“The Win Cycle (Wash, Dry, Fold, Repeat) - From Hard Work To Success”

By: Gemma S.

My team leader drives me and the other workers to our worksite. We step out of the van, and head directly into the laundry room. We are assigned our tasks for the day. I sort robes, towels, bedsheets and other items into large bins. Once the bins are completely filled up, we move the laundry to an available machine that can handle a much larger laundry load than your normal household model. Once I press the start button, the laundry begins to spin at very high speeds and combines with detergent that is already connected to the machine. Amazingly, these large washers complete the loads a lot quicker than your normal washing machine. My crew and I also dry the laundry and fold the linens. Once this whole process is done, hotel guests at the Meritage Resort and Spa can receive fresh linens.

I got the opportunity to work at the Meritage through WineBev Services. It is a work and day program for people with special needs and learning disabilities. I get to work with other WineBev clients at this offsite job location. I am happy that I was invited to work on this crew because this means that I have the ability to do the job well. Being on this work crew is a benefit of being a capable worker and being trained in safety practices. I am able to perform the tasks asked of me, and I am able to work at a fast pace to get the job done. Not all WineBev employees get to have this chance. This opportunity is earned.

I really like my job because I get to work in the laundry room with people hired by the Meritage. They help to train us how to do specific jobs that they already know how to do. One of our many team leaders from WineBev helps us as well.

Recently I received an award from WineBev. As of February 1st, 2017, I had successfully worked in the Meritage laundry for 10 months. This award recognizes my outstanding spirit, and my skills in the laundry. I was excited to receive this award. It shows that I have given a lot of effort in my work. I am very proud of my efforts and I plan to keep doing a good job in the laundry. Meritage guests will continue to receive clean laundry.

In the spirit of Gemma’s hard work in the hotel laundry, here are a couple of Gemma’s jokes on the subject:

“Gemma’s Joke Corner”
by: Gemma S.

Why are blankets so lazy?
They lie around!

A guest is checking in at an Inn:
Guest: I’d like a room for the night.
Innkeeper: The room is $15 a night.
It will be $5 if you make your own bed.
Guest: I’ll make my own bed.
Innkeeper: Good. I’ll get you some nails and wood.
“Polar Plunge”  By: Ellen S.

Through Special Olympics, I had the opportunity to be a part of the “Polar Plunge” this year. For this event, I traveled to San Francisco and participated in the “Dash and Splash” on February 18. After an opening ceremony, people got into the cold waters of the bay. The event took place near the marina green and we had a great view of the Golden Gate Bridge.

Everyone was there to help raise money for Northern California Special Olympic athletes. I found sponsors to donate to Special Olympics so I could participate. I stayed in the water for over 20 minutes. I will admit that the water made my legs freezing cold! It was worth it because I enjoyed the event and I am happy to help Special Olympics athletes.

Thank you to Moving Forward and my parents for helping to sponsor me!

“The Nutritious Dish”  By: Sara W.

Pesto Pasta with Zucchini and Ground Turkey

This meal is a pasta that tastes very good. It combines zucchini, ground turkey and a pesto sauce with a little parmesan cheese. This is a healthier type of pasta because it uses ground turkey and doesn't use a cream sauce. This pasta goes well with Caesar Salad. During a dinner group at Moving Forward, I hosted the dinner with my Case Manager's help. I cut vegetables, cooked pasta, and served the food. I cooked this dish for the other residents at the dinner group and they thought it tasted great. They loved it, and you will too!

Ingredients:
1 box of spaghetti (or other pasta)
1 jar of pesto sauce
1 container of shaved or shredded parmesan cheese
1 pack of ground turkey
2 zucchini
Salt and pepper to taste

Directions:
Boil water and cook the pasta. Follow the directions on the pasta box. Peel the zucchini (if you like), and cut into half-circles. Remove the meat from the package. On medium heat, cook the ground turkey in a pan. Break up the turkey into smaller pieces as it cooks. When the meat is cooked on all sides, add the zucchini. Cook the zucchini for a couple of minutes until it is softer. Add salt and pepper. Drain the pasta and add to the meat and zucchini pan. Pour the pesto sauce into the pan. Stir to combine. Serve. Add parmesan cheese to the top of each dish. Enjoy! (Serves 2—4).
“Get to Know Your Staff”  By: Sara W.

This month I interviewed Tina. She is the Director of Transitional Living at Moving Forward. Tina is a very nice person. I know this because she used to be my Case Manager. At Moving Forward, Tina helps organize medication for the residents. She also gives support to all of the Transitional Living residents and schedules the staff. Tina works hard and does a great job! I like to go say hi to her in the office.

Here is the interview I had with Tina:

Why do you like working at Moving Forward?
The people I work with teach me something new every day. I enjoy having a job where I can make a difference in other peoples lives, and they can make a difference in mine.

If you could be any type of animal, what type would you be, and why?
Cat— I would get to do whatever I wanted. I could sleep. I could bathe in the sun. Cats have good lives.

If you could have a superpower, which would you choose, and why?
To be a mind reader - I would like to get into other people’s brains to figure out what they are thinking.

