

# Monarch News



Articles by Monarch  
staff and clients

*Spring 2017*



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## Going to the Monterey Bay Aquarium

by Christie M.

I learned about all kinds of fish, how they take care of themselves. We went to the big tank, there were sharks and one BIG turtle. I saw four sharks, I saw a hammer-head, and I saw a tiger shark and the regular kind of shark. The turtles swim and when they are afraid they put their head in their shell. I saw a blow-up fish with a very big face. We saw how the octopus hides, they hide behind the rocks, and how they climb with those tentacles. Sometimes they change colors when they hunt. He has eight legs. Then, we went to the penguins. We watched them swim in the water and with their fins they cleaned each other. They are nice penguins! I saw otters. I saw how they open the crab with a rock. There were lots



of fish, all with pretty colors. The Aquarium was nice! It was fun! It was good to learn about the aquarium. I would like to go again!



## Letter from the Director

As Executive Director of Monarch ILS, it is always a pleasure to share our successes and pride in our clients' work in achieving independent and fulfilling lives with all of you who support them, including: families, our staff, SARC Service Coordinators, and many community members who are generous with their time and resources.

2017 is shaping up to be a great year for Monarch in many ways! Our new client referrals have grown to an average of 3 people per month. Our office has become re-structured to store all sensitive and confidential information in an HIPAA compliant digital format in order to preserve client confidentiality in the most effective way possible. We capped off 2016 with a Holiday Party with food, beverages, and a DJ for music and dancing. The party was for clients, their families and friends, and staff and their families. It was really wonderful to see everyone enjoying the holidays with us and each other!

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# What's Happening?



## Please join us for the next Human Race!

Last year's Human Race was more than just a lot of fun; we raised enough money to start offering our weekly yoga and dance classes at Loudon Nelson Center for FREE!

Now that we can cover room rental costs, even more members of our community are able to come together every week to have fun and stay healthy. If we raise enough funds this year, we can continue to offer these classes for free, and hopefully add additional community classes. But the funds we raise for Wings of Success, through the Human Race, provide so much more than these classes. They also allow us to offer enriching activities such as trips to the Monterey Bay aquarium, and scholarships for low income individuals with developmental disabilities who need help paying for bus passes, clothes, food, and other necessities. We have had a few clients facing homelessness in recent years, and these funds have been essential for supporting them.

Please consider joining us on race day! This year's Human Race will be on  
**Saturday May 13<sup>th</sup>**

You can register to walk for Wings of Success or give a donation on our Human Race webpage, at:

**[humanracesc.org/npo/wings-of-success](http://humanracesc.org/npo/wings-of-success)**



Race day is always tons of fun! There will be light snacks in the morning, then the walk itself along West Cliff, then live music and a barbeque afterward. We would love your support—either by walking and fundraising yourself, or by donating on our Human Race webpage.

Know that your time or donation will have a real impact on people's lives. We are committed to making a difference not just for our clients but for our larger community, and the fundraising from this event will allow us to do exactly that.

**Hope to see you there!**

**Are you attending college and looking to meet and connect with other people in college?**

**Come join our College Group!**

Our College Group meets the last Friday of every month at 3:30pm at The Abbey, located at 350 Mission St. We talk, play board games, and get to know one another.

Please RSVP to Lindsey at [lindseyamos@monarchils.com](mailto:lindseyamos@monarchils.com) and double check our monthly activity calendar (located on our website) to confirm the date and location each month.

*Letter from the Director, continued from pg. 1*

In this past year, more than ever, the community of Santa Cruz has sprung into action to help causes most close to their hearts. A non-profit agency, Wings of Success, Inc. which was created to help people with developmental and intellectual disabilities in the community, has donated funds to Monarch which allows us to open our yoga and dance classes to members of the community, at no cost. Monarch will continue to support Wings of Success in its fundraising by walking in The Human Race on Saturday, May 13<sup>th</sup>. If you would like to participate in the walk, or donate to the event, or come to the race and cheer us on, all are welcome! Let us know if you are interested in participating.

With one last thought, we do want to underscore our core beliefs that everyone is of equal worth and value. Everyone deserves equal access to healthcare and education benefits, and basic living standards. People with developmental and intellectual disabilities can be directly affected by any changes in Federal or State law which might erode their basic rights to those benefits and standards. We at Monarch continue to educate ourselves on any proposed changes that may affect our clients and plan to communicate our concerns by contacting our representatives. We invite all of you to consider the changing political climate that affects so many vulnerable people, and to offer your concerns or suggestions to those who make critical decisions.

Thanks to all who are the heart of Monarch ILS!

*-Sarah Macy*

## Monarchian Spotlight



### Cele G.

*Interviewed by Meghan*

Cele was recently hired at Home Depot; we asked her a few questions about her job and advice she may have for other people who are looking for work.



*How do you keep up with the fast pace of the job?:*

Do what you can!

*What is your favorite part of working at Home Depot?*

My favorite part is interacting with customers.

*Was your job search easy?*

No!

*Do you have any tips for others looking for jobs?*

Stay positive and keep applying.

*How many jobs did you apply for before getting this position at Home depot?*

I think about 15.

*Do you have any tips for interviewing?*

Stay calm and work on your “power pose” to boost your confidence! Be confident but not too confident.

# Recipe Corner



Luke showed us how to make a quick and easy pizza using an air fryer or toaster oven! Here is his recipe:

## Ingredients

- 1 pita bread (or naan bread)
- 3 tablespoons pizza sauce
- 3-4 tablespoons mozzarella cheese
- 1 tablespoon fresh basil
- 5 olives
- 5 slices of pepperoni
- 5 sliced mushrooms
- 1 tablespoon onions
- 5 cherry tomatoes.

\* Optional ingredients: pesto, BBQ sauce, ranch sauce, peppercinis, parmesan cheese

1. If you're using a toaster oven, preheat it to 350 degrees. If you're using an air fryer, preheat it to 390 degrees.
2. Put out all of your ingredients on a table or counter. Use a cutting board and knife to chop the onions and basil into small pieces.
3. Cut the cherry tomatoes and mushrooms in half.
4. Put the pita bread on a cutting board and spread 3 tablespoons of pizza sauce on the pita bread.
5. Add 2 tablespoons of mozzarella cheese.
6. Spread your toppings evenly on your pita bread.
7. Cook for 3-5 minutes, or until cheese has melted.
8. Remove carefully from toaster oven or air fryer, using oven mitts and tongs.
9. Enjoy!



## Safety First!

### Eddy's Internet Safety Tips

1. Don't give out your personal information.
2. Make sure to check your privacy settings.
3. Don't talk to people you don't know in real life online.
4. Don't send money to people online.
5. Don't say or do anything online you wouldn't say or do around your parents or grandparents.

