

March 2020



**rockwest**  
TRAINING. EMPOWERMENT. COMMUNITY.

**Administrative Staff**

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Human Resource Manager

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Club TEC Coordinator

Vanessa Roth

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Susana Montebello

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Tia Bialza

Production Coordinator

Mary Galvin

Employment Specialist

Shaunda Hinton

Employment Specialist

Kathy Patterson

Medical Specialist

Heather Berndt

Accounting Assistant

Lisa Henrick

Rockwest's Club TEC has started a new club-the Newsletter Club! We have been working toward writing and typing articles and drawing and taking pictures for the newsletter. We have included pictures of our client newsletter contributors on page 5.

For the first week of March we will be journeying back in time to America's past to learn about how Native American's hunted and gathered food. We'll also learn about how Native Americans grew corn and how corn became one of the biggest crops to be distributed all over the world.

We of course cannot forget St. Patrick's day in March! We will learn about the history of St. Patrick's day and watch Celtic dancers on the big screen. The group will make sweet Lucky Charm bars for fun as well.

We have a few trips lined up to start the tulip season as we learn about Holland, Michigan where they hold an annual Tulip Time Festival and celebrate their Dutch heritage.

At the end of the month we will learn about butterflies and their life cycle and witness the metamorphosis ourselves as we help raise butterflies to eventually release them to nature.

# CLIENT EMPLOYEE AND RUNNER UP CLIENT EMPLOYEE FOR JANUARY 2020



## Brandon L.

### Client Employee of the Month

Brandon has always been full of energy!

He is a great dancer and always smiling. He is a positive person.

The Staff said he is enthusiastic about working, dependable and a hard worker.

-By, Justin S.

## Erin R.

### Runner-up Client Employee of the Month

Erin has been really stepping out of her comfort zone. She has been talking with more people and making more friends. The staff notice she is observant of others' needs and likes to help clean. Good job!

-By, Michaela W



## **March Birthdays**

Tiffany P- 3rd  
Julie W- 6th  
Sammie F- 11th  
Josie Y- 12th  
Chris L- 13th  
Vinny P- 14th  
Erin R- 16th  
Desiree R- 21st  
Allan E- 23rd  
Kevin D- 24th  
Zach K- 30th  
Staff:  
Mary G- 25th  
Lisa H- 26th

Join us for trips to the  
Woodburn Tulip Festival starting March 20th!  
**\*\*Please be sure to bring a cold lunch with  
you on outing days.\*\***



-By Eric. F

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b></p> <p><u>Discussion:</u> Greetings</p> <p><u>Outing:</u> AP's Shopping (B) Library(A)</p> <p><u>Classes:</u> •Community Safety Discussion •Arm Chair Travels: America- Back in Time</p> <p><u>Social Activity:</u> Book Club</p>	<p><b>3</b></p> <p><u>Discussion:</u> Weather</p> <p><u>Outing:</u> Bowling(A) Mt. Angel Abbey(B)</p> <p><u>Classes:</u> •Arts &amp; Crafts: Teepee •Broad Minds: Hunters &amp; Gathers</p> <p><u>Social Activity:</u> Pictionary</p>	<p><b>4</b></p> <p><u>Discussion:</u> Food</p> <p><u>Outing:</u> Food Share(B) Country Drive(A)</p> <p><u>Classes:</u> •Be Fit &amp; Healthy: Walk •Cooking class: Fry Bread</p> <p><u>Social Activity:</u> Bingo</p>	<p><b>5</b></p> <p><u>Discussion:</u> Animals</p> <p><u>Outing:</u> Bowling(B) Mt. Angel Abbey (A)</p> <p><u>Classes:</u> •Arts &amp; Crafts: Keychain •Letter Recognition &amp; Reading</p> <p><u>Social Activity:</u> Hangman</p>	<p><b>6</b></p> <p><u>Discussion:</u> Recap</p> <p><u>Outing:</u> Bauman's Farm (A&amp;B)</p> <p><u>Classes:</u> •ASL: Numbers •Job's in the Community: Corn Farmers</p> <p><u>Social Activity:</u> Interaction w/ Music</p>
<p><b>9</b></p> <p><u>Discussion:</u> Greetings</p> <p><u>Outing:</u> Library (B) AP's Shopping (A)</p> <p><u>Classes:</u> •Wash Your Hands Discussion •Arm Chair Travels: Colombia</p> <p><u>Social Activity:</u> Name that Tune!</p>	<p><b>10</b></p> <p><u>Discussion:</u> Weather</p> <p><u>Outing:</u> Bowling(A) Guitar City(B)</p> <p><u>Classes:</u> •Arts &amp; Crafts: God's Eye Yarn Craft •Broad Minds: Andes Mountains</p> <p><u>Social Activity:</u> Scrabble</p>	<p><b>11</b></p> <p><u>Discussion:</u> Food</p> <p><u>Outing:</u> Dollar Tree (A&amp;B)</p> <p><u>Classes:</u> •Be Fit &amp; Healthy: Chair Yoga •Cooking class: Spanish Rice</p> <p><u>Social Activity:</u> Interaction W/ Music</p>	<p><b>12</b></p> <p><u>Discussion:</u> Animals</p> <p><u>Outing:</u> Bowling(B) Guitar City(A)</p> <p><u>Classes:</u> •Arts &amp; Crafts: Tropical Shapes and Colors •Letter Recognition &amp; Reading</p> <p><u>Social Activity:</u> Book Club</p>	<p><b>13</b></p> <p><u>Discussion:</u> Recap</p> <p><u>Outing:</u> Dollar Tree (A&amp;B)</p> <p><u>Classes:</u> •ASL: Shapes &amp; Colors •Job's in the Community: Coffee Growers</p> <p><u>Social Activity:</u> Bean Bag Toss</p>
<p><b>16</b></p> <p><u>Discussion:</u> Greetings</p> <p><u>Outing:</u> AP's Shopping (B) Library(A)</p> <p><u>Classes:</u> •Polite Manners •Arm Chair Travels: Dublin</p> <p><u>Social Activity:</u> Book Club</p>	<p><b>17</b></p> <p><u>Discussion:</u> Weather</p> <p><u>Outing:</u> Bowling(A) Goodwill (B)</p> <p><u>Classes:</u> •Arts &amp; Crafts: Leprechaun Hats •Broad Minds: St. Patrick's Day History</p> <p><u>Social Activity:</u> Line Dancing</p>	<p><b>18</b></p> <p><u>Discussion:</u> Food</p> <p><u>Outing:</u> Al's Garden (A&amp;B)</p> <p><u>Classes:</u> •Be Fit &amp; Healthy: Seated Exercise •Cooking class: Lucky Charm Bars</p> <p><u>Social Activity:</u> Pictionary</p>	<p><b>19</b></p> <p><u>Discussion:</u> Animals</p> <p><u>Outing:</u> Bowling(B) Goodwill (A)</p> <p><u>Classes:</u> •Newsletter Club •Arts and Crafts: Rainbow Dot Art •Letter Recognition &amp; Reading</p> <p><u>Social Activity:</u> Hangman</p>	<p><b>20</b></p> <p><u>Discussion:</u> Recap</p> <p><u>Outing:</u> Woodburn Tulips Festival (A&amp;B)</p> <p><u>Classes:</u> •ASL: Numbers •Job's in the Community: Irish Celtic Dancers</p> <p><u>Social Activity:</u> Bingo</p>



