



SWEET PEA



DIAMOND

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2018

April

### CONSERVATION: NOT A "WASTED" TRIP

We signed up for a guided tour of the *Roseville Utility Exploration Center*, where we learned a lot about saving energy and eliminating unnecessary waste in our daily lives. We played thought-provoking "game-shows" about trash and electricity usage and got to try out a hand-cranked electricity generator where we could turn on a light bulb by using our own energy. It was very tiring to keep that little bulb on! We stayed for lunch, and when done, we did a *Lunch-Dump* exercise where we examined all of the trash left over from our lunches and then discussed how much we could have eliminated by making different choices (using refillable drink bottles, reusable, washable lunch bags and food containers, etc.). Our host also shared about the benefits of *Vermicomposting* and showed us a big box of fat, happy worms working their magic!

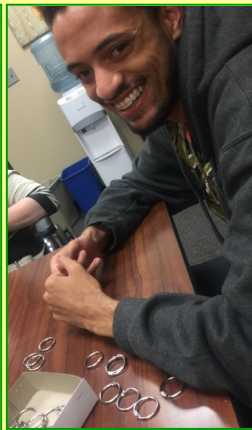


### VOLUNTEERING: SAC TREE

When we went to the *Sacramento Tree Foundation* this month, our favorite front desk coordinator, *Holly*, showed us how to do the famous tip cards and then let us take a group picture with her! *Vera* and *Latia* helped us gather all the cards and put them in order. Then, we used loose-leaf rings to hold them together. We did a whole box full! We were joined by our newest volunteer, *Marquis*. He enjoyed it and loved looking at all the cool trees! After doing all our hard work, we got to sit in the relaxing game room and eat our lunches while we discussed the importance of trees in our community. Until next time, *Sacramento Tree Foundation!*

### SMARTY PANTS DESCRAMBLLED

For the March quiz, *Stephanie* asked us to guess a "scrambled" word that had been highlighted in one of our articles. *Eli* was the first to guess that the word was "*Tangellos*", from the article on Page One about our trip to the *Sacramento Natural Foods Co-op*.  
**Well done, Eli!!**





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### WILDFLOWER WALK: SPRING HAS SPRUNG!

We got lucky with some lovely April weather and went for a nature stroll along the *American River Access Trail* across from *Swanson Park*. It was cool and cloudy out, with rain expected later in the day, so we were prepared with coats and sweaters as we explored the landscape and kept our eyes open for fresh blooms. We were rewarded with flowers in all sizes, shapes, and colors of the rainbow, including some

*California Poppies*, our official state flower! *Ken* reminded us about the special protected status of the poppies, so we were very careful to let them live naturally and we didn't pick any. Along the trail, we were all surrounded by joyful twittering song birds. *What a relaxing way to while away a soothing morning!*



### A NEW VOLUNTEER OPPORTUNITY

We have a new place to help out: the *LGBT Community Center* downtown. We met up with *Cynthia*, the *Coordinator of Team Giving*, who arranged the opportunity for us and showed us around the place. She also introduced us to *Jacqueline*, the *Events Manager*. Our driver for the first group was *C.I. Leslie*, who drove down with *Tasi, Marquis, Justin, and Nic Y.* The dusting was done by *Marquis* while *Justin* and *Nic* wiped down surfaces. *Tasi* did the vacuuming and said she really enjoyed helping people. They all did a wonderful job and worked great as a team. The only drawback to this location is that the facility is not wheelchair accessible (stairs only), so for now, we'll be limited to taking small van groups probably twice a month. *We love volunteering!*





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# ACE-IT APRIL FOOD'S DAY Gazette!



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Page  
Three

2018

# April

## TASTY DELIGHTS IN CARMICHAEL

We stopped by *Neroe's Bakery* to check out their selection of unusual food items. This store specializes in baked goods and other tempting delicacies from Eastern Europe, including smoked meats and fish, exotic cheeses, and more varieties of sausage than we've ever seen in one place! They also carry a huge assortment of dumpling varieties such as *Pierogies*.



## CHANGE OF PLANS IN OLD SACRAMENTO

We had planned a trip to visit the *Old Sacramento Smoke Shop* to try their smoked fish, but when we arrived, we discovered that the restaurant had since closed for business! Oh, well... we roll with the punches. Instead, we headed over to *G. Willikers*, a fun storefront full of quirky toys, vintage oddities, and delicious snacks. We had some difficulty getting around because the waterfront area is in the midst of a huge construction and refurbishment project, so we had to navigate around quite a few obstacles and detours, but we practiced our access skills, we all survived, and everyone had a really good time!

## O.T.A. TRAINEE VOLUNTEER

*Erica* is studying at *Sacramento City College* for a career as an *Occupational Therapy Aid*. As part of her curriculum, she needed to do forty hours of community service, and she chose us! She helped with hands-on lunch assistance and got closely involved with many classes and art activities. *Erica* said she was very honored to be working with all of us, and the experience was a real eye-opener!





