz bag frozen cooked Italian meatballs
- 1 green bell pepper, diced, sautéed
- 3 cups marinara sauce
- 2 cups (8 oz) Italian cheese blend
- Grated parmesan cheese

**DIRECTIONS:**
1. Heat oven to 350.
2. Separate dough into 8 biscuits. Cut each biscuit into 6 pieces, place in large bowl. Add meatballs, sautéed bell pepper and marinara sauce, stir until well coated.
3. Pour into ungreased 13x9 inch baking dish. Sprinkle Italian cheese evenly over top.
4. Bake 35 minutes.
5. Sprinkle with parmesan cheese.
BREAKFAST RECIPES FOR WEEKEND COOKING!

MORNING TEX MEX SCRAMBLE

INGREDIENTS:
2 cups cholesterol free egg product
1 cup cottage cheese
1 green pepper, chopped
1/2 cup chopped onions
1/2 cup cheddar cheese
1/2 cup thick and chunky salsa

DIRECTIONS:
1. Beat egg product and cottage cheese with whisk until well blended, set aside.
2. Cook veggies in medium nonstick skillet sprayed with cooking spray on medium high heat 3 mins, stir occasionally.
3. Add egg mixture and cheddar on medium heat 8 to 10 mins, stirring frequently.
4. Top with salsa.

ON THE GO SPINACH SCRAMBLE

INGREDIENTS:
1/2 cup baby spinach leaves
1/2 cup cholesterol free egg product
Black pepper
Multi grain English muffin, split, toasted
1 Kraft cheese single

DIRECTIONS:
1. Cook spinach in nonstick skillet on medium heat 1 min.
2. Add egg product and dash of pepper, cook and stir 1-2 min.
3. Fill muffin halves with egg mixture and single.

HAM & EGG CRESCENT BAKE

INGREDIENTS:
1 can Pillsbury crescent rolls
6 eggs
1 cup diced cooked ham
1/2 cup chopped red bell pepper
1 1/2 cups Colby-Monterey jack cheese

DIRECTIONS:
1. Heat oven to 375. Unroll dough and press into bottom and 1 inch up the sides of ungreased 13x9 inch glass baking dish. Press crescent roll perforations to seal. Prick all over with a fork.
2. Bake 7 to 9 minutes until dough is set but not brown.
3. In medium bowl, beat eggs, pour into dough-lined pan.
4. Top with ham, bell pepper and cheese.
5. Bake 20 mins until eggs are set and crust browns.

EASY OVEN FRITTATA

INGREDIENTS:
8 eggs
2 tbsp water
1 cup mozzarella cheese, divided
1/2 cup chopped tomatoes
1/4 cup chopped fresh basil
2 tbsp bacon bits

DIRECTIONS:
1. Heat oven to 350
2. Whisk eggs and water.
3. Add 1/2 cup mozzarella cheese, tomatoes, basil & bacon. Mix well.
4. Pour into greased pie plate.
5. Sprinkle with remaining cheese.
6. Bake 30 minutes until top is puffed and edges are brown.
FEBRUARY 2017 ACTIVITIES:

SATURDAY, FEB. 4TH
MASTERPIECE MIXERS DOOR HANGER
TIME: 1-4 PM    COST: $20.00

These are new and will be such a cute decoration! We will be making a wooden heart to hang on your door! You don't want to miss this! We will be heading over to the Suwannee Studio and taking our break outside in Suwanee Town Center for pizza and drinks on the lawn—weather permitting! Make sure that you wear clothing that can get painted!

SATURDAY, FEB. 11TH
VALENTINE’S PARTY & DANCE
TIME: 6-9 PM    COST: $10.00

We have decided to skip the AADD Dance and have our own at The JP Office. We will have wings, meatballs, finger sandwiches and other appetizers. We will have love potions (punch) and beer and wine (limited of course). Dress up and get ready to dance the night away. You do not have to have a boyfriend or girlfriend to attend this party. We love being friends, too!

SUNDAY, FEB. 5TH
SUPERBOWL SUNDAY
PROPERTY PARTY: ILP MEMBERS ONLY
TIME: 6-10 PM
COST: $20.00 ( & PASS A FOOTBALL QUIZ)

We will be having a party on each property! You must pass a football quiz about the Superbowl in order to get in—this is to make sure that we only have football fans and no distractions for them! In Fulton, Big Kevin will be organizing and in Gwinnett—Steven Hall—We will have chicken wings, meatballs, dips, beer and fun! Bring some extra $$ for the football board! Make sure you wear your team colors!

TUESDAY, FEBRUARY 14TH
HAPPY VALENTINE’S DAY!

Valentine’s Day is not just for lovers, but also for friends and family! Take the time today to remind someone why they are special to you! Happy Valentine’s Day from all of us—you make our lives rewarding and enriching. We love you!

THURSDAY, FEBRUARY 16TH
COUPLES DINNER
TIME: 6:30-8:30PM
COST: $50.00 PER COUPLE OR $25.00 PER PERSON

We will be going out for an Italian dinner of appetizers, salad, pasta & a dessert to share! You must have been a couple for at least 3 months in order to attend— if you are not sure, only Becky can give final approval. Dress nice and be ready to take your sweetie on a date!

