

# Triumph Incorporated

*Working Together To Achieve Your Success*

NEWSLETTER FOR NOVEMBER/DECEMBER 2018

# SO VERY THANKFUL

*Our family at  
Triumph, Inc.  
Would like to wish you  
and yours a  
Happy  
Thanksgiving!*

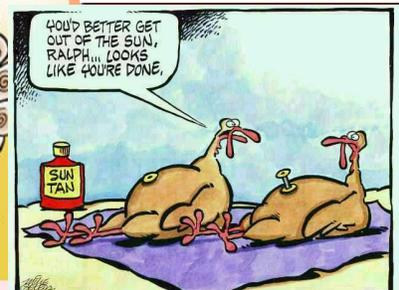
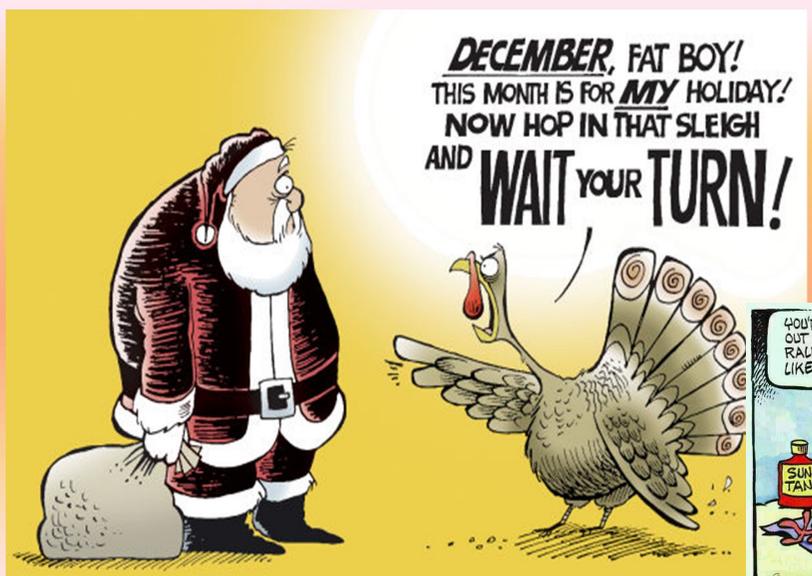


### A THANKSGIVING POEM

May your stuffing be tasty,  
May your turkey plump,  
May your potatoes and gravy  
have nary a lump.  
May your yams be delicious  
and your pies take the prize,  
and may your  
Thanksgiving dinner  
stay off your thighs!



### How to weigh yourself the day after Thanksgiving





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Our mission is to assist the client to achieve their specific goals. This being accomplished through a teamwork approach utilizing the talents and resources of the individual, the provider, the company, the community and the employer.

**Enrichment Classes**

- Nov. 2nd - Eventide Ornaments.
- 9th - Anger Management Chris S. presenting.
- 16th - Ornaments for ND Governor's tree.
- 23rd - Thanksgiving break.
- 30th - Plastic spoon Christmas Trees

*Happy Birthday*

- April T. - 2nd*
- Melissa H. - 2nd*
- Bev K. - 5th*
- Kelly M. - 13th*
- Taylor W. - 21st*

*Happy Anniversary*

- Shiya E. - 1 year*
- Judy L. - 1 year*
- Hayley W. - 2 years*

We are so excited to welcome Larissa O. to the Triumph family, please be sure to assist her in anyway !



**Congratulations Sarah G. on being this month's employee appreciation winner!**



*Med. Practical*  
 Classes will be held at the office on November 26th at 7:30 p.m. for the following:

- Mikayla F.**
- Robin W.**
- Savanna K.**
- Larissa O.**

## Learning more about Jennifer K.



While we have found that most people will say that Christmas is their favorite holiday, Jennifer says hers is the Fourth of July, because her whole family is home.

Her first job was working at the Bismarck VFW as a salad bar attendant.

We asked what her favorite childhood memory was and she said it is of playing outside with her neighbors until dark.

Her dream vacation is to go to San Francisco to attend a 49er's football game.

Jennifer's favorite singer/group is the Five Finger Death Punch.

When she was a child she dreamed about becoming an addiction counselor.

If she were stranded on a desert island she would like to have her phone.

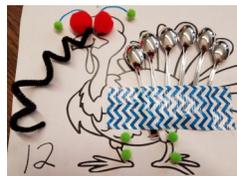
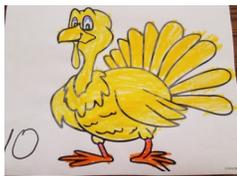
We asked who she admires and why she answered it would have to be her mom as on top of beating cancer twice, she has had to overcome so much in her life.