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# ACE-IT I Gazette!



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Page  
Four

2018

# April

## A WILD TIME IN YUBA CITY!

Our buddies up at ACE-IT III invited us to join them for a raucous day of recreation at *Millennium Family Fun Center*. The staff opened the facility early especially for Easter Seals, and they were very welcoming to us all. We paid \$5.00 each for game cards to use in all arcade games, where *Earline* won herself a plush fish prize from “the claw” machine and *Don S.* came up with a couple of squishy bounce balls from a different game. Our favorite, however, was definitely the free *Bumper Car Rides! Woohoo!!* After lunch, everyone also got free access to the amazingly cool *Lazer-Tag Arena!* It was definitely worth the long drive, and we’re already fantasizing about another visit!



## READY FOR THE BLUES

We acquired a nice guitar case for use with the *Splish-Splash Theater*. It was a bit plain looking, so *Melanie* volunteered to decorate it for us and she did an amazing job! She had a very clear vision in her mind and spent many hours painstakingly covering the entire case with beautiful embellishments.



## Stephanie's Stumpers!

Put on your thinking cap and your *smarty pants* and win a \$10 gift certificate!

“Where can *Mark Twain* be found in this month’s newsletter and what is he saying that everyone is all year round?”

Be the first to email or call ACE IT I at 916-564-6117 and let us know the answer and what page it’s on and you will fatten your wallet with a \$10 gift certificate!



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Page  
Five

2018

## ATTENDANCE NEWS



## ACE-IT | COOKING ACADEMY "Independence With a Spicy Twist!"



# April



### EVERY DAY COUNTS!

Congratulations to the following consumers for their excellent year-to-date attendance records!!



**100%:** MAGDALENA, DANTE, DON B, ELL, DAVID, TASI, FRANK G, RON, PATTY, LISA, LIZZY, MICHAEL

MELANIE 99%, NICKY B. 99%, THERESA 99%, ROBERT 99%, ROSELINE 99%, K.K. 98%, EARLINE 98%, MARICELLA 98%, JANICE 98%, JUSTIN 98%, NIC Y. 98%, SHENITA 97%, MARIA 96%, DUNCAN 96%, NGOC 95%, RENEE 95%, CHUCK 95%, XAVIER 95%, NICOLE 95%, MARIKO 94%, CHILLON 93%, LINDA 92%, MARQUIS 91%, KIM 90%

**Thanks, Everyone!**

**VOCABULARY WORD:** *Vermicomposting*  
"The use of earthworms to convert organic waste into useful fertilizer"

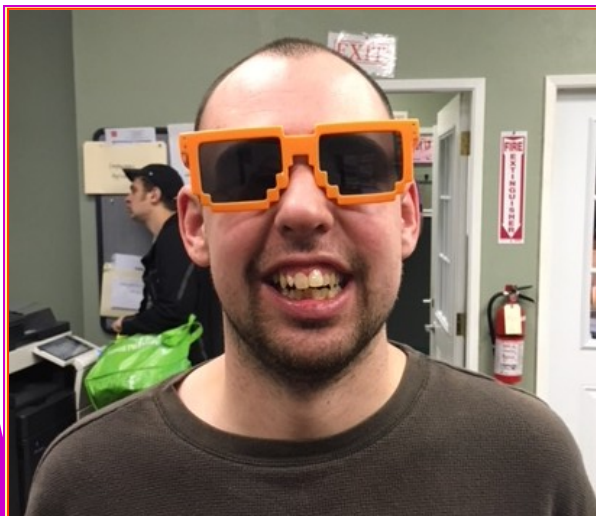
### Words of Wisdom

"The first of April is the day we remember what we are the other 364 days of the year."

~Mark Twain

## THE KIMIKO COOKING EXPERIENCE

New staff member *Kimiko* brought in her husband's secret recipe for delicious *Chicken Fajita Tacos*. We had lots of fun cutting up the chicken and veggies before sautéing ingredients and putting together our "condiment bar", where we offered shredded cheeses, refried beans, sour cream, sliced tomatoes, lettuce, cilantro, and diced avocados. *Muy Bueno!*



## COOL NEW SHADES, DUDE!

*K.K.* totally rocked out a new pair of stylin' sunglasses this month! He told us they were a gift from his mom, and he really enjoyed showing them off and wearing them during music class. They were perfect when we played some hard-rockin' ballads like "Walk This Way", by *Aerosmith!*



### APRIL BIRTHDAYS

Laida	April 5th
Ngoc	April 11th
Patty	April 16th
Andreia	April 17th
Baldip	April 18th
Lizzy	April 20th
David	April 29th

### MAY BIRTHDAYS

Donald B.	May 2nd
Ken	May 7th
Don S.	May 11th
Nic Y.	May 15th
Lisa	May 22nd
Magdalena	May 29th
Stephanie	May 29th