TUESDAY, FEB. 7TH
MH GROUP
TIME: 7-9 pm    COST: $15.00

Let's go to dinner! We will head over to the Mexican Restaurant for dinner and discussion! Let's start 2017 with positive thought! This is for individuals with an MH diagnosis only.
FEBRUARY 2017 ACTIVITIES CONTINUED:

SATURDAY, FEBRUARY 18TH
AFTERNOON MOVIE
TIME: 1-4 PM  COST: $15.00

Let's go to the movies! There are so many good new releases out and the winter weather makes activities inside so much cozier! You will get a drink and popcorn at the theater— if you are wanting more, please bring extra money!

MONDAY, FEBRUARY 20TH
HAPPY PRESIDENTS DAY!

“"If your actions inspire others to dream more, learn more, do more and become more, you are a leader.”

— John Quincy Adams

WEDNESDAY, FEBRUARY 22ND
ILP MEETING
TIME: 6-9 PM  COST: $8.00

We will be having our regular ILP meeting and everyone is encouraged to attend. Since we are all working on getting healthier, we are going to go with salad bar—a group favorite! We will be making announcements, celebrating birthdays and introducing new people. Please wear red or pink to celebrate the month of love!

SATURDAY, FEBRUARY 25TH
BARNUM & BAILEY CIRCUS
TIME: 1-4 PM  COST: $25.00
(LIMIT 35 PEOPLE)

This is the last time that the Barnum & Bailey Circus is performing! After 146 years they are closing the curtain. This is your last opportunity to see them in real life. We are limiting this to 35 people since it is an advanced ticket sale event. You will get a snack or a drink at the event—bring extra money if you want more or for souvenirs.

SAVE THE DATE!
CAMP WILLAWAY
MARCH 17TH-19TH
COST: $150.00

This is always a really fun trip and you don’t want to miss it! You must sign up by Feb 28th in order to get a shirt and save your spot! We will go to Camp Willaway for a weekend of rock climbing, ropes, campfires, archery & fun!
FEBRUARY TRIVIA

FEBRUARY IS THE MONTH OF:

- AMERICAN HEART MONTH
- BLACK HISTORY MONTH
- CHOCOLATE LOVERS MONTH
- GRAPEFRUIT MONTH
- SNACK FOOD MONTH
- CANNED FOOD MONTH

BIRTHSTONE: Amethyst
FLOWER: Violet
ZODIAC: Aquarius, Pisces

"Freezing cold winds, biting chills, and white snow fluffed hills Valentine's Day, oh how gay! President's Day is coming our way. February, sweet and small, greatest month of all."

- Eric Lies

February 1865 is the only month in recorded history not to have a full moon! SPOOKY!

Groundhog Day is celebrated on Feb. 2nd.

It came about because of German superstition. They thought if a hibernating animal cast a shadow on Feb. 2nd that Winter would last for another 6 weeks—no shadow and Spring would come early.

FEBRUARY SPORTS FACTS

1876– National League—now Major League Baseball was founded
1967– American Basketball Association was established
1932-Winter Olympics held in Lake Placid, NY.
1972– Bob Douglas became the 1st African American to be inducted into the Basketball Hall of Fame.

The best thing to hold onto in life, is each other.
Audrey Hepburn
ANNIVERSARIES AT WORK!

Jeff Holland celebrates 11 years at Kroger.

Nicholas Smith celebrates 3 years at a daycare at church.

Theresa Evans 12 years at Kroger.

Eric Simonet celebrates 5 years at Kroger.

Mike Jones celebrates 6 years at Just Stuff as a delivery assistant.

Crystal Geller celebrates 6 years at her job!

GREAT JOB GWINNETT!

The Gwinnett ILP Members & Staff did a great job getting their apartments clean and sparkly for their apartment checks by Kelli & Kyle! WAY TO GO GUYS!

UPCOMING EVENTS TO JOIN:

SATURDAY, FEB 11TH Fulton Clubhouse 10am Church sponsored Volunteer Day Bingo

SATURDAY, FEB 25TH Habitat for Humanity 7:30-3:30 with the Aktion Club

SUSAN’S BIG ANNOUNCEMENT

Susan Stinson’s family was contacted because they have found the remains of her Great-Great Uncle who died at Pearl Harbor 74 years ago! They are excited to be able to finally lay him to rest in Arlington this year.

DERRICK IS FAMOUS!

Derrick was photographed at Disney World and was given an original lithograph from a true Disney animator! How cool!

THOUGHTS & PRAYERS

Lora Coffman’s father passed away in January. Our thoughts and prayers are with her and her mother during this time.

SPECIAL OLYMPICS!

