



LILY OF THE VALLEY



EMERALD

*Content provided, typed, and approved by the consumers of ACE-IT | Editorial Team: Managing Editor *Lisa* and associate editors *Lizzy, Sam, Patty, Tasi, K.K., Duncan, David, Elean, Chuck, Linda, Don B., Justin, Maria, Xavier, Kim, Ron, Frank, Roseline, Earline, Dante, Nic, Maricella, Joshua, Melanie, Michael, Phillip, and Marquis.*
*Circulation provided by ACE-IT | *Pony Express Team!*

2018



A VERY HEALTHY MISSION!

We attended an informative *Community Health Fair* hosted by the *Mission Oaks Parks and Recreation District* up in Carmichael, where the presenters gave us loads of good health tips along with many tasty treats and fun trinkets like reusable carryall bags, pens, letter openers, and squishy exercise balls. They even had doctors and other health professionals on hand to offer free health screenings such as blood pressure tests. After we made our way through the maze of booths, we stayed for a fun, healthy cooking demonstration by a local professional chef, where we got to try delicious, locally sourced salads topped with fresh berries and nuts, followed by scrumptious *Waldorf Chicken Sandwiches! Yum!*



LIFE SKILLS: MONEY SAVING STRATEGIES

We brainstormed ideas in our afternoon class and came up with a good list of day-to-day tips for making your money last. Here's what we came up with: **#1:** Deposit some money in a bank account and earn interest; **#2:** Buy things that are on sale; **#3:** At restaurants, buy "specials" or food from the discount sections, "Dollar Menus", etc.; **#4:** Buy healthy ingredients and cook more at home instead of going out to eat; **#5:** Shop more at discount stores instead of pricier retailers; **#6:** Use discount gift cards or coupons; **#7:** When practical, buy in bulk; **#8:** Always compare prices and check the "Price Per Unit" on the shelf. **#9:** When shopping online, look for coupon codes for discounts or free shipping. Check out deal sites such as "Groupon", "Living Social", or "SN&R Sweet Deals".
Can you think of any other good ideas?

GREAT MEETING!

David recently discussed his progress on goals and objectives during his Annual ISP Meeting. He was so happy that he asked to have a celebratory photo taken with *Cathie*, his *Case Manager*. *What a couple of hams!*





LILY OF THE VALLEY



EMERALD

*Content provided, typed, and approved by the consumers of ACE-IT | Editorial Team: Managing Editor *Lisa* and associate editors *Lizzy, Sam, Patty, Tasi, K.K., Duncan, David, Elean, Chuck, Linda, Don B., Justin, Maria, Xavier, Kim, Ron, Frank, Roseline, Earline, Dante, Nic, Maricella, Joshua, Melanie, Michael, Phillip, and Marquis.*
*Circulation provided by ACE-IT | *Pony Express Team!*

2018



"SPRING FLING" CONCERT

Cathie and *Stephanie* arranged a wonderful live concert for us. It was held at the *Contract Solutions* building and starred a fun local band called "*Strange Things*", featuring *Jill* on lead vocals, ukulele, and bass guitar; *Bud* on lead vocals and ukulele; *Gary* on vocals, bass, and ukulele; and *Scott* on vocals, drums, chimes, and other percussion. Several programs were able to attend, and were entertained with a variety of song styles spanning over one hundred years of great American music. Some of our favorites included "*Imagine*", "*Bad Moon On the Rise*", "*Pennies from Heaven*", "*Sentimental Journey*", "*Ain't She Sweet*", "*The Devil and the Deep Blue Sea*", "*Edelweiss*", "*People are Strange*", "*Nobody Knows You When You're Down and Out*", and the big finale: "*King of the Road*", which really got everyone up dancing!

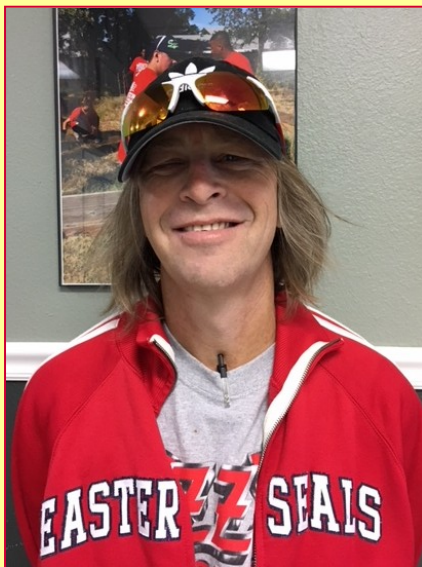


STAFFING UPDATES

Core Instructor *Mariah* left us in May to pursue other career opportunities. She told us she has learned a lot working here and she'll miss all of the friends she's made during her time with us. Meanwhile, Community Skills Trainer *Erik* has just been promoted to full-time Core Instructor and he'll be taking over *Mariah's* caseload. She worked closely with him before she left to ensure a smooth transition. *Congratulations, Erik!* Now, get to work on your case files, buddy. *Time's a wastin'!!*

SEWING CLASS

Janelle has volunteered with us often recently, and one day, her devoted husband, *Ken*, even got into the act and brushed up on his (admittedly rusty) sewing skills. He needed some help threading, but otherwise, he did just fine! We worked on finishing our tabletop decorations, bags, and other assorted projects.





