

RNI Chatter



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Treeder's Snack Bar celebrates 17th Anniversary

Tammi Black has officially been the owner of Treeder's Snack Bar for 17 years! Congratulations on your success! This milestone seems like the perfect time to share the story of how Treeder's came to be.

After graduating high school, Tammi found it difficult to find a job that fit her skills. Cerebral Palsy, combined with a visual impairment, meant she would need to find a very specific job that was workable for her abilities. While the current world has become more adaptable to people with disabilities, 20 years ago was a much different story. Tammi was willing to work hard at her jobs, but she was only able to secure seasonal work at a retail business where she folded clothing. She tried telemarketing a couple of times, but said it just wasn't for her. Seasonal work didn't allow Tammi to gain the independence she wanted as a young adult and needed to do something more in order to be fulfilled.

Tammi was presented with the idea of microenterprise by her team members at Richland Newhope. Together, they attended a convention on starting and maintaining a microenterprise business. Upon completion, Tammi was awarded a 5,000 dollar business startup grant. A presenter at the convention helped to come up with the name, Treeder's, which is a



play on Tammi's maiden name, Eder. The idea of a snack bar was presented and Tammi liked the idea. With nothing to lose, Tammi, her family, and her team started planning for her future.

Her mom remembered that the county courthouse previously had a snack bar, but it had been gone for years. When they checked into this as a possible location, the county commissioners liked the idea. Tammi learned they had only had vending machines for the last 14 years and they were looking forward to having a person there selling snacks. With a location secured, a family friend built her a counter on wheels for her space. Unfortunately, the counter didn't work in the space as planned due to the size and it not meeting fire codes. Thankfully, another spot in the courthouse was available and it would become home to what we now know as Treeder's.

Before opening, Tammi surveyed the employees in the building to determine product interest. The original plan included selling ready-made food, but that required additional licenses and inspections. Tammi was also concerned about food waste if items didn't sell quickly enough. Now Tammi sells a variety of prepacked treats and an assortment of hot and cold drinks. Tammi has tried many items over the years to keep her customers coming back!

Tammi now orders the majority of her products online and has them delivered directly to Treeder's. This is more convenient because she doesn't need to depend on anyone to take her to the store and then deal with carrying the products inside. She maintains a contract with Pepsi to use their refrigerator and sell their products. Pepsi delivers drinks to Treeder's when she places a required minimum order and they stack everything in her supply room which is very helpful.

It took 3 years of planning before Treeder's officially opened for business and it was all worth it! Tammi says she feels so blessed to have her business at the courthouse. She says it feels like a family there and she has become very good friends with so many people. Tammi said she likes how supportive the people are and how accepting the environment is. This has given her the opportunity to fill a need in the community as well as in her own life.

You can visit Tammi at Treeder's on the second floor of the Richland county courthouse. She is open Monday through Thursday between 8am-2pm. Follow Treeder's on Facebook so you never miss a schedule change.

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Kaufman completes puzzle

Marilyn Kukowski, LSA recently shared with the Chatter that Lisa Kaufman recently completed a puzzle in her group. Lisa chose a puzzle of a lot of fast food items of hamburger, hot dog, and nachos. Great job Lisa!! Lisa is shown here with a big smile and her completed puzzle.



Where to get RNI Closing Information...

WEATHER CLOSURE INFORMATION
With the upcoming potential for inclement weather, please be sure to check our Facebook page, Instagram page for any information regarding closings or delays. Information can also be found on local radio stations, Crawford County Now and the Richland Source website (www.richlandsource.com)

Ali Clause made an appearance



Thank you to Support Specialist Heather Gibson for capturing this photo of Ali Clause bringing Christmas cheer to all of her Longview location co-workers.

Richland Bears basketball season is in full swing

These were some great photos that were taken on the night of a fundraising event held at Temple Christian School. It was a packed house for the event and everyone had a great time watching the Bears play! The basketball fundraiser event supporting the Richland County Bears was an amazing success. Last year they were able to raise \$1,600. This year, through gate admission, concessions, and t-shirt sales, the Bears were able to help raise \$4,602.14 for Richland County Special Olympics! What a fantastic accomplishment and thank you to all that attended. It was a memorable night indeed! The money raised was a fantastic feat, but the greatest part of the night was the wonderful sportsmanship and friendships that was demonstrated between the athletes! Thank you to Temple Christian School and Richland County Bears athletes, coaches, volunteers, and fans for a great event!



Special Olympics Ohio

NW REGION BASKETBALL TOURNAMENT
Game 1: Division 4

ASHLAND DRAGONS—D4
// VS //
RICHLAND BEARS—D4

Game Day & Time: Saturday, January 27 at 10:00 a.m.
Location: Crestview Middle School
1575 St. Route 96, Ashland, OH

The Bears are the Away Team—Meet at the YMCA bus at 8:00 a.m.—we will take anyone from Team 2 who wants to watch them play. Please let Sherry know if you are riding the bus.

GO BEARS!