Thank you to Alisha for coordinating all of the Special Olympic Events! Thank you to all of the participants for excellent behavior – you guys did so awesome in all of your events! Thank you to the families that came to cheer us on! Thank you to the staff that volunteered to coach, come for the weekend & supervise:

Alisha, Kelli, Nikki, Leon, Lamar, Tiffany, Lisa T, Jessica, Theresa, Fredy Dornell & Kenny!
Congratulations Theresa!

Theresa Evans received a Shining Star at Kroger for excellence in customer service. She celebrates 13 years at Kroger this month.

GOODBYE TO IZZY

Isadore “Izzy” Hannon has been offered a full time position somewhere else and is leaving JP to accept that. We will miss having him in Roswell but wish him luck!

GOT STUFF?

Just Stuff can always pick up any donations of furniture, household items, rugs, clothing, etc. We are working on helping Gwinnett update some of their stuff! Just call “Just” Stuff at 678-291-0696 to schedule a pickup!

GET FIT!?!?

Did you know that the Day Program has started a Boot Camp/Get Healthy Program on Wednesdays? Did you know Fulton has Zumba on Sundays? Join us!!

JP STAFF ANNIVERSARIES

Lisa Taljan celebrates 20 years of service at JP! Lisa is a Case Manager and Driver by day and our go to girl by night!

Kevin Denslinger celebrates 5 years at Just People. Kevin currently handles all of the vending machines and teaches cooking classes at the Day program.

Ralph Goins celebrates 10 years of service. He is currently the Fulton Supervisor.

Kyle Ivey celebrates 8 years and now handles the new project in Hall County.

Alex Monestime celebrates 3 years and is a case manager for the guys in Fulton.

Jennifer Neal celebrates 3 years off and on as the JP receptionist one or two days a week.

Francis Siedio celebrates 3 years as the JP Job Coach. Imagine how many jobs she has gotten in that time!

Thank you to all of our staff for every day. You are wonderful and the consistency in your dedication is invaluable. THANK YOU!
LETTER FROM THE DIRECTOR (From the Sea..)

Hi everyone! Although I am out of the country, I think of you all everyday and hope all is well with you. I have been following the weather and it sounds like it has been pretty wet. We really have needed the rain, hopefully the lake is up. We have had some beautiful weather, hot during the day and cool in the evening. Most of the places we have visited, I have been with the group. It brings back some fun memories and I share them with all of the people we have met on the ship— at least, with anyone who will listen. Today we are in St Thomas and I remember being here a few years ago and Marlon’s mom meeting the ship and doing the excursion with us.

Congratulations guys! I hear you all did great and had a lot of fun. Kelli kept me informed of what was going on at Special Olympics. I heard we got a lot of medals. I am very proud of all of our athletes and missed being there to cheer you on— but I was there in spirit.

FYI— After 10 years of dedication to the mission of Just People, Loren Conrad has stepped down as Chairman. Bob Goodwyn has been unanimously voted in as our new Chairman. Bob’s son, Robert lives at the Roswell Village. Loren will remain on the Board as Vice-Chair. Loren’s daughter, Kathryn, and her husband, Robbie, live at the Roswell Village, also. Kevin & Kyle will keep the Board up to date on the new community in Flowery Branch. Everything is ready, we get the final Financial Term Sheet soon and the ground breaking will happen soon— we will send out an Announcement when the Ground Breaking is scheduled. I will also post it on the Clubhouse doors on both properties for the group.

February is the month we all get out to show a little extra love to those that are special to us. This doesn’t have to be a girlfriend, boyfriend, husband or wife. It can be “just” someone who is special to you— a friend, grandparents, even your case manager. It also doesn’t have to be a gift, it can be a card you made. Remember showing someone you love or appreciate them doesn’t have to cost anything. After all— love is free. Again, I am looking forward to and love working with all of you including the group, staff and families that support “Just” People and its mission. I am really excited about all of the things, events and changes about to take place this year.

Happy Valentine’s Day to you all.

Becky
FUN FACTS ABOUT WATER

1. Men need about 13 cups of water a day and women need about 9 (8oz) cups!
2. Drinking water helps boost your metabolism which helps you to loose weight.
3. The average person could go a month without food but can only go a week without water.
4. Good hydration can help prevent arthritis.
5. Drinking water helps to reduce the chances of heart disease and cancer because it helps to move the toxins from your body.
6. Good hydration prevents tooth decay and cavities.
7. 80% of your brain tissue is made of water!
8. SO—DRINK YOUR WATER!!!

BETTER SNACK TIPS

Feeling like a snack? Research says that you should eat something every 2-4 hours! Instead of reaching for junk—reach for these:

- Handful of almonds
- Protein Bar
- Banana
- Apple
- String Cheese
- Hard Boiled Egg
- Celery & Peanut Butter

WHY WALK?

- Maintain a healthy weight
- Prevent or manage heart disease, type 2 diabetes, and high blood pressure
  - Strengthen your bones and muscles
  - Improve your mood
  - Improve your balance and coordination

Great job to those that have been out and walking! We love seeing you take care of yourselves! A lot of clients and staff are using their fitbits to set goals and smash them – if you need a walking partner— we would be glad to help you find one! Get out there and take control of your health!