Photo of the Month

Photographer: Ross L.
Location: Napa River Walk
Camera: Kodak
Digital Editing: Adobe Lightroom
Photo: The Bridge

Ross: “I like the view looking through the bridge. I like how the top of the bridge has different angles and appears to curve.”

“Advocacy” By: Chris B.

What is advocacy? Advocacy is public support for, or recommendation of a particular cause or policy. Advocacy includes expressing views and concerns, accessing information and promoting rights. Organizations advocate for themselves by using media campaigns, public speaking, and lobbying with legislators. An advocate is someone who provides advocacy support to people who need it. These people are important because it is always good to have our voices heard on issues that are important to us and we can help influence the decisions that are being made about our lives. This is so that we can be members of society and give back to society.

The organizations that I have been a part of and the boards that I have served on have helped me with my public speaking. I was on the State Council on Developmental Disabilities (Area Board 4). I was also active on the advisory board for the National Down Syndrome Congress (NDSC). These experiences helped me in the field of public service, in advocacy, and have helped me get to where I am today. I know it will do the same for you. It is never too late for you to start. Always look at what is possible. It is possible for me to have Down Syndrome and to also live independently. It is possible for me and others like me to be employed. Do you believe this is a possibility? My parents and I both do. How about you?

How can you be active in advocacy? Well, at the North Bay Regional Center (NBRC), they have advocacy meetings that you can attend. Also, you can be a part of People First of California. Their Mission is to train, inform, and support all people with developmental disabilities; to help peers learn to speak up for themselves, know their rights and responsibilities, and to make decisions and solve problems. Moving Forward may decide to open a chapter here.

It is important for people with developmental disabilities to advocate for themselves. Growing up I used only sign language. Now I can speak for myself and advocate for myself. Having family support or someone to teach you how to advocate for yourself is important. If you can learn to advocate for yourself and your needs, they will be more often met. The more we promote our rights, there is a better chance a political change can happen or a bill will be passed. I urge all of you to learn to advocate for yourself and to get involved in the issues that matter to you.
Turkey Meatball and Vegetable Soup

This dish is awesome because it tastes delicious! This is an easy to make, home-made soup that combines fresh vegetables and lean meat. This low calorie, nutritious, and very filling soup is perfect for dinners, for cold weather, or anytime. Give this tasty soup a try!

**Ingredients:**
- 5 carrots - peeled and cut into small circles
- 4 baby Bok choy - cleaned and cut into long, thin strips
- 2 handfuls of Snap peas - cleaned and ends cut
- 4 Zucchini - peeled, then made into fat, thin “noodles” with the peeler
- 2 cloves Fresh Garlic - minced
- 1 nub fresh ginger - minced
- 3 green onions - roughly chopped
- 2 boxes Low Sodium Chicken broth
- Salt and pepper - to taste
- 1lb package of ground turkey - made into small meatballs

**Directions:**
Prep the vegetables by cleaning, peeling, and cutting. In a large stock pot, pour just enough chicken broth to cover the bottom. Place the pot on the stove and turn the heat up to medium/high. Begin to add the vegetables, from hardest to softest, as follows: Start with the carrots. Cook them in the broth some. Add in the Baby Bok choy. Cook more. Once both vegetables are getting soft, add in the rest of the chicken broth. Stir. Add in the mushrooms, snap peas, ginger and garlic. Add salt and pepper. Add the green onions. Once the soup starts to bubble, reduce the heat to low and cover. Next, make the meatballs and add them into the soup. Make sure they brown all the way around. Add in the Zucchini noodles. Cover, and simmer on low for 30 minutes to let the flavors come together and the vegetables soften. Serve and enjoy this warm and delicious soup! (Serves 4.)
“Get to know your Staff”  By: Sara W.

This month I interviewed Sirena D. She is the Director of Community Living at Moving Forward. Sirena helps the Community Living residents. She is organized and always does the best that she can. Sirena is always nice and very friendly. Sirena makes the dinner group schedule at Moving Forward. She also plans very fun Community Living Events like bingo nights, barbeques, ice cream socials, board game nights, lawn game activities, cupcake decorating and other events. Here is the interview I had with Sirena:

Why do you like working at Moving Forward?
I like working with the residents and the staff. I love the classes and I learn something new everyday.

If you could be any type of animal, what type would you be, and why?
Dolphin - I could stay underwater for long periods of time and I could see all of the beautiful things under the water.

If you could have a superpower, which would you choose, and why?
To be a mind reader - I would want to be able to turn this power on and off. Having this superpower would help me to better understand other people’s emotions and actions. It would certainly help me at work and with my children.

