

MOMENTUM

The Newsletter written by residents who are Moving Forward

February 2019

“This Is Who I Am Today” *By: Ellen S.*

When I first moved to Napa to join Moving Forward in September 2013, I didn't know a lot about the program. I only knew that this was a residential program to help people with disabilities to live independently. During my time at Moving Forward, I learned a lot.

During the first part of the program, I learned so much about acceptance and friendship. This is also where I learned a good sense of cooking, keeping to a daily schedule, and some more about chores. After a while I felt like it was my home.

I started feeling like I was growing into my independent self. In July 2015, when I moved to the second part of the program, I lived in an apartment. This taught me how to live with a roommate and to take more responsibility for myself. I also learned how to balance all of the things in my life like work, socializing, classes, and numerous other things.

After learning many lessons, I could really feel myself becoming a more independent young woman.

As I embark into the Community Living program at Moving Forward, I really want to give a heartfelt thank you to all Case Managers, Support Staff, and the directors of Moving Forward. Thank all of you for helping me to become who I am today!

I have learned that Moving Forward Towards Independence is a place that helps people become independent adults, like the program is doing for me. This is who I am today.



Staff Insight:

I was Ellen's first Case Manager when she first moved into the "Front house". She had never lived away from home so it was a big change for her. Ellen made friends quickly and learned to work through many new challenges. She worked to learn many new Independent Living Skills. She has always been an inspiration to me. Ellen now has now moved into the community. I am very proud of her.

- Gloria L. (Case Manager)

“Book Club: A Great Group and a Riveting Read”

The Moving Forward Book Club just finished reading through their second book since Case Manager Gloria L. formed

Book Club member: Olive



the group last summer. A small group of residents participate bi-monthly to discuss the assigned chapters.

Each participant has their favorite genre, but are willing to try a variety of books. As the club continues, every member will have input into picking the book of their choice. Each meeting, book club members come prepared to answer 4 or 5 discussion questions and share favorite parts from their reading. This great group is now raring to read through another riveting read!



Book Club member: Elaine



“I like reading fantasy books because they give you an escape from real life and are adventurous!”

BOOK CLUB

“I love reading books! That is why I am in Book Club.”

“Performing for Our Vets”

Earlier this year, Moving Forward’s music class went to the Yountville Veterans Home. They sang both holiday songs and songs about America. The residents had a great time performing songs and enjoyed talking with the vets. There was a large group of Veterans that showed up to watch our residents sing. Many of them spectated while a few joined in to sing the songs that they knew. One Veteran even joined the band by playing his own instrument along with our class! It was great to perform for our vets.



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

This month I interviewed Thomas. He is a Case manager. Thomas is very nice and is also polite. He is always very happy when he is at work. Thomas also takes residents on outings on the weekend. Thomas is a very helpful staff!

Here is the interview I had with Thomas:

Why do you like working at Moving Forward?

Moving Forward feels like a big family that works together. I like helping residents become independent.

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

Tortoise. They have a very long lifespan.

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

Invincible—so I can help people in need.

Thomas’ Favorites:

Color	Red	Animal	Dog
Meal	Garlic crab or garlic noodles	Actor/Actress	Andrew Lincoln from “The Walking Dead”
Pizza	Cauliflower crust pizza.	Hobby	Hiking
Ice Cream	Cookies and cream	Weekend Activity	Going to concerts
TV Show	“The Walking Dead”	Sport to play	Basketball
Movie	Marvel movies	Sport Team	Golden State Warriors
Book	“Lord of the Rings” Trilogy	Place you have been to	Las Vegas. Lots of food choices!!!

Thomas P.
Case Manager
 At Moving Forward:
4 months



What would you say are your three best qualities?

- Easy going
- Sense of humor
- Good communication



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

Newsletter Writing support and Editor: Ryan W.

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

moving-forward.org