
Gabriel Homes, Inc.

Resident Council Newsletter

Gabriel Homes
PO Box 710207
Herndon, VA 20171-0207

Volume 1, Issue 2
Spring 2006

Letter from the President

Dear Residents, Friends and Family,

I'm really happy about the last newsletter and I hope that every one else liked it too. I love being on the Resident Council and being the President. It is hard work but a lot of fun.

My favorite thing the council did was having Susan Stolpe who is the Volunteer Coordinator for Reston Interfaith come to talk to us about things we can do to volunteer right here in Reston. There are a lot of good things we can do for other people in our neighborhood and we will tell you about some of them in this newsletter.

Don't forget that the Resident Council meets on the first Tuesday of every month and all Gabriel Homes Residents are welcome to come to the meetings. I hope we will get more speakers since we all enjoyed Susan's visit.

Thank You,
Kari Gabris



Kari Gabris
2006 Resident Council President

Keeping our Mission in Mind

Volunteering in our Community

The Resident Council would like to extend its thanks to Susan Stolpe, Volunteer Coordinator for Reston Interfaith for taking time to present information about Reston Interfaith and the organization's various volunteer opportunities during the May Council meeting.

It is part of the mission of the Gabriel Homes Resident Council to offer opportunities for Residents to volunteer in the community. After Ms. Stolpe's presentation the Council became very excited about the opportunity to help out with Reston Interfaith's Embry Rucker Shelter for homeless families. The council would like to sponsor a project to make bag lunches for residents of the shelter. If you are interested in helping out by purchasing some items or making sandwiches and packing lunches please contact Chris Yorke at the Group Home 6 phone number.

2006 Council Members

Kari Gabris – President
Chris Yorke – V.P. & Treasurer
John Heeter – Secretary
Sam Zimmerman – GH1 Rep.
Caryn Cizewski – GH3 Rep.
Richard Rioux – GH4 Rep.
Whitney Berkheimer – GH5 Rep.
George Armstrong – GH6 Rep.
Richard Devlin – GH7 Rep.

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Resident of the Quarter

Katrina Ciambbruchini

Wow! What a woman Katrina has turned out to be! This young woman is more than just a pair of beautiful blue eyes. Smart, funny, friendly and creative—she's got it all! Katrina came to Gabriel Homes as a student at the Davis Center more than 2 years ago and with some determination and a whole lot of hard work she has finally made it to Graduation. Katrina has grown so much in the years since moving to Gabriel Homes and she is now a smart, more confident, independent woman prepared to take on a new career as well as all the joys and challenges that lie ahead.



"I like Katrina, she is a nice girl and a nice friend." - Kari Gabris

You Go Girl! We're proud of you!

Focus on Creativity

The Resident Council is planning to create a 2007 calendar displaying artwork by our fellow Residents. The calendar will be sold to raise money for Resident Council projects and programs. If you would like to have your artwork (or other creative efforts such as poetry or photography) considered for display in the calendar please contact Beth Hoyos or your Resident Council Representative by August 30th.

Staff of the Quarter

Esther Greene

If anybody can be in two places at once it seems to be Esther. Do you need to pick up a prescription? Does he need help with dinner? Does she need to get to the gym? Did the microwave just break? Are you out of lunch meat and paper towels? Have no fear! Esther will take care of it all in one evening—and the smile will never leave her face! While she will always jump in to handle the tough jobs she never hesitates to put a positive spin on things. And don't forget who is always the first one to get the dancing started at any party—Esther, that's who!



In addition to being one of our most dependable employees, Esther is truly kindhearted and her caring comes through in everything she does. Thanks so much for all you do Esther! You make such a difference in all our lives.

"Esther is great, she is always there for us, whatever we need." - Rich Devlin



Get to Know the New Food Pyramid

- Nadine Young

It is new and improved! The new food pyramid is designed to be simple and to help people make healthy food choices. Each different color represents a food group to remind people to get a variety of foods each day. Here are steps you can take to healthier eating:

Grains

Focus on "whole" grains since they are more nutritious and have more fiber. Here are some tips to add more "whole" grains to your daily diet:

- *Choose "whole grains" when selecting bread products instead of white bread. Look for "whole" wheat or "whole" grain on the label
- *Choose brown rice instead of white
- *Choose "whole grain" cereals and pasta

Vegetables & Fruits

Strive for at least five servings of fruits and vegetables every day. Have a fruit with each meal and a vegetable for

lunch and dinner and you have your five. Select dark green and orange vegetables as they are more nutritious.

One serving size is:

- ½ cup orange juice or 100% fruit juice
- 1 apple or orange or banana
- ½ cup cooked vegetable or mixed fruit
- 1-cup salad

Oil

Select healthy oils such as canola or olive oil – these are your best choices.

Milk

Choose skim or 1% milk and low-fat or fat-free yogurts and cheese. Consume at least 2 servings a day since milk products are loaded with calcium, which keeps your bones strong. One serving is 1 cup of milk or yogurt or 1 ½ ounce of cheese.

Meat and Beans

Choose lean meats such as chicken

without the skin. Also try some other protein sources at meals such as dry beans, eggs, nuts and seeds.



Check out the picture of the pyramid and note the person climbing the steps. This is to point out the fact that an important part of a healthy lifestyle is getting regular exercise.

Spring provides the perfect weather for outdoor activities. So when you get home from work, lace up your tennis shoes and get outside for a walk! Take you first step to a healthier you!

We Thank our Volunteers!

- John Heeter

The Residents of Gabriel Homes would like to thank the many people who volunteer to help us. We really appreciate all the support they give. They do things like donate money and fix up our houses. Also all of our Board of Directors are volunteers, and we are very thankful for all the things they do to keep Gabriel Homes running.

We also don't want to forget so many of our family members who help out by giving rides, gardening, decorating and doing lots of fix-it jobs.

Thanks for helping us out because we wouldn't be the people we are today without you!

Beat the Heat

It's summertime again! Time to get out and get active. At Gabriel Homes everyone is very proud of the active and healthy lifestyles that our residents lead; but don't forget these important safety tips when you are having fun in the sun...

- Drink lots of fluids—especially water!
- Wear light colored and loose fitting clothes
- Always wear sunscreen
- If you begin to feel weak or faint, have cramps or a headache, or feel dizzy or confused move indoors or to a shady place and drink some water right away.



Gabriel Homes
PO Box 710207
Herndon, VA 20171-0207

Phone: (703) 476-1592
Fax: (703) 716-0695
www.gabrielhomes.org



More News....



**Havin Fun for A Cause
National Race for the Cure
June 2006**

- The Gabriel Home's 12th annual Golf Tournament will be held on Sept 18, 2006 at the Evergreen Country Club in Haymarket, VA. For more information please see our website at www.gabrielhomes.org
- The Resident Council would love to include more articles written by residents in this newsletter. If you would like to write an article for the newsletter please see Beth Hoyos or contact your Resident Council Representative.
- Don't forget... If you want to know who the On-Call Supervisor is for the week you can call the main office number at (703) 476-1592. The message is updated every Monday afternoon with the new On-Call Supervisor's name and phone number.
- The On-Call supervisor is always available for emergencies and other urgent or time pressing matters (at any time and on any day); however, please save non urgent matters for weekday business hours (9am to 7pm).
- A very special Thank You goes to Kari Gabris & Whitney Berkhimer for representing our organization at the 2006 Transition Fair for the Fairfax County School System. These two women were a big help and they were Great representatives of Gabriel Homes! Our residents are our best representatives and these two really shined!