January Employee Anniversaries

Sharon Murray	01/03/2006	18 Years
Sean Conrad	01/01/2015	9 Years
Danielle Adkins	01/30/2017	7 Years
Haylie Miller	01/11/2021	3 Years
Tara Elliott	01/13/2023	1 Year

Congratulations

Sharon Murray

THANK YOU for your
18 years of service!!



Element of Art Studio Gallery Schedule of Events

Element of Art is open to the public Monday-Friday 8:30am-3pm. Classes with our contracted artists are currently in session. For sales orders or questions about our public programming, reach out to us on social media, give us a call at 419.522.2965, or email gyockey@rniinc.com.

Our Recurring Events/Classes are open to the public:

Mixed Media - (Every Monday) \$15

Acrylics & Watercolor - (Every Tuesday) \$15

Ceramics - (Every Wednesday) \$30 Must attend two classes (building & glazing).

Jewelry - (Every Thursday) \$15

Art 101 - (Every Friday) \$15

UPDATE: Brandon O'Brian weight loss journey



We did a story about Brandon O'Brian's significant weight loss of 75 pounds back in early 2023. The Chatter caught up with Brandon recently for an update on his weight loss journey. He told the Chatter that he has now lost 150 POUNDS!! Terrific job Brandon! He attributes the continued weight loss to watching what he eats, going to the gym at least 2 times per week as well as working at the RNI Woodshop a couple of days a week. Brandon shared with the Chatter that he is also a volunteer every Friday at Ohio Health which allows him to get a lot of steps in taking people to various locations around the hospital.



RNI Bucks issued for the month of December



Joni Hyde - Thank you for volunteering to pick up an evening route for transportation at short notice!

Ashley Amore - Thank you for volunteering to pick up an evening route for transportation at short notice!

Jenny Echelberger - Helping and assisting with a driver from the Transportation Department!

SAFETY starts with S, but begins with YOU...

RNI Safety TOPIC for January: Maybe it's not the Winter Blues

Seasonal affective disorder (SAD) is a type of depression that's related to changes in seasons — SAD begins and ends at about the same time every year. If you're like most people with SAD, your symptoms start in the fall and continue into the winter months, sapping your energy and making you feel moody. These symptoms often resolve during the spring and summer months. Less often, SAD causes depression in the spring or early summer and resolves during the fall or winter months. Treatment for SAD may include light therapy (phototherapy), psychotherapy and medications. Don't brush off that yearly feeling as simply a case of the "winter blues" or a seasonal funk that you have to tough out on your own. Take steps to keep your mood and motivation steady throughout the year.

Symptoms:

In most cases, seasonal affective disorder symptoms appear during late fall or early winter and go away during the sunnier days of spring and summer. Less commonly, people with the opposite pattern have symptoms that begin in spring or summer. In either case, symptoms may start out mild and become more severe as the season progresses.

Signs and symptoms of SAD may include:

- Feeling listless, sad or down most of the day, nearly every day
- Losing interest in activities you once enjoyed
- Having low energy and feeling sluggish
- Having problems with sleeping too much
- Experiencing carbohydrate cravings, overeating and weight gain
- Having difficulty concentrating
- Feeling hopeless, worthless or guilty
- Having thoughts of not wanting to live



Fall and winter SAD: Symptoms specific to winter-onset SAD, sometimes called winter depression, may include:

- Oversleeping
- Appetite changes, especially a craving for foods high in carbohydrates
- Weight gain
- Tiredness or low energy

Seasonal changes and bipolar disorder:

People who have bipolar disorder are at increased risk of seasonal affective disorder. In some people with bipolar disorder, episodes of mania may be linked to a specific season. For example, spring and summer can bring on symptoms of mania or a less intense form of mania (hypomania), anxiety, agitation and irritability. They may also experience depression during the fall and winter months.

When to see a doctor:

It's normal to have some days when you feel down. But if you feel down for days at a time and you can't get motivated to do activities you normally enjoy, see your health care provider. This is especially important if your sleep patterns and appetite have changed, you turn to alcohol for comfort or relaxation, or you feel hopeless or think

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RNI, Inc. Team: Let's increase our presence on social media and increase our LIKES on Facebook. LIKE or FOLLOW or SHARE us on Facebook to invite your friends to LIKE us too. UPDATED 1/18/24; we are at:

City Garden Café is at 503 LIKES, can we get to 750 LIKES, 247 LIKES to go?

Element of Art Studio/Gallery is at 1,976 LIKES, can we get to 2000 LIKES, 24 LIKES to go?

Richland Newhope Industries is at 2036 LIKES, can we get to 2500 LIKES, 464 LIKES to go?

Trillium Event Center is at 1060 FOLLOWS, can we get to 1500 FOLLOWS, 440 FOLLOWS to go?

Help us increase our social media exposure by liking and sharing our four (4) Facebook pages. City Garden Café, Element of Art Studio/Gallery, Trillium Event Center and Richland Newhope Industries, Inc!



Door decorating contest held at RNI, Inc.

There was a Christmas and Winter door decorating contest here at RNI, Inc. (4th Street location). Everyone did great a great job and the results were as follows:

- 1st Place: Basic Skills
- 2nd Place: IPS
- 3rd Place: Visions

Congratulations to Basic Skills on the Win!!

