



# THE ★ REPORT

A Publication for the Employees of Work Services Corporation

## From the **PRESIDENT**

BY JERRY BETTENHAUSEN



The WSC Quality Work Environment (QWE) Team has taken on a project to revive the WSC Quarterly Newsletter. It has been at least 15 years since our company

published a newsletter, and we have changed dramatically in size, diversity, and geography during that time. The newsletter will help us understand how the various WSC departments fit together in achieving our primary mission of providing employment opportunities for people with disabilities. I hope that you will read the newsletter and provide comments and suggestions to the editorial staff. Also, let us know if you have ideas for article or photos for the next newsletter. I am very proud of the effort and dedication put forth by WSC employees every single day, and I hope that we will be able to recognize your accomplishments in this new company publication.

## Employee Stories: Bonnie Millard

My first exposure to WSC was in 1990. The Individual Development Center had a program that helped adults read and write called the Adult Literacy Lab. A wonderful woman was my teacher there and she encouraged me to be confident in my reading and writing abilities as well as myself. When I went into the Adult Literacy Lab program, I was reading and writing at a 5th grade level. When I left, I was reading and writing at a post-high school level. I was so proud of myself. I was one step closer to being independent and self-confident.

A lot of things have changed since then. I've taken on more responsibilities and learned to use and rely on computers to help do my job. But the one thing that hasn't changed is the fact that I love my job. I just

took my first vacation in 10 years. I was only gone a week, but the whole time I was gone I wanted to be back at work.



Bonnie Millard tells her story through the WSC Speaker's Bureau

My job is very important to me. I love and respect my coworkers. My job gives me independence, success, pride in my accomplishments and a sense of hope that people can do anything they set their minds to. But most of all, my job helps me to overcome my disabilities. I hope that everyone can find something they can overcome the way my job at Work Services Corporation has for me.



### Calendar of Events

**January**

Smoking Cessation

**February**

Dancing with Stars

**February 15th**

Employee Recognition Luncheon

**March**

Wellness Committee Exercise Class

**Food Handler's Classes**

Food handler's classes at the base are held every Tuesday beginning at 8:30 a.m.

**To add events to the calendar, call Melodi Bernal at 855-9334 ext. 11**

## Safety is No Accident

BY FRANK GUERRERO

Too often we think about safety after we have had an accident. In the rush of things, we may have ignored the broken ladder, the unsafe road conditions, or that very hot pan of food coming out of the oven. So, now we have to “hear it” from the supervisor. If we are lucky, that’s the worst of it, but what if we have to spend time in the hospital? How are we going to explain that to the family?



Don’t think of accidents as something that happens to someone else and never to “me.” Do not get in a hurry or take shortcuts. We must make safety a personal matter—a part of everything we do every day.

In 2011, think of safety not as a waste of time or an expense, but as an investment in yourself.

## Congratulations!



**Carla Evans**

2010 EMPLOYEE OF THE YEAR

## We are Looking for Great Ideas!

Suggestion boxes are now in all of your facilities.

Please let us know what your great ideas are! Write your suggestion on a form and put it in the box. If you want someone to get back with you about your suggestion, include your name on the suggestion form.

## Food Service Spotlight

BY PHIL CARDINAL

Sheppard Air Force Base boasts one of the largest Food Service Programs in the Air Force. Our Food Service Program is a key component in the training mission of the Air Force. The high quality, nutritious meals served daily in our facilities help keep our military troops in the proper mental and physical condition to perform to the demands of the military service. In the month of October 2010, our employees prepared and served 219,264



meals. Also, during October our employees rallied to raise over \$32,000 for local charities. Work Service’s Food Service program experiences great success because of the limitless dedication shown by our employees.



Quitting smoking is one of the most important steps in creating a world with less cancer and MORE BIRTHDAYS. By quitting smoking you can take one of the most important steps toward helping make this world of less cancer and more birthdays a reality. Smokers who quit can add up to eight years and up to eight more birthdays to their lives. You can also add money in your pocket — did you know that if you smoke 1 pack of cigarettes a day you are spending about \$2,000 a year? Think of all the things you could buy with an extra \$2,000!

### In the Meantime

- Pick a day to quit and mark it on your calendar
- Tell friends and family about your quit day
- Enlist the help of a buddy to cheer you on
- Stock up on sugarless gum, hard candy, or carrot sticks
- Get rid of all the cigarettes and ashtrays in your home and car
- Practice saying, “No thank you, I don’t smoke.” Or “No thank you, I want more birthdays” or “No thank you, I want to see my grandchildren grow up.”
- Change your routine. Use a different route to work, try drinking tea instead of coffee, eat different foods and **REDUCE OR AVOID ALCOHOL**

Because quitting smoking is a matter of planning and commitment, not luck; decide now on your own plan! The Great American Smokeout is the 3rd week in November. Please make a goal to quit smoking by then. We want all of you to have more birthdays! Call Tama Shannon at 855-9334 X 29 for resources to help you be successful.