

# MOMENTUM

The Newsletter written by residents who are Moving Forward

July 2017

## “Teamwork, Competition, and Medals - The 2017 Summer Games” *By: Ellen S.*

This year’s Summer Games for Special Olympic athletes took place at U.C. Davis in Davis, California. The games include Aquatics, Tennis, Bocce Ball, and Track and Field. Athletes competing in these sports, from all over California, were selected by their coaches to represent their county. This year, four athletes from Moving Forward Towards Independence were selected to compete for Napa County. I have participated numerous times at this event, however, the three other athletes selected from Moving Forward were competing in their first ever Summer Games. I was excited for each of them and I wanted to find out each of their experiences, participating for the first time. I decided to interview each athlete to find out:



Name: Elaine G.

Sport: Tennis

Medals: 1 Bronze Medal

**My performance:** I did pretty well and I was happy with how I played.

**Saturday night fun:** I liked the movie because I had never seen it before.

**Best food of the weekend:** I liked the “tater-tots”. They were so yummy!

**Best part of the games:** I really liked winning my medal because I have not won many medals.

**Would you compete again?:** I would like to compete in the summer games again next year because it was fun.

**Which sport would you like to compete in next time?:** I think I would like to compete in Bocce Ball next time.



Name: Paige M.O.

Sport: Aquatics

Medals: 1 Gold (Butterfly), 1 Silver (Relay), 1 Bronze (Backstroke)

**My performance:** I did pretty well and I was nervous about competing. I am proud of how far my swimming strokes have come.

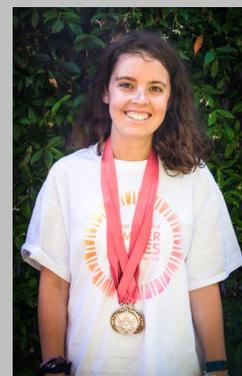
**Saturday night fun:** I liked the dance. I have not been to one in a long time (since high school).

**Best food of the weekend:** I liked the pizza because it is my favorite food. It was heaven!

**Best part of the games:** I enjoyed the dance most of all since I have not been to one in a long time.

**Would you compete again?:** Yes! It was really fun and I liked it!

**Which sport would you like to compete in next time?:** I would like to do swimming again. I like swimming!



Name: Olive S.K.

Sport: Aquatics

Medals: 1 Gold (Butterfly), 3 Silver (Back stroke, freestyle, relay)

**My performance:** I did really well. I am happy with my performance.

**Saturday night fun:** I liked the dance. I got a cool shirt and I like dancing.

**Best food of the weekend:** Breakfast: eggs and bacon. Dinner: Chicken burger and fries.

**Best part of the games:** I liked competing and being with friends. The competition was thrilling.

**Would you compete again?:** Yes, it was a great experience.

**Which sport would you like to compete in next time?:** Same. Swimming is my favorite sport and I don't want to be hot.



“I am glad I got to go to this event to be a part of these athletes’ experience at their first ever Summer Games.”

-Ellen

## “Sacramento March for Disability Rights” *By: Ross L.*

I went to the capitol building in Sacramento to participate in a march for Disability Rights. I went with other coworkers from PSI who are also in the Integrated Services program with me. Our group took a tour of the inside of the capitol building. We were able to look at all of the history in that building. We listened to people give speeches on how they are helping disabled people get the rights that they deserve. There were also booths set up and I walked around to listen to people talk about what their organizations are about and what they do to help disabled people. This was a great trip with my Integrated Services program.



**13TH ANNUAL  
DISABILITY CAPITOL  
ACTION DAY**  
Keep California Healthy!

**JUNE 13TH, 2017  
10AM - 3PM**

**NEW LOCATION:  
CESAR E. CHAVEZ PLAZA  
DOWNTOWN SACRAMENTO**

**#KeepCAHealthy  
#MustHaveMediCal**

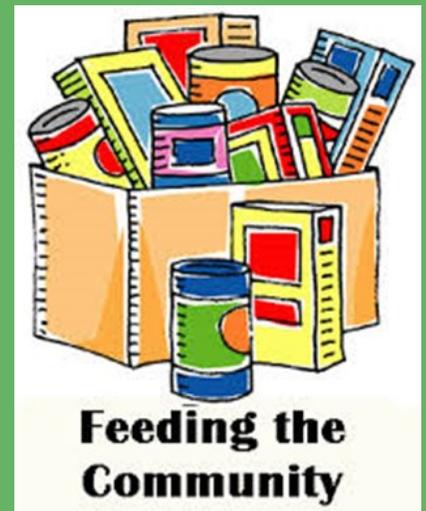
Event sponsorship information, participant registration, and additional details can be found on our website:  
**DisabilityActionCoalition.org**

ASL interpreters, Spanish & Chinese translations, and text captioning will be provided.

 Disability Action Coalition

## “Community Living Summer Food Drive”

We are excited to announce that the Moving Forward Towards Independence Community Living residents will be participating in a summer food drive! Starting on July 3<sup>rd</sup> each resident living in the community will be provided with a brown paper bag to collect and save non-perishable food items. We would like each resident to buy one extra non-perishable food item a week to put in the bag while they are grocery shopping. This will continue for 10 weeks, so each resident will have 10 items to donate! Morgan Kruger, and any residents available, will then deliver the items to the Food Bank. This is a very simple but rewarding opportunity for us to give back to our community!



