



Wellness Committee Notes

Remember to turn in your wellness reimbursements for July, August and September to Craig no later than October 2.

Cedar Valley Festival

**Northeast Iowa Steel Guitar
October 27 - 29
Electric Park Ballroom**

Showcasing the steel guitar in several musical genres, including country, swing, blues, jazz, gospel and pop artists from the Midwest.

Tortellini Soup



- 3 tablespoons butter or margarine
- 2 garlic cloves, finely chopped
- 2 medium celery stalks, chopped (1 cup)
- 1 medium carrot, chopped (1/2 cup)
- 1 small onion, chopped (1/4 cup)
- 2 cartons (32 oz. each) Progresso™ chicken broth (8 cups)
- 4 cups water
- 2 packages (9 oz. each) dried cheese filled tortellini
- 2 tablespoons chopped fresh parsley
- 1/2 teaspoon pepper
- Freshly grated Parmesan cheese

Melt butter in 6-quart Dutch oven over medium-low heat. Cover and cook garlic, celery, carrot and onion in butter 10 minutes, stirring occasionally. Stir in broth and water. Heat to boiling; reduce heat. Stir in tortellini. Cover and simmer about 20 minutes, stirring occasionally, until tortellini are tender. Stir in parsley and pepper. Cover and simmer 10 minutes. Top each serving with grated Parmesan cheese.



October Birthdays

| | |
|----------------------------|-------|
| Sarah Nelson (WIC) | 10/7 |
| Konnie Greene-Holman (WIC) | 10/10 |
| Heather Skeens (P&C) | 10/15 |
| Chris Sarsfield (WIC) | 10/29 |
| Donna Foelske (ELFS) | 10/30 |



October Employment Anniversaries

| | |
|----------------------------|----------|
| Marla Betts (Fiscal) | 27 years |
| Billie Allen-Williams (CR) | 25 years |
| Lekeisha Veasley (P&C) | 12 years |
| Danielle Brood (ELFS) | 3 years |
| Jessica Bruening (CR) | 2 years |
| Sarah Nelson (WIC) | 1 year |



Congratulations

Joe Ambrose, Brenda Thompson and Donna Boos received their 2017 Certificate of Complete for Iowa Community Action Association ELITE (Emerging Leaders Institute Training and Excellence) on September 11.

