**Burnt Mountain Matters**  
**SEPTEMBER 2016**

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**A DOUBLE BLESSING**

We are pleased to welcome two new members to our BMC family. Congratulations are in order as our HSP assistant, Hope Spivey, gave birth to a healthy baby boy. Blake Andrew Spivey came into this world on August 17, 2016. He weighed 7 pounds, 3 ounces and 20 inches in length.

Sweet Blessings

On September 17, 2016 little miss Amelia Rayne Cash made her appearance weighing in at 7 pounds, 4 ounces and 20 inches in length. Congratulations to our Quality Assurance Manager, Kaitlin Cash, on the birth of your healthy baby girl.

**Covered Dish Supper**

NEW AND POSITIVE CHANGES ARE ON THE HORIZON FOR BMC…..Starting with a covered dish supper sponsored by the BMC staff and our parent group (ARC). We would like to invite all parents and family members to join us for supper and conversation. We will be discussing the changes that are on the way and brainstorm together concerning our new ventures here at BMC. We need your help in making BMC the best it can be for your family member as these changes come about. We will discuss how the changes will impact their lives. Please join us here at the BMC on October 6, 2016. Let’s work together and come up with some great ideas for better quality of life for our individuals and your family members. We hope to see you there!
Wreath making is a new project some of our individuals have been interested in learning. Debbie and Shirley carried Todd, Patricia and Peggy over to visit a local crafter, Miss Vivian. Vivian taught them the basics of making Holiday Wreaths. They made Christmas and Halloween wreaths this month. These individuals are excited to share their knowledge with the rest of the staff and peers here at the center. The goal is to be able to make and sell our own wreaths.

Rachel has been at BMC for at least 16 years. She loves drawing in her tablet and she is an Elvis fan. Rachel has made a number of friends down the years. She love to eat and she’s happiest when she has her sweet tea in hand. She is well-liked by everyone here at the center. Great job little Miss Rachel. You took center stage this month.

**Healthy Whole Wheat Pie Crust**

10 cups of Granny Smith apples, peeled, thinly sliced apples
1 tablespoon lemon juice
1/2 teaspoon ground cinnamon
1/4 teaspoon nutmeg
1/4 teaspoon salt
1 1/2 tablespoons whole wheat pastry flour

**Instructions:**
1. Pour 1 tablespoon of lemon juice over sliced apples and toss.
2. In a small bowl mix cinnamon, nutmeg, salt and stevia
3. Toss over apples and carefully mix.
4. In a large Dutch oven or pot place 6 cups of the sliced apples and cook over medium heat until tender, about 10 minutes.
5. Remove from heat and stir in the rest of the sliced apples.
6. Add the whole wheat pastry flour to the apples and stir to combine.
7. Cool for 30 minutes.
8. Position rack on the lower third of oven and preheat to 425 degrees.
9. Add apples into prepared bottom pie crust, then cover apples with top crust. Brush top crust with egg white, sprinkle with cinnamon if desired and bake 40 minutes or until browned.
10. Let rest 20 minutes before slicing.

**Safety tip of the month**

As the Fall season is upon us, mornings are a little chilly and days are hot. Wearing layers first thing in the morning can remedy the chill in the air and peeling off layers as the day progresses will make for a comfortable body temperature.

**Burnt Mountain Center Stage**

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**Birthdays**

- Tina 3rd
- Billie 3rd
- Matt 7th
- Patricia 11
- Jacob 15
- Natalie 15
- Peter 17
- Vince 22

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