

Monarch News



Articles by Monarch
staff and clients

Spring 2019



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Check out our new Watsonville office!



Our office in Watsonville is up and running, and we couldn't be more excited! We are so happy to offer a place for our Watsonville clients to meet and greet, learn and grow together!

Our new office is located at 734 East Lake Ave., close to stores and bus lines. We've already had plenty of fun activities held there, from cooking classes to Easter egg dyeing, and are looking forward to many more!



Letter From the Director

Another year has passed and I want to thank staff, our clients, their families, SARC, and the community who have continued to support Monarch in its work. Monarch's growth has exceeded our goals. Our client base has grown, which has made it possible to open a second office, located in Watsonville. This office provides a larger space for indoor activities as well as allowing more convenient access to Monarch's services by clients and their staff who live in South County.

On an advocacy note, we are encouraging everyone in our community to speak out about several important issues that affect disability services. In the last 20 years, there have been only a few adjustments to reimbursement rates for providers, which has not kept up with the rising cost of living, making it very difficult to offer competitive enough wages to hire and maintain staff.

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Client Spotlight



Maile has started a horse club at Monarch! Here is her story about her dream of one day owning her own horse coming true:

I have a 16.0 hand hanoverian, I proudly call mine. She's a Bay Mare with a white blaze and a black mane and tail. Her name is Lili, shes beautiful, sweet, kind, tries her heart out for me, always gives 100% percent of herself to whatever we are working on. She adores me and I adore her! I remember the first day I met her August 27th 2018 was the day my life changed. Sound drastic? Nope its totally true. August 27th the day I met her I fell hopelessly in love with her and she did too.

Even though she was out of shape, and her coat was bleached from the sun. I still loved her so much! I rode her the first day and she was so sweet and so kind, I laughed the first time I trotted with her. Then we played in the round pen and I was sitting on the ground and she came and put her head in my lap. I do believe we had a deep connection the day we met. We saw something in each other, something no one else can understand. We clicked!! Well that's an understatement, we are attached to each other that's a better word. Ever since then our bond has strengthened and went deeper than riding. We're learning so much from each other! I am so incredibly blessed watching how far my girl has come, experiencing new things together. Riding her feels like I'm on top of the world like no one could touch us. Our bond is so deep that it feels like I can actually hear the conversations we have with each other. She trust me, like I trust her , we are a team! That is why we can do anything together. Together we can do so much, conquering fears, and trying new things have been huge for us this year. I am so proud of us! The bond we have means so much to me, on a hard day she knows how to make me smile or laugh. By doing something silly or giving me a hug, that makes me feel better. She has taught me so much, and is still teaching me things. I am forever grateful! I love her so so much, my heart horse!

--written by Maile T.



Giving Back

Daniel loves arts and crafts! He decided to make a no-sew blanket with some help from staff. He started in November and finished it last week, April. Early on in the process, Daniel decided it would be good idea to make this blanket to donate. He has worked on this project every month, often hosting activities for his peers to help him finish his blanket. The blanket is made of



fleece and has purple and multi colored tie dye squares. Daniel cut the squares and made tabs on each side to tie together, and it's amazing! It is so colorful and Daniel is very happy with the finished product. He said he was so happy this was made to donate, and donated it last week to Jacob's Heart in Watsonville.

Creativity Corner

Julia's Superhero Stress Balls

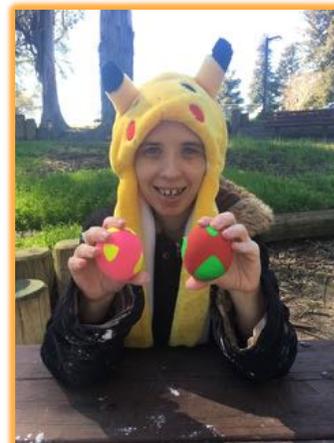
Julia taught us how to make our own stress balls in superhero colors, using instructions from thekingofrandon.com. So easy and fun!



Supplies:

- latex party balloons
- two plastic bottles
- Flour

1. Cut one of the plastic bottles in half and turn it upside down to form a funnel.
2. Use this to fill the other bottle with $\frac{3}{4}$ a cup of flour, shaking the funnel up and down rapidly to transfer the flour into the second bottle.
3. Find 3 balloons that are all the same color; blow the first balloon and twist the neck around 4-5 times so the air is trapped inside.
4. Stretch the mouth of the balloon over top of the bottle, and when it's on securely, let the balloon go.
5. If you turn the bottle upside down and squeeze it repeatedly, the flour should transfer easily, without making any mess.
6. Pinch the neck of the balloon and pull it off the bottle.
7. Carefully let the air out of the balloon, but it is important to pinch it off again before dust from the flour starts coming out.
8. Massage the base of the balloon to help compress the flour and move any trapped gasses to the top, then let the neck go.
9. Carefully clean the outside of the balloon with a damp cloth, then slowly and carefully use a pair of scissors to cut the excess balloon off of the top.
10. Prep the other balloons by cutting the ends off them as well.
11. Pulling them open, you should be able to get all your fingers inside. If you stretch them open wide enough, you can place the center over the flour ball, then wrap it around to the underside. This will seal the flour inside, and hold everything together firmly.
12. Remove any little ripples, by pulling the edges until it looks smooth.
13. To form the mask, make 4 "U" shaped cuts around the edges of a black balloon, then fold it in half so you can cut a "U" shape out of the side. When you open it up you should have a relatively circular hole right in the center.
14. Turn the band inside out, then wrap it around the outside of the ball.
15. Play around with different color combinations to make different super hero themes!



Come Join Us at the Human Race!



On May 11th, Monarchians will be fundraising for our non-profit branch, Wings of Success, by walking in the Human Race. There will be music, food, and lots of fun! We are raising funds to continue to keep our weekly yoga and dance community classes at Louden Nelson free for all who want to attend. We are also hoping to raise enough money to provide emergency preparedness kits to low-income individuals with developmental disabilities.

You can walk with us or contribute through our fundraising page at:

<https://www.humanracesc.org/organizations/wings-of-success>



Letter from the Director continued

Recently, DDS employed Burns and Associates to conduct a statewide rate study to determine the needs of service providers in California. The findings showed that an additional \$1.8 billion is needed to ensure adequate provider payment rates for home and community based services provided to individuals with developmental disabilities. Increasing provider payment rates would have a positive impact in Monarch's funding once the distribution of funds goes into effect in another year or two. Secondly, DDS has reinstated a previously rescinded regulation known as the Uniform Holiday Schedule. Agencies such as Monarch will be forced to follow the holiday schedule and will not be able to provide Tailored Day Services (TDS) on the designated days, resulting in staff earning less pay and our clients having less time with their staff. What we recommend is that you contact your local representatives and ask for two things: 1) that they support an immediate rate increase to support providers until the new regulations are in effect; and 2) that they object to the reinstatement of the Uniform Holiday Schedule and ask its rescission. Your comments can have a significant effect on the actions of your government representation.

We at Monarch feel very fortunate for the opportunity to work with our amazing clients. They give back to us at least as much as we give to them. Thanks again to everyone who makes Monarch ILS possible!

Sarah Macy
Executive Director