Her favorite restaurant is Culvers.

She has two sons, Lucas who is 9 years old and Kaden who is 12.

We asked if she could have any superpower what would she have, she answered it would be the ability to read minds as it would make life a lot easier.

**We sent our apparel order forms to all of our staff, clients and families. Please contact Hayley Wolf at 952-0429 if you have any questions and remember all orders are due by November 19th.**



**This year we had our clients disguise a turkey to help them hide from the hunters. Be sure to check out our Facebook page to vote on your favorite.**

## November

**15th** - Health technology and trades career fair at the Civic Center from 9 a.m. to 3 p.m.

**15th \$ 16th** - JHS Drama presents its fall comedy, Ken & Vera Tarpley's "The Little Dog Laughed" starting at 7 p.m. at the JHS Theater.

**16th** - Baskets, Bags, & Bubbly at the Quality Inn from 6 to 10 p.m.

**16th** - Jimmie's hockey team VS Minot State.

**16th & 17th** - Duel in the dirt bull riding finals from 7 to 11 p.m. at the Civic Center.

**17th** - Jimmie's women & men's soccer national opening round.

**17th** - Jimmie women's volleyball national grand opening.

**17th** - Women's Expo from 10 a.m. to 4 p.m. at the Gladstone Inn & Suites.

**22nd & 23rd**- Triumph office closed in observance of Thanksgiving

**23rd** -Holiday dazzle parade starting at 7 p.m.

**28th** - Sharing the holiday annual tree celebration at Eventide from 6:30 to 8 p.m. Come see the decorated trees before they're donated, plus enjoy cookies with Santa and live Christmas music.

**28th** - Jimmie women's basketball VS Mount Marty at 6 p.m. men's at 8 p.m.

## December

**1st** - Clown for a night at the Civic Center from 5 p.m. to 1 a. m.

**2nd** - 3x3 Basketball tournament at TAC's from 12 p.m. to 6 p.m.

**5th** - Jimmie women's basketball VS Northwestern starting at 6 p.m.

**5th** - Jimmie men's basketball VS Northeastern starting at 8 p.m.

**6th—8th** - Girls basketball tournaments at the Civic Center the game times are 3 p. m, 4:30 p. m, 6 p. m & 7:30 p. m.

**7th** - Jimmie men's hockey VS Minot state starting at 7 p.m.

**12th** - Jimmie women wrestlers VS Concordia - Moorhead dual starting at 7 p.m.

**14th** - Jimmie men's basketball VS Dickinson state starting at 7 p.m.

**15th** - Jimmie women's basketball VS Collage of St. Mary starting at 2 p.m.

**15th** - Jimmie men's basketball VS Valley City state at 4 p.m.

**17th** - Jimmie women's basketball VS Dakota state at 6 p.m.

**25th** -Triumph office is closed.

**MERRY  
CHRISTMAS**

## CREATING HEALTHY BOUNDARIES

### **What are boundaries?**

Guidelines, rules or limits that a person creates to identify for themselves what are reasonable, safe and permissible ways for other people to behave around them.

### **Examples of physical boundary invasions are:**

- ◇ A close talker
- ◇ Inappropriate touching, such as unwanted sexual advances.
- ◇ Looking through others' personal files or emails.
- ◇ Not allowing others their personal space (e.g., barging into your boss's office without knocking.)

### **Examples of emotional and intellectual boundary invasions are:**

- ◇ Not knowing how to separate your feelings from your partner's and allowing his/her mood to dictate your level of happiness or sadness.
- ◇ Sacrificing your plans, dreams, and goals in order to please others.
- ◇ Not taking responsibility for yourself and blaming others for your problems.

### **Unhealthy boundaries are characterized by:**

- ◇ Sharing too much too soon or, at the other end of the spectrum, closing yourself off and not expressing your needs and wants.
- ◇ Feeling responsible for others' happiness.
- ◇ Inability to say "NO" for fear of rejection or abandonment.
- ◇ Weak sense of your own identity. You base how you feel about yourself on how others treat you.
- ◇ You allow others to make decisions for you, consequently, you feel powerless and do not take responsibility for your own life.

### **Tips for setting healthy boundaries:**

- ◇ Do not justify, get angry, or apologize for the boundary you set.
- ◇ You are not responsible for the other person's reaction to your boundaries, you are only responsible for communicating them in a respectful manner. If it upsets them, know it is their problem.
- ◇ At first, you will probably feel shellfish, or embarrassed when you set boundaries. Do it anyway and remind yourself you have a right to self-care. Setting boundaries takes practice and determination. Don't let anxiety, fear of guilt prevent you from taking care of yourself.

### **When a stranger invades my personal space**



