

The TRICO Times

Monthly Newsletter



October

Hello, October! Spooky season is officially here! October is bringing cooler days, fall colors, and plenty of fun around here at TRICO!

This Month at a Glance



Paydays:
October 2nd
October 16th
October 30th



Birthdays:
Ronald
Jason
Walter
Kaleb



Work Anniversaries:
John



Upcoming Events:
Oct 29th -
Trunk or Treat
(see page 3)



Training Topic :
Accident Reporting

Safety Spotlight

Alex



Monthly Updates

The safety training review for Oct. is Accident Reporting, which will be covered at the monthly Program and Safety meeting.



Featured Seasonal Recipe



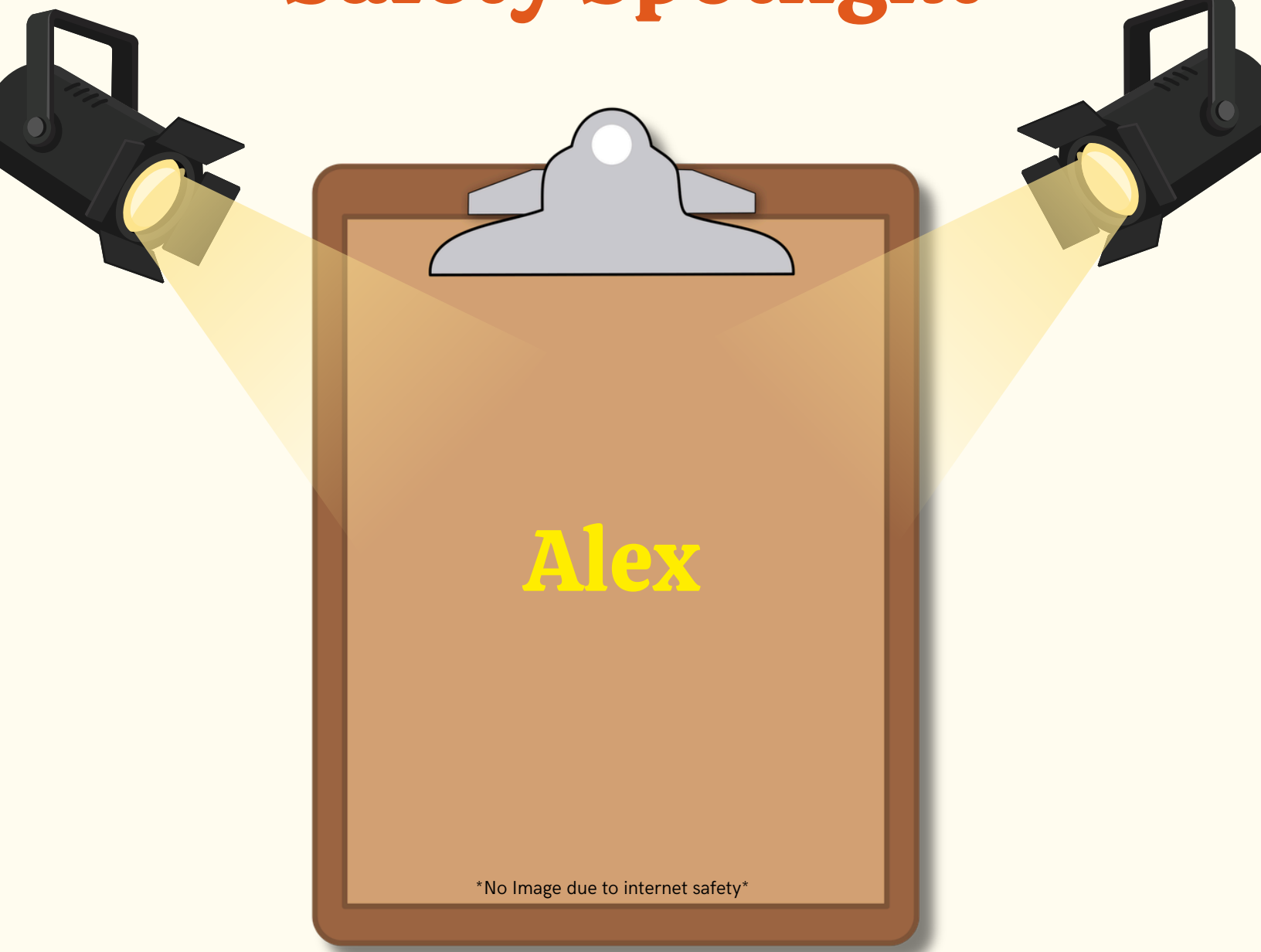
Rice Krispie Pumpkin Treats
(See page 5 for recipe)

Joke of the Month

What do birds say on Halloween?
Trick or tweet!



Safety Spotlight



He always ensures what he's doing is safe, and he keeps his area clean!

