

# F.I.L.S NEWS

2617 ALTA ARDEN EXPRESSWAY SACRAMENTO, CA

## Luck of the Irish: St. Patrick's Day



Happy St. Patrick's Day!!!



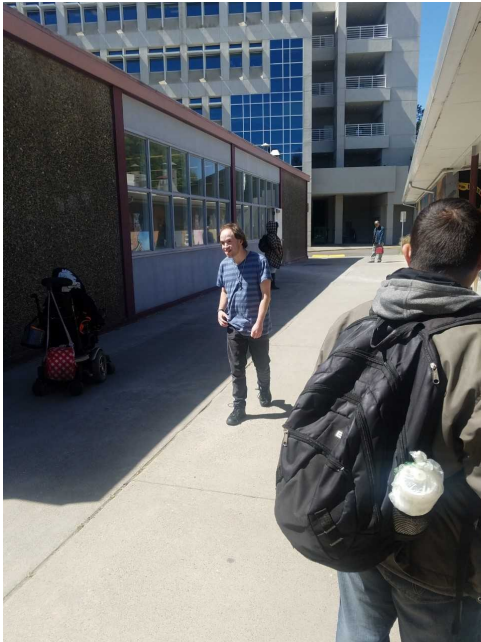
The March 17 celebration started in 1631 when the Church established a Feast Day honoring St. Patrick. He had been Patron Saint of Ireland who had died around the fifth century—a whopping 12 centuries before the modern version of the holiday was first observed. Little is known of him, but “We know that he was a Roman citizen, because Britain was Roman then, and then he was enslaved and taken to Ireland, where he either escaped or was released.” “And then he became a priest and went back to Ireland, where he had a lot of luck converting the Druid culture into Christians.” Legend says St. Patrick was actually born Maewyn Succat, but that he changed his name to Patricius (or Patrick), which derives from the Latin term for “father figure,” after he became a priest. It wasn’t until the early 18th century that many of today’s traditions were kicked into high gear. Since the holiday falls during Lent, it provides Christians a day off from the prescriptions of abstinence leading up to Easter.

## Staff Spotlight: Lisa

This spotlight on staff features Lisa! Lisa is a new addition to the FILS family. She is a great help with Thursdays' cooking class in Suite B, and encourages our clients to fully participate in any activity that promotes independence. Welcome Lisa to the FILS Team!



Here are some pictures from our outing to Sac State to check out an Art Gallery. A great time was had by all!



From poisoning and injuring marine life to disrupting human hormones, from littering our beaches and landscapes to clogging our waste streams and landfills, the exponential growth of plastics is now threatening the survival of our planet. In response, Earth Day 2018 is dedicated to providing the information and inspiration needed to fundamentally change human attitude and behavior about plastics. We want to do our part in helping the earth so we will be starting a small garden of our own here at FILS. We will be using some small planters and having clients pick out some annuals at our local nursery which would also be a great outing for our clients as well.



## Favorite Dishes

Cooking class is a popular class at FILS. We had a discussion about favorite dishes and we got some feedback.

**Stacy loves black angus** cheese-burgers.

**Brittney's** favorite food is pasta.

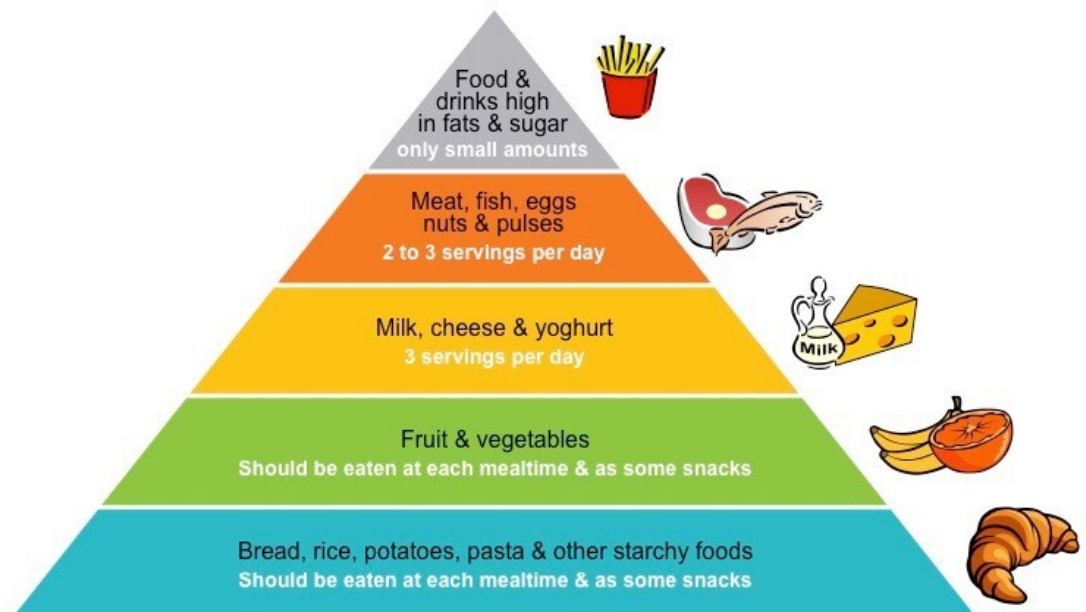
**Wendy C.** likes to eat turkey burgers. **Bunny** loves tacos.