Tina’s Favorites:

<table>
<thead>
<tr>
<th>Color</th>
<th>Green</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meal</td>
<td>Pizza</td>
</tr>
<tr>
<td>Pizza</td>
<td>Any kind of Pizza. No bell pepper.</td>
</tr>
<tr>
<td>Ice Cream</td>
<td>Chocolate Orange Confetti</td>
</tr>
<tr>
<td>TV Show</td>
<td>“This Is Us”</td>
</tr>
<tr>
<td>Movie</td>
<td>Anything with Meryl Streep.</td>
</tr>
<tr>
<td>Book</td>
<td>“Watership Down” by Richard Adams</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Animal</th>
<th>Dog</th>
</tr>
</thead>
<tbody>
<tr>
<td>Actor/Actress</td>
<td>Meryl Streep</td>
</tr>
<tr>
<td>Hobby</td>
<td>Gardening, Bicycling, Reading.</td>
</tr>
<tr>
<td>Weekend Activity</td>
<td>Gardening, Spending time with friends and family. A trip to the ocean.</td>
</tr>
<tr>
<td>Sport to play</td>
<td>None.</td>
</tr>
<tr>
<td>Sport to watch</td>
<td>Baseball, if I am even watching. (San Francisco Giants)</td>
</tr>
<tr>
<td>Place you have been to</td>
<td>Kauai (Hawaii)</td>
</tr>
</tbody>
</table>

“Integrated Services”  By: Ross L.

Integrated Services is a job placement program through PSI that I am a part of. It helps people to find jobs in the community through volunteering. So far, I have been able to volunteer at the Senior Center and at the Animal Shelter in Napa.

Some of the fun things that I get to do in this program are going out to lunch once a month, going to Vallejo to the waterfront, and going to the movies.

Integrated Services also helps me get prepared to find a future job of my interest. We get help making a resume, we volunteer at different job sites to gain experience, and we are able to visit different job sites to find out if there are any job openings.

I think that the Integrated Services staff that work with us are doing a very good job helping us get prepared for future employment. Integrated Services is a great program and I feel happy to be a part of it!

Photo of the Month

Photographer: Olive S.K.
Location: Oxbow Preserve

Olive: “I like this photo that I took because I like the amount of light in the picture. I also like the light-green colors of the leaves.”
“Resident Directed Goals - 2017” By: Ross L.

This year, Community Living and Transitional Living residents met with Sirena D., who is the Director of Community Living at Moving Forward. In both meetings we came up with ideas for what we, the residents, would like to do more of this year. I voted for going on more big trips. In the past, at Moving Forward, I have attended a big trip that went to Monterey and Santa Cruz. On this trip, we went to the Monterey Bay Aquarium, and the Santa Cruz Beach Boardwalk! We also went to Safari West with Moving Forward. We rode in jeeps, drove around, and looked at exotic animals! These trips were very fun, so I voted to do more of them. Below, you will find what Transitional and Community living residents voted on doing more of this year at Moving Forward.

Transitional Living:

- More Community activities including nights, weekends and weekdays. This provides an opportunity to meet people outside of MF and access the Napa community.

  Ideas include:
  - Library events and activities
  - Bookstore events and activities
  - Billico’s
  - Local clubs and groups
  - Downtown events and activities
  - Volunteer at local events and concerts
  - Try new restaurants

- Develop a peer mentor program. The goal is intended to allow new residents the ability to learn, grow and access the community in a faster, more adult-like way with assistance from a peer mentor.

- Develop a Resident Association, run by residents where they meet to discuss their satisfaction and build upon improvement plans.

Community Living:

- More trips during the year

- More clubs, activities and group opportunities (not classes)

  Ideas include:
  - Book club
  - Photography club
  - Fundraising club
  - Art development club
  - Self-expression club

- More Community activities including nights, weekends and weekdays. This provides an opportunity to meet people outside of MF and access the Napa community. Ideas include:
  a. Library events and activities
  b. Bookstore events and activities
  c. Billico’s
  d. Local clubs and groups
  e. Downtown events and activities
  f. Volunteer at local events and concerts
  g. Try new restaurants

“Music Section” By: Anna S. “Put a Little Spice in Your Life”

The Spice Girls are a group of women from England that formed a pop group. Their biggest song, “Wannabe”, came out in 1996 and became the number one song in 37 countries! I really like this group because they have good songs and the band members take turns singing. One of the band members (Geri Halliwell, also known as Ginger Spice) quit the band. I was confused when I heard this and kept asking my friend, “Where’s Geri?” The band made music after she left but it was not as good. Then, two band members found out they were pregnant and the band took a break for a while. All 5 band members came back together in 2007 and released a greatest hits album that also had new songs on it. One of the new songs was a single called “Headlines (Friendship Never Ends)”. Now, the band only has 3 members. 2 of them are busy doing other things. I hope the band gets back together because their best music comes from having all 5 of them in the band.

<table>
<thead>
<tr>
<th>Top 3 and other Notable Songs</th>
<th>Band Member Rankings</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 “Wannabe”</td>
<td>Baby She has the best voice!</td>
</tr>
<tr>
<td>2 “Stop”</td>
<td>Sporty She is very energetic. Good Singer.</td>
</tr>
<tr>
<td>3 “2 Become 1”</td>
<td>Ginger Her character in the Spice Girls movie fixes an argument.</td>
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<tr>
<td>Song of Note</td>
<td>4 Scary She is loud!</td>
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<tr>
<td>“Last Time Lover”</td>
<td>5 Posh She didn’t sing many solos and I don’t think she has the best voice.</td>
</tr>
<tr>
<td>Worst Song</td>
<td>“Mama” This song is very catchy and fast. It was a big hit.</td>
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The newsletter, MOMENTUM, is written and created by the residents of Moving Forward Towards Independence. Newsletter editor: Stephen R. Writing support: Ryan W. More information about Moving Forward Towards Independence can be found on our website: moving-forward.org