Monday	Tuesday	Wednesday	Thursday	Friday
<p>23</p> <p><u>Discussion:</u> Greetings</p> <p><u>Outing:</u> Library (B) AP's Shopping (A)</p> <p><u>Classes:</u> •Arm Chair Travels: Norway •Computer Class</p> <p><u>Social Activity:</u> Scene It!</p>	<p>24</p> <p><u>Discussion:</u> Weather</p> <p><u>Outing:</u> Bowling(A) River Road Park (B)</p> <p><u>Classes:</u> •Arts &amp; Crafts: Viking Helmet •Broad Minds: Visit Norway</p> <p><u>Social Activity:</u> Pictionary</p>	<p>25</p> <p><u>Discussion:</u> Food</p> <p><u>Outing:</u> PDX Zoo (A&amp;B) Woodburn Tulips Festival (A&amp;B)</p> <p><u>Classes:</u> •Newsletter Club •Be Fit &amp; Healthy: Walk Laps •Cooking class: Scrambled Eggs</p> <p><u>Social Activity:</u> Feeling Garden Game</p>	<p>26</p> <p><u>Discussion:</u> Animals</p> <p><u>Outing:</u> Bowling(B) River Road Park (A)</p> <p><u>Classes:</u> •Arts &amp; Crafts: Painting Art •Letter Recognition &amp; Reading</p> <p><u>Social Activity:</u> Book Club</p>	<p>27</p> <p><u>Discussion:</u> Recap</p> <p><u>Outing:</u> Salvation Army (A&amp;B)</p> <p><u>Classes:</u> •ASL: Letters •Job's in the Community: Norway Oil Industry</p> <p><u>Social Activity:</u> Interaction w/ Music Name That Tune!</p>
<p>30</p> <p><u>Discussion:</u> Greetings</p> <p><u>Outing:</u> AP's Shopping (B) Library(A)</p> <p><u>Classes:</u> •Butterfly Life Cycle •Arm Chair Travels: Holland, Michigan</p> <p><u>Social Activity:</u> Book Club</p>	<p>31</p> <p><u>Discussion:</u> Michigan's Weather</p> <p><u>Outing:</u> Bowling (B) Walmart (A)</p> <p><u>Classes:</u> •Arts &amp; Crafts: Dutch Windmill •Broad Minds: Holland-Dutch Village</p> <p><u>Social Activity:</u> Bingo</p>	<p>1</p> <p><u>Discussion:</u> Food</p> <p><u>Outing:</u> Food Share (B) Country Drive(A)</p> <p><u>Classes:</u> •Be Fit &amp; Healthy: Deep Breathing &amp; Exercise •Cooking class: Mac &amp; Cheese w/ Joni</p> <p><u>Social Activity:</u> Interaction w/ Music</p>	<p>2</p> <p><u>Discussion:</u> Animals</p> <p><u>Outing:</u> Bowling (A) Walmart (B)</p> <p><u>Classes:</u> •Arts and Crafts: Tulips, Wooden Shoe Craft •Letter Recognition &amp; Reading</p> <p><u>Social Activity:</u> Hangman</p>	<p>3</p> <p><u>Discussion:</u> Recap</p> <p><u>Outing:</u> W. Outlet Mall (A&amp;B)</p> <p><u>Classes:</u> •ASL: Weather •Job's in the Community: Tulips- Planting to Harvest</p> <p><u>Social Activity:</u> Interaction W/ Music</p>

## Last month highlights:



Lisa, Clarissa, Peter, Enrique and Cody at the McMinnville Air Museum

Below in green—  
We had fun learning all about Oregon last month to celebrate Oregon's 161st birthday. We visited the Capitol, Mission Mill, and played Oregon Trail together.



Ileana and Michael bowling

## This month's' newsletter contributors:



From left to right:  
Michaela W.  
Justin S.  
Eric F.