

**PET OF THE MONTH**

By The Editor

We're using a suggestion offered by Rob Libera, after he saw my favorite picture of my unique cat. He talked about his neighborhood newsletter featuring someone's pet once a month, and he thought we should try it. We will do that. It doesn't matter what kind of pet you have (except it has to be alive), if you would like to share it. Even people's grandpuppies would be a good animal to spotlight. We'll spotlight a pet or a couple of pets a month (if you have more than one you want to share with us), but you'll need to provide a picture and a paragraph about your special animal. First come, first served determines order of who is chosen first. I'll debut the column with a picture of my "smiling" cat, and then we'll see what happens after that. We already have a person lined up for next month who

wants to share her 4 pets, and it is a variety of them. Hope everybody would like to share, if they want to do so.

CELIA

By Becky Stillwell (aka "The Editor")

I first saw a picture of Celia on the APA's website back in 2018. She was approximately 3 years old, and I fell in love with that face. I always wanted a tuxedo cat because they are so cute. Celia has lived with me for 4 years now. She originally was a stray, taken in by a family who had 3 other animals, and then all 4 of the animals were surrendered to the APA, reason unknown. Apparently her family of humans didn't interact with her, so she's had a lot to learn to about trusting any humans again. She has a wonderful personality, and she's a plucky little animal. She's willing to grin at you, and she gets along well with everyone. During the big snowstorm at the beginning of February, we shared our naps together, and more recently during the ice storm of late February. Celia has her own room with a view out her front window, and her choice of toys. She can sit and watch the world come and go! Celia is my purrrrrr-fect pet!!

Editorial note: Send your pictures and brief article to bstillwell@lafayetteindustries.com . We hope to hear from you.



Rob Libera
CEO & Executive Director
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Mission: The mission of Lafayette Industries is to provide employment opportunities to persons with developmental disabilities and to persons with other disabilities who are 18 years or older.

Goals: ♦ To provide a meaningful and productive work experience to persons who are disabled ♦ To maintain a safe and pleasant work environment ♦ To teach and to train persons with disabilities to acquire better work habits ♦ To enhance self-worth and dignity through employment ♦ To provide high-quality business service through packaging, light assembly and commercial mailings ♦ To operate the center in a professional, fiscally responsible manner ♦ To provide fair wages and good benefits



CAUGHT BEING RESPECTFUL -

JANUARY 2020

Immediate left – left to right: Scott Skarstad (new Lafayette CFO), James Riester, Mark Becker and Carl Berger (United Healthcare)

CAUGHT BEING SAFE – **JANUARY 2020**

Immediate right – left to right: Scott Skarstad (new Lafayette CFO), Scott Royal, Debbie Draper, Carl Berger (United Healthcare)



KNIGHTS OF COLUMBUS COUNCIL 12986 –

CHRIST, PRINCE OF PEACE CHURCH

Immediate left: Bill Lenger, Craig Marek, Kurtis Sullentrop, Brian Cahill, Deacon Greg Bialis, Rob Libera



employees to accept the donation. Rob took them on a tour of Lafayette, and they got to see what a lot of us get to see every day. Our employees are hard workers who love being here. They see their friends, every now and again they get recognized, but most important, they get to meet groups like the Knights. The Knights of Columbus are some of our best and most loyal supporters. Time and time again we see their generosity, and we thank them so much for thinking of our employees, and they got a lot in return as well. They got to see that folks here at Lafayette aren't just passing time sitting around, they are working at a real job. Thanks again to everyone who participated in the Tootsie Roll Drive at CPOP.

HAPPY BIRTHDAY TO OUR MARCH FOLKS!

NORTH

Sandra	Hite	1
Jason	Doss	3
Linda	Hagedorn	4
Mickeal Darren	Phillips	7
Debra	Coleman	8
Stefanie	Taylor	9
Leona	Shadwick	11
Stephen	Bindbeutel	19
Michael	Terry	19
Eric	Klein	22
Travis	Carter	24
Lavonda	Daniels	24
Jason	Boedicker	26
Donna	Love	28
Charlie	Weaver	29

WEST

Timothy	Black	7
Travis	Nichols	7
Courtney	Guenther	14
Christopher	Brock	15
Marla	Dehahn	16
Mark	Becker	19
Peter	Johnston	20
Petra	Bauer	22
Meri	Rohan	25
Jennifer	Schweiss	29
Ben	Kaufmann	30



How old are you? Wow, that's really old. How much is that in dog years? Maybe you'll feel better about how old you are when you see how old the dog is.