Sirena’s Favorites:

<table>
<thead>
<tr>
<th>Color</th>
<th>Aquamarine</th>
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<tbody>
<tr>
<td>Meal</td>
<td>Chips and Salsa</td>
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<tr>
<td>Pizza</td>
<td>*Cheese-less, Meatless. *is that a pizza?</td>
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<tr>
<td>Ice Cream</td>
<td>Mint Chip</td>
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<tr>
<td>TV Show</td>
<td>“The Voice”, “So You Think You Can Dance”</td>
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<tr>
<td>Movie</td>
<td>Edward Scissor Hands and My Neighbor Totoro</td>
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<tr>
<td>Book</td>
<td>Sarah’s Key by Tatiana De Rosnay and The Language of Flowers by Vanessa Diffenbaugh.</td>
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<tr>
<td>Animal</td>
<td>Pet: Dog. Wild: Sea otter</td>
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<tr>
<td>Actor/Actress</td>
<td>Actor: Jason Bateman. Actress: Meryl Streep.</td>
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<tr>
<td>Hobby</td>
<td>Reading. Spending time with my kids.</td>
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<tr>
<td>Weekend Activity</td>
<td>Watching my kids play sports (tennis, soccer, water polo, equestrian.)</td>
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<td>Sport to play</td>
<td>Bowling.</td>
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<td>Sport to watch</td>
<td>Baseball (San Francisco Giants)</td>
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<tr>
<td>Place you have been to</td>
<td>Catalina, Tahoe, and Graceland. I do like Elvis and I thought that Graceland was pretty great.</td>
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“Just Ask Your Advice Guru”  By: a Moving Forward resident

I like to help other people and I wanted to start an advice column to help residents succeed at Moving Forward. In this article, I will answer basic questions about Moving Forward Towards Independence and give tips about how residents can learn to live more independently. Here is the advice for today:

Q: What should I do if I am new to Moving Forward and I do not know my way around the city of Napa?
A: I would start by joining the walking class in the mornings with Renee. You could also ask your Case Manager to spend your 1on1 time walking around to places in Napa so that you can be able to recognize landmarks. If you are not on “staff watch” you could ask friends or other residents to walk to a place with you so that you can feel more at ease and you can learn directions.

Q: What should I do if I do not like the food at a dinner group?
A: Moving Forward holds dinner groups so that residents can learn how to cook healthy meals, how to host people for dinner, and how to socialize with others. If you know that you do not like a certain meal, you can always bring your own food to dinner group. However, you should try each food at least once to see if you like it. If you don’t like the food you try, you can still stay at the group and socialize with others. Moving Forward always has many different recipes each month and the recipes change a few times a year. If you can’t eat a certain kind of food, then you should let your Case Manager know so that a meal can be made for you that you are able to eat.

Have a question about Moving Forward or how residents can learn to be more independent? Send your question to ryanw@moving-forward.org and your question could get answered in a future issue.
“Food Focus” By: Morgan A.

Downtown Joes

Downtown Joes is a sports bar and an American food restaurant. They have indoor and outdoor seating. They have a loud atmosphere and a lot of TVs on at once.

If you are interested in eating American food at a loud and social atmosphere in Napa, then maybe Downtown Joes is for you. Here is my review of my experience at Joes:

Atmosphere: Loud. Pets are allowed outside. Music or sports are usually being played on the speakers. It is a very social and friendly place. Strangers often talk to one another.

Service: Very fast service! I had a very nice waitress. She asked me how my food was and she asked if I needed anything. Great service!

Décor - They had Halloween decorations since the holiday was approaching.

Cost: - $$

Food: I ordered the “House made New England Clam Chowder Soup”. It was excellent! It tasted delicious. The soup came with basic Oyster crackers. The chowder was thick and creamy and it had big potatoes in it. My soup was filling, and at $7.00, this bowl of soup was a steal!

My Overall Experience at Downtown Joes

I give this restaurant 5 out of 5 stars! This cozy spot is a great place to have a meal at. The food is enjoyable and the atmosphere is fun!

“Reel Review” By: Ross L.

Miss Peregrine’s Home for Peculiar Children

This is a suspenseful movie about characters with peculiar powers. This movie has action, good graphics and an interesting story. My full review is below:

Acting - All of the actors did a good job in this movie and they did very well playing their roles. Samuel L. Jackson stood out to me because he was really good in this movie. He played the villain. His character was really mean and I think he did a good job of playing that. 5 / 5

Music - The music was composed by Mike Higham and Mathew Margeson. Florence and the Machine recorded the film’s song that played in the credits and it was called “Wish That You Were Here”. The music was creepy and matched the feel of the movie. 4 / 5

Story - The screenplay was well written. It was exciting and there were some twists and turns. There were a few surprises and unexpected moments. The story was a little difficult to follow because of the time travel in the movie. 4 / 5

Cinematography - The different shots of the areas they travelled to looked really good. 4 / 5

Effects - I thought the way they made the villain look with his spiky teeth and very white eyes was creepy. One of the characters in the movie could float in the air. I though that was a cool effect. 4 / 5

Plot - This movie is about a boy named Jake who goes on a trip with his father to Wales and while he is exploring the island, he discovers a home that was destroyed in the 1940’s. He is caught looking through the house by the children that live there. He also meets Miss Peregrine, a lady that can turn into a bird. She gives Jake the task of protecting the children from the bad guys that are hunting them down to eat their eyeballs. While the kids were at a carnival, the bad guys found them there and they attacked. The kids came up with a plan to kill the bad guys. If you want to know their plan and find out how this exciting movie ends, you should go watch this film!

OVERALL RATING FOR THIS MOVIE:

5 / 5 thumbs up!

I highly recommend that people go see this, amazing movie!