LILY OF THE VALLEY



EMERALD

*Content provided, typed, and approved by the consumers of ACE-IT | Editorial Team: Managing Editor *Lisa* and associate editors *Lizzy, Sam, Patty, Tasi, K.K., Duncan, David, Elean, Chuck, Linda, Don B., Justin, Maria, Xavier, Kim, Ron, Frank, Roseline, Earline, Dante, Nic, Maricella, Joshua, Melanie, Michael, Phillip, and Marquis.*
*Circulation provided by ACE-IT | *Pony Express Team!*

2018



ACCESSIBILITY EXPLORATION AT THE DOCKS

About a month ago, *Erik* had planned a trip for us to the *Old Sac Docks* to see all the recent changes. We met with little success at the time. There was still a lot of construction going on and we were unable to get access because most of the ramps were blocked off. A few weeks later, the trip was put back on the calendar for another try



with *Erik, Ken,* and, *Kimiko.* We got our regular parking spot under the bridge and set off past the *Railroad Museum.* Our main purpose was to see what mobility obstacles we would encounter and to find out whether all of the areas we chose to visit were fully wheelchair accessible at last. As it turned out, there was still some work being done that blocked off access to a wheelchair ramp on one corner, but we found an alternate route and the rest of the spots we went to were great! The docks themselves have been completely renovated and now present a smooth roll for wheelchairs and a very nice walk. The old wooden planks were replaced with stamped, stained concrete for a “faux wood” look. The area is fitted with compliant ramps and the landscape architecture remains relatively the same as it had been (minus the bumpy wooden docks full of splinters). All in all, a great trip despite a wheelchair breakdown at the end which made for more creative thinking on our part to get a client safely back to program. *We all had a wonderful time!*

POOL IMPROVEMENT PROJECT

It was great to get back in the water again after the pool staff spent two weeks working on maintenance and refurbishment. They accomplished quite a bit in a short time, but our favorite part was the beautiful new wall mural depicting sand dunes and sea grasses! It really enhanced the whole ambiance of the *Warm Water Therapy Pool.* *‘Scuse us while we get wet!*



FRESH FOOD IN FLORIN

We paid another visit to the *Florin Road Farmer’s Market* looking for fresh produce. *Ken* was on the hunt for kale and celery for *Janelle* but he didn’t find any this time (probably getting out of season locally). *Ron, Linda, Frank,* and *Lizzy* all decided to buy some of the delicious looking ripe fresh cherries on display. We made sure to watch out for the pits.





LILY OF THE VALLEY



EMERALD

*Content provided, typed, and approved by the consumers of ACE-IT I Editorial Team: Managing Editor *Lisa* and associate editors *Lizzy, Sam, Patty, Tasi, K.K., Duncan, David, Elean, Chuck, Linda, Don B., Justin, Maria, Xavier, Kim, Ron, Frank, Roseline, Earline, Dante, Nic, Maricella, Joshua, Melanie, Michael, Phillip, and Marquis.*
*Circulation provided by ACE-IT I *Pony Express Team!*



PRETTY DARN PERFECT POOL PARTY!

Some of us attended a fun Mexican-themed “*Welcome Back Party*” hosted by the pool staff after the P.I.P Closure. The weather was just beautiful, so we took our full plates out to the *Garden of Eaten’* and commenced scarfing down on rice, beans, tasty ground meats, tortillas, nachos, and assorted flavorful salsas and other toppings. We washed it all down with our choice of iced tea or lemonade. For dessert, they served cookies, brownies, lemon bars, and mini cinnamon rolls. We tried to be good and take reasonably healthy portions, but hey...*Party On!*

Muy Sabroso!!



ART AND ENERGY

Ken took us down to the *SMUD Customer Service Center*, where we visited their “*Energy-Smart Home*” display and learned all about ways to conserve energy and save money with practical home solutions. They even had a full-size all-electric car! After studying the energy tips, we moved on to the current art show in their gallery of rotating exhibits featuring local artists. *Quite a variety of fascinating multi-media artworks and sculptures!*



Stephanie’s Stumpers!

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

Which article in the newsletter mentions the most colors *and* how many does it mention?

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!*





LILY OF THE VALLEY

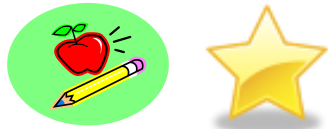


EMERALD

*Content provided, typed, and approved by the consumers of ACE-IT | Editorial Team: Managing Editor *Lisa* and associate editors *Lizzy, Sam, Patty, Tasi, K.K., Duncan, David, Elean, Chuck, Linda, Don B., Justin, Maria, Xavier, Kim, Ron, Frank, Roseline, Earline, Dante, Nic, Maricella, Joshua, Melanie, Michael, Phillip, and Marquis.*
*Circulation provided by ACE-IT | *Pony Express Team!*



ATTENDANCE NEWS



EVERY DAY COUNTS!

