“Success Spotlight”

Moving Forward’s residents have many vocational success stories. Each of our residents work hard to learn job skills, volunteer, gain work experience, become job ready, and gain competitive employment. This month, ‘Momentum’ is shining a spotlight on one of our very hard working and successful residents:

I work at Wine Bev Services in Napa. I have been working there for 11 years now and I really enjoy it. The types of jobs I have done during my time at Wine Bev have been janitorial, packaging wine, and working reception at the entrance. Over the years, I have enjoyed doing janitorial work the most. I have learned many job skills over the years while working there.

Sometimes, we finish our work for the day, and we get free time. I like doing arts and crafts. Sometimes we go on outings too. We go to places like the library, to lunch, or to the park. I really like it when we go to Mare Island.

One of the best things about working at Wine Bev is that we get the chance to go to Camp Cazadero. We go every year at the end of May, which I really enjoy!

I have made many close friends over the years at my job. I also love the supportive staff and the bosses at Wine Bev!

“Marin Games” By: Hannah, Paige, and Olive

“This was my first year doing Special Olympics. I participated in swimming at the Marin Games. My favorite stroke is the backstroke. It felt so great to win! I was so surprised when I won because I didn’t know until I was done.” - Hannah

“This year I did well at the Games even though it was raining in Marin. The competition was good because there were a lot of other teams there for me to swim against. I was able to win 2 gold medals and 2 silver medals this year!” - Paige

“At the event, it was really cold and rainy. It even rained while I swam. At around noon, the weather got so bad that they called the event, cancelling the remaining races. I was lucky to finish all of my races. Overall I had a good time and was happy to win 2 gold medals and a bronze medal!” - Olive

Congratulations to all of our athletes this year for participating in a variety of sports and for working hard to win medals at the Marin Games!!!
“Freshly Prepared Food and Free-flowing Conversation” - by: Jenn R (MF Staff)

The Moving Forward cooking class is beneficial to our residents. Each Friday, they learn quick and basic meals that they will be able to utilize in everyday life once they are living independently in their own places.

We make a variety of meals during our class, including Chicken Caesar salad, zucchini pasta, and even breakfast foods occasionally. We like to focus on making nutritious meals.

Each resident can benefit from the class by learning how to properly clean and cut fruits and meats. They learn how to use the stove, the oven, and what utensils will be needed for different foods.

What I love about this class is that it allows everyone to give their input on what they would like to cook, whether it be an old family recipe or something that they saw in a cook book.

Conversations flow freely while we eat the freshly prepared foods and get to enjoy each others company.

“Resident’s Association” - by: Ellen S.

Moving Forward Towards Independence developed a Residents’ Association after the completion of the most recent Resident Satisfaction Survey. The residents wanted the opportunity to talk about the survey results and collectively work towards implementing positive changes. The Residents’ Association currently has 15 members and plans to meet every other week. Resident Association member and long time advocate, Ellen S. gave a few comments about the Resident Association, below:

The Importance of the Residents’ Association:
“This is a way for the residents to take more action and provide input for both new and old residents alike.” -Ellen

My favorite thing about the Residents’ Association:
“It is nice to see the Elm houses, Franklin and CL all being represented in the Residents’ Association. We are here to help all residents!” -Ellen

The Residents’ Association plans to tackle continuous quality improvement and report to the Board giving an active voice to all residents.

“Weekend Outing Fun”

Each weekend at Moving Forward, there are two activities scheduled for our residents. We travel everywhere from San Francisco, to Santa Rosa, and from Oakland to Sacramento. Our activities include going to the movies, museums, parks, malls, sporting events, arcades, shows, and many more. Please view the Calendar section of the Moving Forward website for our monthly activity calendar to view all of the wonderful activities planned every month! Have a fun weekend, everyone!