**Ugo** loves to eat steak and potatoes,

**Michelle** is also loves eating steaks.

**Robert W.** likes steak and lobster,

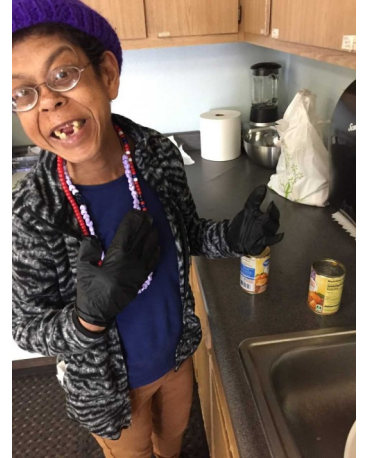
**Jessica** loves spaghetti and **Robin** likes lasagna. While **Harley** likes tacos. As you can see we have a lot of variety !!



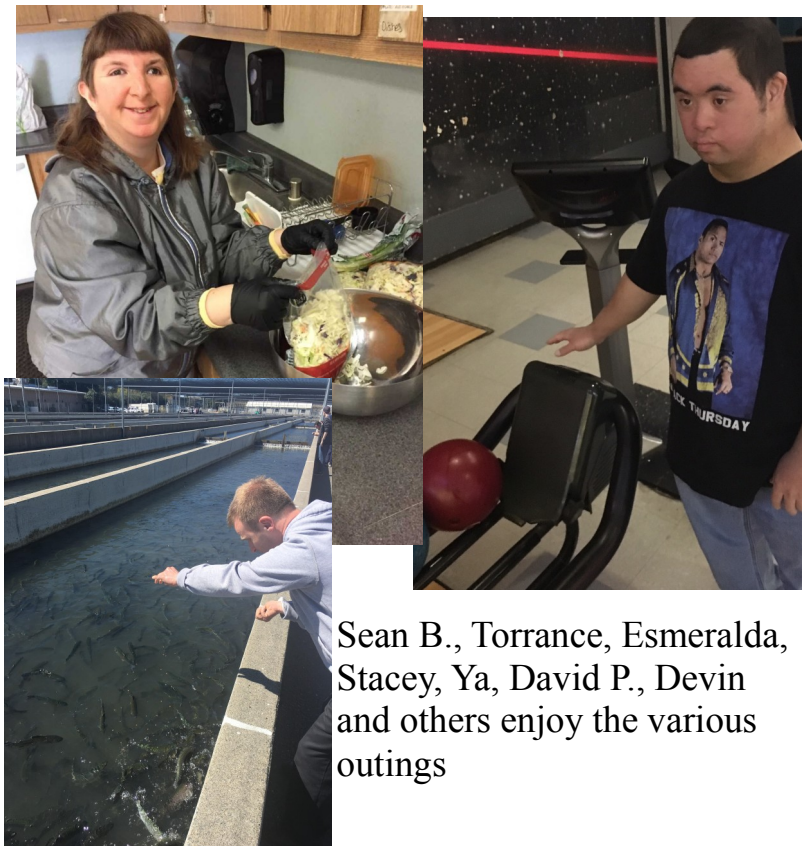


# Budgeting and Cooking

On Thursdays Megan and Dana lead a cooking class, but before this happens the group will discuss what they would like to cook. Clients on Wednesdays become involved in the budgeting process to help further and encourage independence. Shawn W. says “I have learned so much about chicken wraps. Like how much the meat cost, and the wraps and whatever else is in it. Also we learn about tax.” Frank jokes”, Eating the food is the best part for me.”



## FUN at FILS!



Sean B., Torrance, Esmeralda, Stacey, Ya, David P., Devin and others enjoy the various outings



## Howe Park— New Volunteer site

Our awesome driver, T'auna found a new site for the FILS program to volunteer at. They travel to Howe Park and pick up trash every Monday. Great find T'auna!



## Senior Home Thanks FILS for Volunteer Service

Once a week our FILS clients have the opportunity to volunteer at a Senior Home performing various duties such as cleaning restrooms, vacuuming, polishing furniture, and socializing with the seniors who reside there. Our clients were presented with a special thanks for National Volunteer week from Volunteers of America and Senior Home. Thanks Stacey, Ugo, Esmeralda, and Frances for all your hard work!