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



100%: MAGDALENA, DANTE, DON B, ELL, DAVID, LISA, MICHAEL

FRANK 99%, RON 99%, ROBERT 99%, THERESA 99%, PATTY 98%, NICKY B. 98%, MELANIE 98%, K.K. 98%, ROSELINE 98%, LIZZY 98%, MARICELLA 98%, JANIS 98%, JUSTIN 98%, SHENITA 98%, EARLINE 97%, MARIA 97%, DUNCAN 96%, RENEE 96%, CHUCK 96%, LORENZO 95%, NICOLE 95%, CHILLON 94%, XAVIER 94%, NIC Y. 93%, NGOC 93%, MARQUIS 93%, MARIKO 92%, LINDA 92%, TASI 92%, BALDIP 90%, SAM 90%, DON S. 90%

Thanks, Everyone!

VOCABULARY WORD: *Ukulele*
"A small four-stringed guitar of Hawaiian origin".



Words of Wisdom

"Just remember, once you're over the hill you begin to pick up speed."

~Arthur Schopenhauer-Philosopher (1788-1860)



**LOOK!
UP IN
THE SKY!
Its a bird!
Its a plane!**

Its...Dunc Man!!!

Duncan brought in his new pair of fun prescription eyeglasses. In addition to helping him see better, they definitely give him a certain "Clark Kent" quality. Now, he'll just have to watch out for *Kryptonite!*

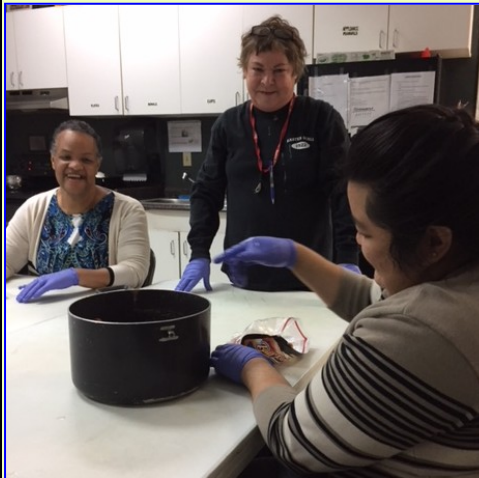
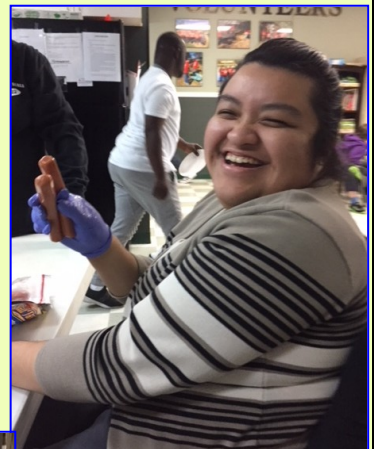


ACE-IT | COOKING ACADEMY "Independence With a Spicy Twist!"



GET 'EM WHILE THEY'RE HOT!

We took a break from fancy recipes this time and decided to go with good old fashioned down-home comfort food: *Hot Dogs and Beans!* We cut up onions and dill pickles to serve on the side, prepared our fresh buns, and boiled up a big pot of juicy dogs. We served them with another pot full of baked beans, along with potato chips (rippled cheddar flavor) and condiments including mustard, sweet relish, and catsup. *Sometimes, ya just gotta keep it simple!*



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

JUNE BIRTHDAYS

Roseline	June 16th
Erik	June 10th





LILY OF THE VALLEY



EMERALD

*Content provided, typed, and approved by the consumers of ACE-IT | Editorial Team: Managing Editor *Lisa* and associate editors *Lizzy, Sam, Patty, Tasi, K.K., Duncan, David, Elean, Chuck, Linda, Don B., Justin, Maria, Xavier, Kim, Ron, Frank, Roseline, Earline, Dante, Nic, Maricella, Joshua, Melanie, Michael, Phillip, and Marquis.*
*Circulation provided by ACE-IT | *Pony Express Team!*

Sheep Page

2018



FABULOUS FARM FRIENDS

We spent another wonderful day visiting our animal buddies out at *Meridian Jacobs Farm* in Vacaville, where they raise *Jacob Sheep* (an ancient breed with splotchy black and white wool and four horns). We got to watch a pair of sheepherding *Border Collie* dogs named *Rusty* and *Ginny* in action herding the sheep. The dogs also love chasing tennis balls, and we got to throw the ball for them. *Robert* really gave it a good heave! Our hosts, *Robin* and *Lisa*, showed us around the property and the barn, where we all got to pet *Amaryllis the Donkey*; lots of sheep, including bouncing babies and a very friendly mom named *Jade*; a chicken named *Veronica* (who lays green eggs, by the way); and two adorable little Nubian Goats named *Ellie* and *Amelia*. We stayed and had a filling, tasty picnic lunch under the cool shady trees. *What a relaxing day!*