OCTOBER 2026 NEWSLETTER

TRICO Community Based Day Service



Happy Spooky October TRICO families and individuals!!

I want to first introduce myself to everyone. My name is Heather Poll, and I have lived in the Kingsford/Iron Mountain area for 13 years. I have a 22-year-old son, Noah who also participates in the TRICO Day Service. A 18 year old daughter who is in her first year of college at Michigan Tech University. I'm married to my highschool sweetheart who I have been with since 1995. I left the YMCA two years ago to come work for TRICO as a Job Developer, Job Coach, Marketing and Program Coordinator. I now have the pleasure of working with all of you through our Day Service program. It is my hope and goal to grow the program and add a few more days throughout the months. I will also be providing these monthly newsletters to keep everyone up to date on events.

I have an open door policy and welcome everyone to call, email, or stop in if there are ever any questions, concerns, or you just want to say "hi."

Sincerely,

Heather Poll

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A LOOK AHEAD

As I look ahead to grow the Day Service program, I'm hoping to incorporate more outdoor activities that explore our community. A few ideas that I am looking into are, a local Buffalo Ranch, a Fall hike on part of the Fumee Nature Trails, Skiing with Moving Mountains (more on that to come), and a Reindeer Farm.

Surveys will be going out soon as well to gather feedback on how people feel the program has been working for them, which activities to keep, do more of, add, or toss out.

If anyone has ideas or would like to assist with putting together an event, please reach out anytime. The more ideas the better!



OCTOBER EVENTS

- October 7th: We will be going to the Swanson Big Red Barn in Niagara for the Pumpkin Fest. The cost is \$23.00 and that purchases a hot chocolate, chocolate chip cookie, the corn maze, and a pumpkin. Feel free to wear a Halloween costume, staff will be!
- October 12th and 19th: We will be creating backdrops and making decorations for our Haunted Van for the Days Inn Trunk or Treat later in the month.
- October 14th & 28th are our bowling days.
- October 21st: We will be walking through the halls of the Evergreen Assisted Living to greet and engage the elderly residents. Please do not come with fake blood, weapons, or scary masks as it could frighten the elderly residents. A costume is not required to participate. We will be going to The Bakery Shoppe after the parade to purchase a treat.
- October 29th: We are participating in the Trunk or Treat at the Days Inn parking lot. This event is in the evening. Pick-up and Drop-off times will be provided later.



TRICO Talk



Did You Know?

October is national disability employment awareness month.

This Month in History



Oct 1st 1971 - Walt Disney World Opened in Florida.

Seasonal Fun Facts



The treat "Candy Corn" was originally called "chicken feed"



Quick Wellness Tip



A little fresh air, movement, and natural sunlight can help boost your energy and mood!

★ Uplifting Thought ★

“

Autumn reminds us how beautiful it can be to "let things go"

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Training Topic of the Month:

Accident Reporting, it will be covered at the monthly Program and Safety meeting - Monday Oct. 12th.



Pumpkin Rice Krispie Treats

Makes about 10-12 treats | About 25 minutes | No baking

Ingredients

- 1/4 cup butter
- 1 bag mini marshmallows (about 10 oz)
- About 6 cups Rice Krispies cereal
- Extra Rice Krispies, as needed
- Red liquid food coloring
- Mini Rolos
- Green M&Ms
- Butter or nonstick spray for your hands

Step-by-Step Instructions

1. Melt the butter

Melt 1/4 cup butter in a large pot over low-medium heat.

2. Add the marshmallows

Pour in the full bag of mini marshmallows.

3. Stir until smooth

Keep stirring until the marshmallows are completely melted and silky.

4. Make it orange

Add red food coloring a few drops at a time and stir until the mixture is pumpkin-orange.

5. Add the cereal

Stir in about 6 cups of Rice Krispies.

6. Adjust the texture

If the mixture is very sticky, add a little more cereal until it holds together.

7. Cool slightly

Let it sit 1-2 minutes, just until it is cool enough to handle.

8. Grease your hands

Lightly butter or spray your hands so the mixture does not stick.

9. Shape the pumpkins

Grab a handful and gently roll or compress it into a round pumpkin shape.

10. Add the stem

Press one mini Rolo into the top of each pumpkin.

11. Add the leaf

Press one green M&M next to the Rolo.

12. Let them set

Place on parchment or in a dish and let them firm up before serving.

Quick Notes

Color: Add the red food coloring slowly. A few drops at a time makes it easier to control the shade.

Texture: If the mixture is too sticky to shape, mix in a little more cereal.

Hands: Lightly grease your hands before shaping each pumpkin.

Shopping Shortcut

For about 10-12 pumpkins : 1 bag marshmallows, 1 box Rice Krispies, 1 bag mini Rolos, and 1 bag M&Ms.