If you have any questions or concerns feel free to contact:  
Morgan Kruger at [MorganK@moving-forward.org](mailto:MorganK@moving-forward.org)

## “Get to Know Your Staff” *By: Sara W.*

This month I interviewed Jennifer. She is a Case Manager in the Community and she takes care of all of our buildings and cars. She used to be my Case Manager. She always wears pretty dresses and is really good at art. Jenn teaches Advanced Art at Moving Forward. She is really nice and sweet. She also helps barbeque when we have parties. Jennifer loves the holidays and I like it when she decorates Moving Forward for each holiday. She also cooks a turkey dinner for residents on Thanksgiving!

### Here is the interview I had with Jennifer:

Why do you like working at Moving Forward?

The residents! I love the residents! All of them!

If you weren't working at Moving Forward, what would be your dream job?

Helping animals: sheep, chickens, dogs, etc.. ♥

What one of your favorite moments from your life?

When I got my dog, Chloe.

If you could be any type of animal, what type would you be, and why?

Black Panther. They are gorgeous and stealthy.

If you could have a superpower, which would you choose, and why?

To fly. It must be so quiet and peaceful.

### Jennifer's Favorites:

|           |   |
|-----------|---|
| Color     | Pink and purple!  |
| Meal      | Coconut shrimp/Thai food                                |
| Pizza     | Pineapple, sun-dried tomato, mushroom                   |
| Ice Cream | Vanilla ice cream with peanut butter swirl              |
| TV Show   | I don't know. "48hours"                                 |
| Movie     | "Planes, Trains & Automobiles"<br>or "The Seventh Sign" |
| Book      | Author: Anne Rice -<br>Her series of vampire books.     |

|                                   |                                      |
|-----------------------------------|--------------------------------------|
| Animal                            | Puppies! Dogs: especially Pit Bulls! |
| Actor/Actress                     | Cameron Diaz and Andy Garcia         |
| Hobby                             | Gardening and art                    |
| Weekend Activity                  | Hanging with my dogs, gardening      |
| Sport to play                     | LOL. Biking.                         |
| Sport to watch/<br>Favorite team? | No!<br>There are teams?              |
| Place you have<br>been to         | Chichen Itza -> Mayan Ruins!         |



What would you say are your three best qualities?

- Caring
- Energetic/Bubbly
- Humor

How would you describe your fashion?

Dresses and heels. Girly girl.

What is your perfect day?

80 to 82 degrees, slight breeze. My dogs are at playing with each other and I am gardening. A peaceful and calm day.

Where would you most like to travel to?

Czech Republic (I am Czech) / Costa Rica or the Galapagos Islands to see the scenery and the wildlife.

## “Gemma’s Joke Corner” *by: Gemma S.*

Where can you find the world's largest diamond?  
On a baseball field!

What did one strawberry tell the other?  
If we weren't so fresh, we wouldn't be in this jam!

Why can't a skeleton take out his girlfriend?  
He doesn't have the heart!

When is the best time to buy a bird?  
When they are going "cheap"!

What kind of dots can dance?  
Polka dots!

Who is the strongest man in the world?  
A police man. He can hold up one hundred cars and trucks with one hand!

## “Napa Valley PSI Mentors” *Ellen S and Ross L*

Recently, two Moving Forward residents spoke at a board meeting at the North Bay Regional Center in Napa. One resident, Ellen, is the president and founder of a program she started at her workplace, PSI (Product Service Industries). The program is called Napa Valley PSI Mentors. Both she and Ross spoke to the board members about this program, their roles within it, and their work goals for the future. Below are the speeches delivered by our residents:



Hi I am Ellen, I am the President of the Napa Valley PSI Mentors. I am learning how to be a good leader and to inspire people to do their thing. I am good at public speaking. My dream job is to be a part of Funds Development for the Cancer Society. Since I am a cancer survivor myself, that goal is very special to me. I wanted to start a group at PSI that would give me the opportunity to practice those skills. I got the idea from my old High School in Pacific Grove where the Seniors and the Juniors mentored the Sophomores and the Freshmen. I felt that I could start a similar group to support new PSI employees. So December of 2014, I asked a group of my peers if they would be interested in joining a group called the PSI Mentors. They were very excited to join and we had close to 20 people at our first meeting. The group continues to grow in numbers. In the early days, our Mission was to give tours to perspective PSI employees and to be their buddy once they started working at PSI. However, we have evolved into so much more with a new mission “To prepare and support each other to find our own meaningful work”. A house will sink if it is built on a foundation made of sand. We will support each other with building our houses on a strong foundation made of stone.



Hi I am Ross, I am the Head Mentor/Trainer and assistant note taker for the PSI Mentors. My goal is to speak up and advocate more for myself. I can be shy, but I have a lot to say that is worth being heard. I am an excellent speaker and trainer. I not only assist with training the Mentors how to Mentor, but I train and coach other employees how to do the different jobs at PSI and Integrated Services. My dream job is to work with dogs in a day care or as an usher at a movie theater. I am focused and have great handwriting, which got me to be the assistant to the note taker.

Let me tell you a little about how the Mentor Program is set up. We generally have two meetings a week. We have one meeting for the officers and one meeting for all mentors. At officer meetings, we set the agenda. At mentor meetings, we execute the agenda. PSI Mentors is made up of officers, Head Mentors, Mentor Stand Outs, Mentors in training and Mentors in Prep.