

Monarch News



Articles by Monarch
staff and clients

Summer 2018



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Legislative Luncheon

On May 11th several Monarch clients and staff members attended San Andreas Regional Center's Annual Legislative Luncheon. The purpose of the luncheon is to connect local legislators with regional center consumers and highlight the needs and successes of the community.

Monarchian Tiffany Dowling was invited to speak at the luncheon and share her perspective on voting, employment,

independent living, and affordable housing. Given Tiffany's years of experience in all of these areas she had a valuable perspective to share. Tiffany was the only speaker from Santa Cruz County and represented the specific needs of this area. Here are some of Tiffany's thoughts on this opportunity:



"It was fun to tell legislators about the need for housing and the help that people with disabilities

Letter From the Director

Summer is a time to reflect upon our goal setting from late 2017 and to celebrate and appreciate our successes. Throughout Spring, we enjoyed social engagements as well as educational opportunities. Through the generosity of the Santa Cruz Warriors, many of the people we serve were able to attend several basketball games and root for their hometown team. Through the generosity of the Monterey

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What's Happening?



Welcome Home Cele!

We are so excited to have Cele back in town!

In June, a large group gathered to celebrate Cele's birthday and welcome her back. There was cake, presents, and lots of smiles!

Cele has been recovering steadily since being hit by a distracted driver in April. We are grateful for Cele's recovery and happy to have her nearby. Cele received a number of cards and visitors while she was in the hospital, and says that it meant a lot to have the support and well wishes.



Cele would like to tell everyone:

"Thank you for all the cards. They are really picking up my spirits."

Homeless Garden Project

Summer at Monarch's garden plot at the Homeless Garden Project is providing us with plenty of garden work and delicious veggies to go along with it!



So far we've harvested summer squash, kale, onions, and snap peas. Our tomatoes and sunflowers are slowly making their appearance, and in the meantime we're staying busy harvesting, weeding, and helping out with other volunteer work at the Homeless Garden Project!



Thank You!!!



Human Race

A big thank you to everyone who fundraised for and donated to Wings of Success during this year's Human Race!

Thanks to your generosity, we've raised enough funds to continue sponsoring our community stretching and dance classes and provide individual scholarships!



If you haven't yet joined our stretching or dance classes yet, they're a blast! Classes are co-hosted by Monarch and E&CO and free to all community members. Stretching class is held Wednesdays 10:30-11:30 and Fridays 10:30-11:30 at Louden Nelson Community Center.

Monterey Bay Aquarium

We are so grateful to the Monterey Bay Aquarium for donating enough tickets for us to bring two vans full of excited Monarchians to a fun, educational day at the aquarium. We saw otters, sharks, jellyfish, puffins, and the ever elusive octopus!



"Well, it was fun!...I enjoyed the exhibits."

-Debbie K.



Fullpower

Last, but certainly not least, we'd like to thank Kidpower for coming to Santa Cruz and offering their Fullpower Training in our community. Their workshop was engaging, fun, and taught participants a variety of important skills to help them stay healthy and safe. We cannot recommend Fullpower highly enough, and can't wait for the next workshop!

...letter from the director, continued:

Bay Aquarium, plus donations from Wings of Success, we also enjoyed a fun and enriching day at the aquarium. We also participated in the Human Race where Monarch clients and staff volunteered their time to raise money to assist people with disabilities. They raised \$3677 which was matched by the Human Race by \$500. Thank you for your hard work! A special shout out to Garrett who asked Woodstock's Pizza to provide a pizza party to all of us who participated in the Human Race. Woodstock's generously accepted his invitation making for a wonderful celebration.

An important part of Monarch ILS is its diversity in all human characteristics, choices, and beliefs. Toward that goal, our Spring all-staff meeting featured Triangle Speakers from the Diversity Center and helped further educate staff regarding LGBTQI issues. Thank you to Jorge for organizing this very important staff training!

A big thanks to our Program Manager Beth Prentiss for accepting the nomination as chairperson for the Service Providers Advisory Committee (SPAC). Beth has committed to this position for the next two years, and her involvement in this committee is invaluable to all SARC vendors.

All of us here at Monarch appreciate the loyalty and support of our clients and their families and the Service Coordinators at SARC.

Monarch's foundation is the commitment and caring of all staff members. Thank you, each and every one.

-Sarah Macy

Monarchian Spotlight

We are so proud of Simonie, who brought home three gold medals at Special Olympics!

Here is what she had to say about her experience:

"I competed in the Special Olympics Track and Field 400m walk, 200m run, and the Javelin Toss. I received gold medals in all three events and qualified for the Summer games but declined the offer to attend them due to a prior engagement that began the weekend of those games. I have never been at a Track and Field event before. Not even outside Special Olympics. It was HOT!!! Almost as hot as last years Special Olympics Softball tournament, only the track and field event did not require catching gear. My favorite thing about being part of Special Olympics is the comradery."



Simonie's medals

Claire's One-Skillet Lasagna

Ingredients

- 3/4 pound ground turkey sausage
- 2 garlic cloves, minced
- 1 can diced tomatoes with basil, oregano and garlic
- 2 jars spaghetti sauce
- 2/3 cup condensed cream of onion soup
- 2 large eggs, lightly beaten
- 1-1/4 cups 1% cottage cheese
- 3/4 teaspoon Italian seasoning
- 9 no-cook lasagna noodles
- 1/2 cup shredded Colby-Monterey Jack cheese
- 1/2 cup shredded part-skim mozzarella cheese



Directions

1. In a large skillet, cook beef and garlic over medium heat until meat is no longer pink; drain. Stir in tomatoes and spaghetti sauce; heat through. Transfer to a large bowl.
2. In a small bowl, combine the soup, eggs, cottage cheese and Italian seasoning.
3. Return 1 cup meat sauce to the skillet; spread evenly. Layer with 1 cup cottage cheese mixture, 1-1/2 cups meat sauce and half of the noodles, breaking to fit. Repeat layers of cottage cheese mixture, meat sauce and noodles. Top with remaining meat sauce. Bring to a boil. Reduce heat; cover and simmer for 15-17 minutes or until noodles are tender.
4. Remove from the heat. Sprinkle with shredded cheeses; cover and let stand for 2 minutes or until melted.

Come join us at this year's Gathering of Extraordinary People at Harvey West Park on August 17th!

Talent show, dance part, face painting, drum circle, tie-dye, and a picnic lunch—
what more could you ask for?

Please see the official flyer at the end of this newsletter for details and spread the word!

JUMP Bikes in Santa Cruz

Have you noticed the brought orange bikes being ridden all over Santa Cruz? They are JUMP Electric Bikes, which can be rented from stations all over town. These shared bikes are fun and convenient, but remember to bring your own helmet. Geanna test rode a JUMP bike and gave the following recommendation:

*“Get outside and ride a bike. Just take it slow.
Smile.”*



HARVEY WEST PARK

Friday, August 17th

please join us for the **15th annual!**

Gathering of Extraordinary People 2018

Please join us to celebrate our extraordinary community with a day full of great music, fun, food, talent, and friends!

Please register at

imagines15.org/gathering2018

to share in the delicious food and drink. We

are requesting a \$5 donation per person.

Sign up to get in on the talent show! Everyone is welcome and encouraged to participate!
RSVP with Drea or drea-bartlett@imagines15.org or [831-464-8355](tel:831-464-8355)

Face Painting from the start!

10:30 event begins with music and announcements

11:30 lunch from Culinary Art by Marisa

12:30 Talent Show

For any questions call [831-464-8355](tel:831-464-8355) or email Lili at lili@imagines15.org

