

MOMENTUM

The Newsletter written by residents who are Moving Forward

January 2017

Moving Forward Holiday Party

In December, Moving Forward held our annual holiday party. This year, the Moving Forward Singing Group treated all in attendance to a wonderful medley of music. Here are a couple of pictures from the performance.



A video of the highlights of this performance can be found on the Moving Forward website: <http://www.moving-forward.org/holiday-party-2016-video.html>

“Book Review - Little Women” *By: Anna S.*

Little Women is a book about four sisters. It is a drama that involves both good and bad events that happen to four sisters in the 1800's in Boston. It is based on the life of the author since she also had a sister that died. Here are some of the characters in this book:

Meg just wants to get married and have babies. She is the oldest sister. She did end up having two children.

Jo likes to be boyish. She writes plays, travels to New York, and goes on wild adventures. She marries Friedrich. She is often crying in the book. Her real name is Josephine but she hates it because she thinks it is too ladylike.

Beth is the shy one. She is nice to everyone. She goes over to her neighbors' house to help them because they are sick. Something bad does happen to her, but you have to read it to find out.

Amy is the youngest sister and ends up going abroad to Europe. When she was young she was a bit of a brat. She once got hit with a ruler by her teacher because she broke a rule. She also burned Jo's manuscript.

Beth is my favorite character because I can identify with her. She got sick and I have been in the hospital before. I cried when she got sick. “Dark Days” is the chapter in the book about her getting sick. I cried when I read this part.

I give this book five stars. People should read it to see what life was like back then. The book has good characters and is a drama. I enjoyed the story and what was happening in the book. Read “Little Women” to see if you like it too!

Photo of the Month

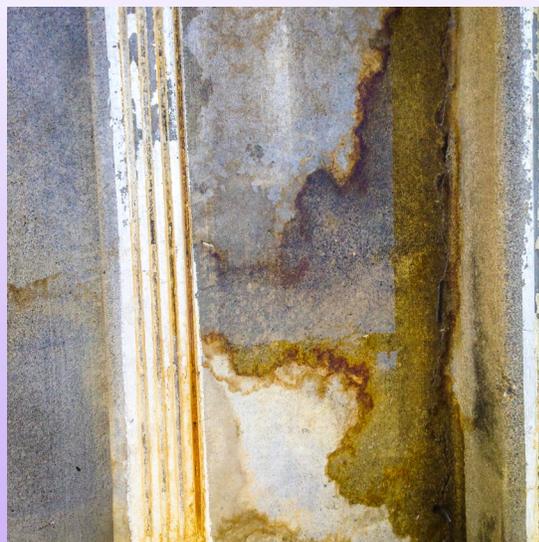
Photographer: Anna S.

Location: Moving Forward

Camera: iPhone

Digital Editing: Adobe Lightroom

Photo: Abstract



“Vitamins and Minerals” *By: Ross L.*

I like to learn about the different foods that are nutritious so that I can stay healthy. If people do not eat healthy foods they can become overweight and they can get a diet related disease. If you eat healthier foods, you can live longer, be happier, and not be in pain.

Below are some vitamins and minerals that all people need and some recommendations of what foods you could eat.

Vitamin	Helps with	1	2	3
A	Good for vision. Helps organs work properly.	Carrots	Apricots	Cantaloupe
B	Produce energy and form red blood cells.	Bananas	Potatoes	Beans
C	Helps the body maintain connective tissue. Helps	Strawberries	Tomatoes	Broccoli
D	Needed to absorb calcium.	Yogurt	Eggs	Pork
E	It protects our body's cells.	Avocado	Sunflower Seeds	Shrimp
K	Helpful for blood clotting, bone health, and pre-	Cucumber	Edamame	Asparagus
Calcium	Helps build strong bones. Helps our blood clot and our nerves send messages.	Mozzarella Cheese	Yogurt	Broccoli
Zinc	Helps with the immune system. Helps the body to	Beef	Spinach	Cocoa powder
Iron	Helps our body produce red blood cells and keep	Cashews	Almonds	Dark Chocolate

“Just Ask Your Advice Guru” *By: a Moving Forward resident*

Basic questions about Moving Forward Towards Independence and tips about how residents can learn to live more independently. Here is the advice for today:

Q: What steps do I need to take when I need to go shopping?

A: First, check the food that you have to see if it has gone bad. Make sure you check the expiration dates. If any food is stale or moldy, you need to throw the food out. Next, check your pantry, fridge, and freezer to see what food you need to buy. You do not want to buy double or extra. Don't forget to check for cleaning, household, and hygiene items that you need to buy. Be sure to bring your own reusable bags and your shopping list. You can make your list on paper or in your phone. If you know the store really well, choose a good shopping route. Try to get all groceries in one area, and then move on. Remember to watch where you are going so that you do not get in the way of the other shoppers. You set a budget before shopping. You can add up the cost of all of your groceries as you go. Your Case Manager can help you do this. Make sure to put away your groceries right when you get home so that your food does not go bad.

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.



The newsletter, **MOMENTUM**, is written and created by the residents of Moving Forward Towards Independence.

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More information about Moving Forward Towards Independence can be found on our website:

moving-forward.org