DAVID VANEK TAKES PART IN HIS NIECE'S WEDDING

By The Vanek Family (Proud Family of David Vanek)

Below left: David Vanek's niece, Madison Marie, and her husband, Chris, were married in Branson, Missouri on February 12, 2022.



Middle:

David Vanek is dancing with his niece, Madison Marie, with his Paige, watching. Paige is David's niece and Madison's younger sister. David is definitely a proud uncle to both of his nieces!!!

Above right: David Vanek dancing with his two nieces, Madison Marie and Paige.

NEW AREA CODE PLANNED FOR ST. LOUIS AREA: St. Louis will be getting a new area code later this year, starting August 12th. The reason is that 314 area code numbers are running low, and will be exhausted by the third quarter of 2022. People who currently have the 314 area code will see no changes, but any new numbers will receive the new **557** area code overlay. This impacts the communities of St. Louis, Overland, Bridgeton, Florissant, Webster Groves, Creve Coeur, Kirkwood and Sappington. What it means for the St. Louis region is that we'll have to start dialing all 10 digits instead of just 7 digits, and get used to yet another area code. Happy dialing!

**LAFAYETTE INDUSTRIES
PRESENTS**

10th Annual Mouse Races

Saturday, March 19

Doors Open 6:30pm

First Race 7:00pm

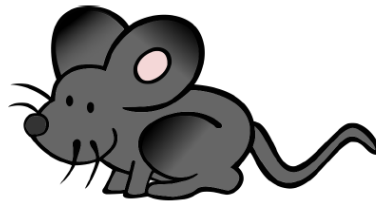
**Trinity Lutheran Church
14088 Clayton Road**

\$25/person ~ \$20/Lafayette employee

Table of 8 for \$200

Sponsor a Mouse for \$25

Sponsor a Race for \$100



***Ticket price includes snacks, soda, beer and wine.
You may bring your own food. Tables of 8 available.***

This event sells out quickly!

***Click here to register or
Contact Kate Gregor
636.227.5666, ext. 1103
www.lafayetteindustries.com***



New Look for Mouse Races!

To ensure both fun and safety precautions,
we have implemented safety measures for this event.



Wearing is Caring!!

We request you to wear a mask when
checking in and when socializing.



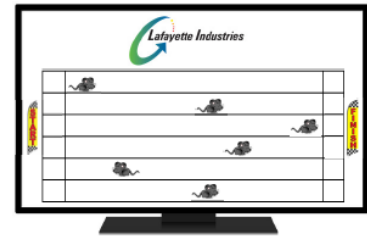
BONUS Mask Contest: Prize for Best Mask

You are free to eat and
drink at your table
without masks.

Please adhere to social
distancing when you are
away from your table.

For your Viewing Pleasure!!

Two Large TV screens will be setup in the room so you
may view the races from your table!



Please adhere to social distancing
if you wish to view the races up close.
Remember each race only takes a few seconds.

Thank you for adhering to these safety protocols and ENJOY THE RACES!!



SAFETY THOUGHTS FOR MARCH 2022

by Tom Heitert (The Safety Guru)

WELCOME THE SANDMAN

Greetings from the Central Offices of the Ol' Safety Captain, and it's 3:15 a.m. Whaaaaa? Did he say 3:15 in the AM? Yup. Can't sleep. Been up a while too. Well, March 14-21 is Sleep Awareness Week. Too late for me, but maybe not for you. Apparently, what is called for is some Sleep Hygiene! Let me explain.

We require a bedroom environment and a regular schedule that promotes good sleeping. The bedroom should be dark with few distractions. NO television and LED lights are bad too. Lots of people like a little background noise. I've been reading that putting up the phone and turning off the computer an hour prior to bed is beneficial as well.

A set sleep schedule should be kept. I try to do this. I still get up at the same time every day, and have for years. I try to go to bed at the same time as well. Try to get 30 minutes of daylight each day too. This keeps your Circadian Rhythm in rhythm.

My particular issue this morning is I have been taking ibuprofen for a number of nights due to some muscular pain I've been suffering. It apparently became part of my sleep routine. Another night of two without ought to do the trick.

Tiredness is a major safety factor so focus on good sleep habits, folks.

SAFETY IS NO ACCIDENT - **MORE LATER!**

MARK CARLSON'S VISIT TO DISNEYLAND IN ORLANDO, FLORIDA

By Edward Carlson (Proud Father)



Immediate Left: Mark Carlson had the wonderful opportunity to go with his older brother, Bob's family to Disneyland in Orlando, Florida this past January.

