



Ramseur News

Inside this issue:

September Training Information	2
September Recipe	2
Character Trait of the Month	3
Quotes of the Month	3
Labor Day Crossword	3
General Information	4

Labor Day Fun Facts

- The first Labor Day parade was on September 5, 1882
- It took 12 years (1894) for Labor Day to be made a holiday for federal workers
- In Europe, Labor Day is celebrated on May 1st
- As of May 2009, there are 155.1 million workers age 16 and above in the nation's labor force

Mental Health: Questions and Warnings

What is mental health?

Mental health is the ability to deal with problems and adjust to different situations. It does not mean that no problems exist, just that the person is able to cope with the problems appropriately.

What are mental illnesses?

Like other illnesses, these are diseases which can result in a person's inability to deal with everyday life. There are many different types and they can vary greatly in symptoms as well as how severe they are.

According to the Department of Community and Human Services at King County, these are ten warn-

ing signs to look for in yourself or others:

1. Marked personality change
2. Inability to cope with daily life
3. Strange ideas
4. Excessive fears, worries and anxieties
5. Prolonged depression or irritability
6. Feeling of extreme highs and lows
7. Dramatic changes in eating or sleeping habits
8. Excessive anger or violent behavior
9. Alcohol/drug abuse



10. Thinking or talking about suicide

To keep up with mental health, make sure to follow the 10 commandments above. Mental illness is more common than people think so don't hesitate to talk to a doctor if you or someone you know shows signs of mental illness.

Happy Birthday!!!

Delgado Harris 9-8

Jerry Griffith 9-15

Deborah Brown 9-27

Lillie Sullivan 9-27



September Training

CPR

First Aid

NCI

Please contact HR to register:

(919) 465-9335

vdouglas@RamseurHomes.com



Sensational September Spuds!

Ingredients:

- Potatoes
- 2 Bay Leaves
- 1 1/2 cup sour cream
- 1/4 cup melted margarine
- 1/4 cup minced onion
- 1 1/2 teaspoon salt
- 2 cup grated cheese
- 1/2 cup crushed potato



Directions:

- Boil potatoes with 2 bay leaves
- Peel and slice potatoes
- Put into greased baking dish
- Add sour cream, margarine, onion, salt, and 1 1/2 cup grated cheese
- Bake at 350° for 35 minutes
- Sprinkle chips and 1/2 cup grated cheese over top and bake 5-10 more minutes

Character Trait of the Month - Responsibility!

September's character trait is responsibility! What does it mean to be responsible?

Normally, being responsible means that you are in charge of something or in charge of getting something done. Like being responsible for doing the dishes or being responsible for your pet.

No matter how you say it, being responsible shows you are dependable and reliable. It is important to show

others that they can depend on you when you take on a task.

Everyone is responsible for something and more often than not, people are responsible for others.

Responsibility can be as simple as taking out the trash or as complex as taking care of a child. Regardless of the responsibility, by following through on commitments, you show those around you that they can trust you now and in the future.

Responsible students:

- Do their homework
- Follow the rules
- Return library books
- Respect their surroundings
- Keep school supplies in order

How do you show others that you are responsible?

Quotes of the Month

"All labor that uplifts humanity has dignity and importance and should be undertaken with painstaking excellence"

~Martin Luther King, Jr



"A mind always employed is always happy. This is the true secret, the grand recipe, for felicity."

~Thomas Jefferson

Labor Day Crossword!

i r e k r o w e g u a e p
 i n e s l f n p m n e e n
 i i d y t s t o l i o m a
 i t e u o i g t s o i a e
 u y r m s l f n v n l m b
 c s s e m t p e i r d t u
 r s t e e e r m n n y r s
 c l r r e t u y e e r c i
 a e y r i m g o n y b a n
 o m b m w k b l a b o r e
 r s e a r s e p t y j e s
 r n g g o i e m e o e e s
 s e p t e m b e r s w r e

- Benefits
- Business
- Career
- Earnings
- Employer
- Employment
- Industry
- Job
- Labor
- Minimum Wage
- Overtime
- September
- Strike
- Union
- Worker

Can you find all 15 words?

Ramseur Hoes

223 E Chatham St, Suite 102
Cary, NC 27511

Phone: 919-465-9335
Fax: 919-465-9338
E-mail: info@RamseurHomes.com

**Building Stronger Relationships
For a Lifetime of Success!**

Visit us on the web!
www.RamseurHomes.com

Ramseur Homes

We are a residential Level III treatment facility, contracted in Wake and Durham Counties, for children and adolescents who are at risk, emotionally disturbed, or who have a mental illness. Our purpose is to make sure each child has a structured living environment. We also take great pride in providing the utmost care for our children. We believe in utilizing family and community support to foster individual development and growth.



Referrals: If you are aware of anyone that can benefit from Ramseur Homes Services please contact the corporate office at: (919)465-9335 to obtain information about completing the referral process.

DONATIONS

**All donations will be accepted.
We need, but are not limited to any of the following items:**

- 1. Teenage Clothes**
- 2. Shoes**
- 3. Cleaning Supplies**
- 4. Non-Perishable Food**
- 5. Monetary Donations**

PLEASE SEND ALL DONATIONS TO:

**223 East Chatham St.
Suite 102
Cary, NC 27511**

Community Service

Tell us how you're involved in the community...

Church _____

Civic _____

Fraternity _____

Can Ramseur Homes help you in your service? Can you help Ramseur Homes?
Please let us know!

What kind of community service would you like to participate in with Ramseur Homes?

- Tutoring children with learning disabilities
- Cleaning a roadside
- Volunteering at a nursing home
- Helping out at a local library
- Cleaning a park
- Feeding the homeless
- Collecting items for charity



Please number the choices 1-7 to show your preferences!