

MOMENTUM

The Newsletter written by residents who are Moving Forward

February 2017

“Special Olympics From History to Present Day” *By: Ellen S.*

Special Olympics was started from the vision of a woman named Eunice Kennedy Shriver. She saw that kids with certain disabilities were not treated fairly and they did not have a place to play sports. Eunice started a summer day camp for people with disabilities in her backyard. Her goal was to learn what these kids could accomplish through sports and she did not want to focus on what they couldn't do. The first international Special Olympics Summer Games were held in 1968, in Chicago, Illinois. One thousand athletes from 26 states competed in 3 events. Today, over 4.5 million people participate in Special Olympics, in over 90 thousand competitions held around the world.

At a local Special Olympics Tournament or Meet, opening ceremonies take place. An athlete from a Special Olympics team is selected to perform the Special Olympics Oath, which states: “Let me win. But if I cannot, let me be brave in the attempt.”

Each year, Special Olympic athletes and coaches in my area attend a dinner. Together, we celebrate our participation in Special Olympics throughout the previous year. This year the event was held at Crosswalk Community Church in Napa. The celebration was enjoyable but it was rather small compared to previous dinners. I hope more people attend next year.

I encourage people with disabilities to join Special Olympics. It helps people to make friends, gives them a chance to compete in their favorite sports, and teaches them to not be overly competitive or too hard on themselves—as I can be sometimes.

**“Let me win. But if I cannot,
let me be brave in the attempt.”**

The most important message we can take from Special Olympics, one that really inspires others, is that people with disabilities can do anything, just like other people in the world.

We all have something that holds us back, and there are ways to overcome our obstacles.

Special Olympics historical information and data for this article were researched on specialolympics.org

More information about Special Olympics can be found at <http://www.specialolympics.org>

Photo of the Month

Photographer: Anna S. Location: Napa River Inn

Anna: “I like this photo because it has a lot of colors in it and I really like the shadows in this photo.”



“Rain Check” *By: Ross L.*

It has been raining quite a bit in Napa. It is important to be prepared for the weather and to be ready for the rainy season. If you are not prepared, you could get soaked. You also could get sick with a cold or Pneumonia.

Here are some tips for staying dry and safe:

- **When it is raining:** Wear a waterproof rain jacket and rain boots. Use an umbrella to stay dry. You can wait at a corner for cars to go by because drivers drive fast in the rain and can't see pedestrians.
- **If you have lost electricity at home:** Have a working flashlight with extra batteries in your home. You should also have non-perishable food and extra water in case of an emergency
- **In case of an emergency:** You should have the phone number of your Case Manager, and the on-call Moving Forward emergency phone number in your phone and at your house. Call them if you need help. Your staff can help you decide if 911 needs to be called.

Sometimes we have to take a *rain check* on participating in outdoor activities. Until it is not raining anymore, it is important to be prepared for emergencies and the rainy season!

“Dinner Out” By: Sara W.

Filippi’s Pizza Grotto



On Saturday night, I go out to dinner with Moving Forward Staff and other Moving Forward residents. I love “Dinner Out”! I really like the staff at Moving Forward and I also like the other residents. We go to dinner, order drinks, order our food, talk to each other, and eat our food. We pay, remembering to tip, and go home. I really like having dinner with staff and my friends. For one “Dinner Out”, we went to Filippi’s Pizza Grotto. Here is my review:

Filippi’s Pizza Grotto is a pizza place and Italian restaurant in Napa. They serve pizza, salad, bread, pastas, and more. The food is delicious and there are healthy options for people that want that. The food is not that expensive and it tastes good. When I went, I ordered a salad and a pasta with cream sauce. The restaurant was quiet inside. I had good service. I would recommend that you eat at Filippi’s if you enjoy Italian food at a good price. I rate the restaurant:



“Reel Review” By: Anna S

“The Abyss” - A Review of La La Land



La La Land is a musical and a drama. The movie came out this year and is up for 14 Oscar Nominations; tied for the most ever. This movie is about two people who want to get married but also want to follow their dream jobs, and find it hard to do both. The plot of this movie follows the story of the Hero’s Journey.

The Hero’s Journey is a type of story that follows a structure. It was introduced by Joseph Campbell in 1949. The heroes of the story go on a quest, they come up against a big problem that is holding them back, and eventually the heroes need to work to overcome their problem. The darkest time, or biggest obstacle in the story is called the “Abyss”. Parts of this movie follow the structure of the Hero’s Journey. The main characters must overcome their biggest problem; being together and following their dream jobs at the same time.

This movie was really good. I loved it. If you like musicals you will enjoy this movie because the movie has good songs and dancing! Both stars of the movie did a good job. Watching this movie was not like going through the “Abyss”. Instead, this movie was good and very enjoyable to watch. I give this movie:



5 thumbs up

“Sports Section” By: Ross L. **NBA Playoff Picture**

Here are my predictions for the 2017 NBA Final Standings and Playoffs:

EAST	WEST
1 Cleveland Cavaliers	1 Golden State Warriors
2 Toronto Raptors	2 San Antonio Spurs
3 Boston Celtics	3 Houston Rockets
4 Atlanta Hawks	4 L. A. Clippers
5 Washington Wizards	5 Utah Jazz
6 Charlotte Hornets	6 Oklahoma City Thunder
7 Indiana Pacers	7 Memphis Grizzlies
8 Chicago Bulls	8 Denver Nuggets

Toronto will make it to the NBA Finals this season because they have great star players and good bench players. I think Chicago will beat the Cavaliers. Dwayne Wade used to play with Lebron James and can help the Bulls beat him this year. The NBA champion will come from the west this season —>



The 2017 NBA Champions: **GOLDEN STATE WARRIORS!!!!**

