

# Monarch News



Articles by Monarch  
staff and clients



*Fall 2016*

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## The Human Race

We are so grateful for the flood of support and donations we received from our first fundraising effort for our new non-profit, Wings of Success. A number of Monarch clients and staff participated in the Human Race to raise funds for Wings, and we appreciate each and every one of you who walked or donated. Thank you!



*Monarchians Laura and Geanna take a well-deserved break after the Human Race, while their ever-energetic Coordinator Gail sneaks up behind them.*

## Letter from the Director...

Hello to all of you who have made this past year productive, and filled us with optimism for an even greater year as we celebrate our 8th anniversary. Our new programs—including employment support through Tailored Day Services and our Academic Support program for students attending UCSC and Cabrillo College—have all proven to be a growing and important part of Monarch's services. I certainly acknowledge the huge support from the families, the community, and SARC.

Monarch's staff are more and more in touch with the needs of our clients and community, and continue to do an amazing job. We'd like to give a special welcome to new members of our growing staff who include: Whitney Phillips,

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# What's Happening?



## The 13th annual Gathering of Extraordinary People was a great success!

Big thanks to our fellow agencies who worked with us to make this event happen: Imagine Supported Living Services, Employment & Community Options, Santa Cruz Supported Living Services, Camphill, and Easterseals.

Check out our website for more great photos from the event.



“I enjoyed and loved performing at the Gathering Of Extraordinary People. There was an open mic list after the talent show portion was done, so I put my name down on the list I was in the number four spot on the list. The song I sung was *Don't Stop Believing*. I loved how everyone just gathered around & joined in because all of us can get behind the song by Journey, *Don't Stop Believing*.”

-Diana Chavez

## Day on the Beach 2016

Thank you Shared Adventures for another great Day on the Beach!



“I went to Day at the Beach with Monarch and I liked kayaking. It was my first time kayaking and I had fun, fun, fun! I saw ten sea otters and two seals. I want to do kayaking at Day at the Beach again next year”

-Debbie King

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

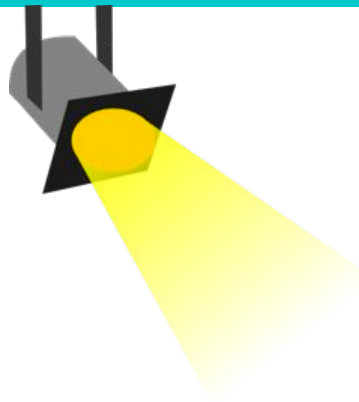
Meghan Dill, Liz Sims, Tania Rodarte, Wendy Alcala, Canaan Lewin-Welsh, Kevin Ivester, Maria Tayhua, Kiran Gill, and Leyna Kyle.

We are enjoying and appreciative of our client and staff run Monarch monthly activities, which are now occurring 3-4 times per week, and include on-going activities such as: the Peer Group, Comic Book Club, The Invincibles Club, monthly Internet Safety Workshops, and the Embroidery Club. We invite community participation to our yoga and dance classes, held in collaboration with Employment & Community Options. These classes are held weekly at Loudon Nelson Center. Please refer to our monthly calendar posted on our website, [www.monarchhils.com](http://www.monarchhils.com), for updated activities and dates.

All of us at Monarch send greetings for a wonderful holiday season to everyone and their families. Thanks again to everyone who contributes to Monarch's success in serving a very special community.

*-Sarah Macy*

## Monarchian Spotlight



This newsletter, we are spotlighting Monarchian:  
*Emily Woods*  
who manages to balance working at Safeway, attending Cabrillo College, and having plenty of fun in her free time.

“Working has been awesome and fun. In the first few weeks of work it was helpful to have staff there to help with job tasks that I was asked to do. And it has been fun working because I have such really nice co-workers. I feel good and confident when I go to work.”

*-Emily Woods*



# Recipe Corner

## Baby Kale and Strawberry Salad

By Brianne Holeman

In September for the Peer Group, I hosted a healthy nutrition class and made a Baby Kale and Strawberry Salad. Everyone loved the event and the salad. I also enjoyed hosting the event and helping others with creating their own healthy masterpiece. I also brought up conversation on the topic of healthy vs. unhealthy foods.

The Peer Group is hosted on the last Tuesday of every month, I hope to see you all there. Everyone is invited to come and participate!



### Ingredients

- ¼ cup balsamic vinegar
- 1 small shallot very finely minced
- 2 teaspoon minced fresh rosemary leaves
- 1 pinch kosher salt
- pepper
- ¼ cup extra-virgin olive oil or as needed
- 4 cup baby kale loosely packed
- ½ English cucumber peeled and sliced
- 8 strawberries stemmed and quartered
- ½ cup whole raw almonds



To make the vinaigrette: Add the balsamic vinegar, shallot, rosemary, salt, and pepper to a small mixing bowl. While whisking vigorously, add enough of the olive oil in a slow drizzle until an well combined emulsion forms, about 15 seconds. You might not use all the oil.

To make the salad: Add baby kale, cucumber, strawberries, and almonds in a large bowl. Toss to combine, then serve with freshly whisked vinaigrette on the side.