Top Right and Bottom Right: Mark explored Disneyland with his niece, Sam, and his nephew, Ted.



Far left: Star Wars was Mark most important stop, and

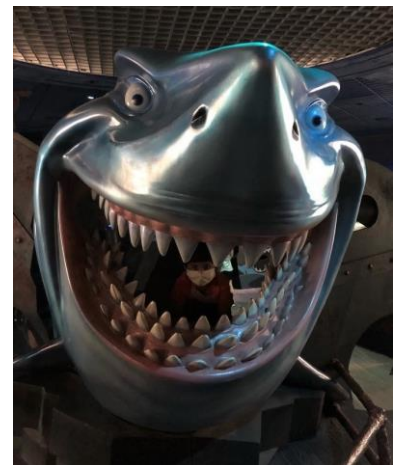
Immediate left: an important part of his trip was to have a giant pizza.



Above: Each night they all could watch fireworks from their hotel balcony.



Above: Mark had only to stay out of the the lockup and avoid sharks.



CARLI BINEK'S FAMILY GOES ON VACATION TO HAWAII!! By Donna Binek (Proud Mother)

Carli Binek knows the perfect time to take a vacation to Hawaii! On January 30th Carli, and most of her family members (11 in all), flew to Oahu, Hawaii. They spent the next week basking in the sunshine while her co-workers were freezing in a snowstorm in St. Louis. While there, the family went on a tour of the Dole Pineapple Plantation and Gardens, and rode on the Pineapple Express. They learned about the history of growing pineapples in Hawaii. On another day they visited Pearl Harbor and the USS Arizona Memorial. The whole family went to a Lu'au, eating Polynesian food and enjoying the Polynesian dance show. Trips to the beach meant lots of sand that Carli did not like. Hanging out at the beautiful home we stayed at in Kailua, right on the ocean front, was Carli's favorite activity. Her brother, sisters and nephews loved to go kayaking, swimming, and hiking. Watching the sunrise each morning was an awesome experience.



Row 1 – left to right: Carli at Dole Garden, Binek family on Pineapple Express and Binek family at Pearl Harbor Historic site
Row 2 – left to right: Binek family takes a hike, Binek family at Lu'au, Carli on the beach
Row 3 – left to right: Tom, Donna and Carli Binek, Carli on deck of house with beautiful view, sunrise view from deck



MEDICARE PLANNING

By Carl Berger

I wanted to introduce myself again. My name is Carl Berger. I specialize in Medicare planning. I have been a Medicare advisor since 2013. I love to answer questions and help find ways to save money. Right now we are in the last month of the Open Election Period. This is one of the times during the year you can change plans if needed.

I have helped over 1,000 people find the right plan for their needs. Most of the time I can ask a few basic questions to see if we need to explore other options for you.

Most that work at Lafayette Industries qualify for Medicare and Medicaid. Having both of those give you access to many more benefits provided by insurance

companies at no cost to you.

I would love to make sure everyone is getting all the benefits available to them.

Send me an email or give me a call. Let's make sure the benefits that are available are being used!

Regards,

Carl Berger

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Visit and follow my page on: Facebook at www.Facebook.com/StLouisMedicare

APRIL 2022 – CARDINAL BASEBALL GAME: As you know, the ballgame for this year is August 5th, and we're supposed to be playing the New York Yankees. This was the game that was picked for Lafayette's Night at the Ballpark. You have also heard that the baseball owners and players are at odds again, and for the time being the players are locked out. So our game is hopefully on, and let's hope that the two sides begin talking and get a deal struck. We'll begin publicizing the game in April, depending on what is happening. Let's hope they get together and talk everything out. Stay tuned!

MARCH 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
There are two Free Lunches for West because of the one that we postponed from February 24 th .		1 Mardi Gras	2 Ash Wednesday	3 West Free Lunch (postponed due to bad weather)	4	5
6	7	8	9	10 PAY DAY	11	12 K of C Dance – St. Clare of Assisi School Cafeteria - 7:00 – 10:00p – Wearin’ of the Green
13 Daylight Savings Time Begins	14	15	16 6:00p – Board of Directors meeting	17 North Free Lunch St. Patrick’s Day	18	19
20 First Day of Spring	21	22	23	24	25 PAY DAY	26
27	28	29	30	31 West Free Lunch		