

I CAN & JOEY'S PLACE

MAY 2011



Staff and consumers all had fun finding eggs for the spring celebration day!



Greetings...

It's hard to believe that it is already May. We are looking forward to warmer weather. Please remember that the clients spend the majority of their day out in the community, with that in mind please be sure to put sunscreen on them or have them bring it with them. We will be taking advantage of all Colorado has to offer in outdoor activities for the next several months. We also want to remind everyone that we will be closed on Monday, May 11th for staff in-service and Saturday, May 28th—Monday May 30th to observe Memorial Day.

Our greatest glory is not in never falling, but in getting up every time we do. ~ Confucius ~

Strive not to be a success, but rather to be of value. ~ Albert Einstein ~

Our expansion is complete!!

We want to take this opportunity to thank all of the volunteers who came in and helped us to clean, expand and organize our space. It really helps to have those extra hands for such a big job. SKSF appreciates the hours spent painting, dusting and mopping, moving, organizing, and so much more. Please come and visit!



We will be closed in observance of Memorial Day Saturday, May 28th through Monday, May 30th

May Events

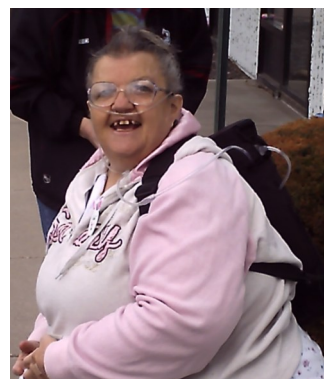
Monday, May 9: Closed for In-Service Day

Wednesday, May 11: Cinco De Mayo Celebration for Joey's Place

Wednesday, May 11: Music at Midday

Tuesday, May 17: Free Day at the Fine Arts Center

Saturday - Monday, May 28 - 30th: Closed for Memorial Day



All had fun looking for the 20 dozen eggs that Joey's Place had fun cooking, dying and decorating!!



Donations Needed for Joey's Place

Do you have any of the following items just sitting around? We could sure use them to encourage, teach, and enrich the lives of the special people we serve.

- Glider rocking chair
- Yoga/exercise mats
- Bean bag chairs
- Rulers/scissors
- Colored tissue paper
- Educational computer games
- Leapster Reading/Educational games
- Textured balls
- CD's—Show tunes, Classic Rock, Country, etc...
- Gardening supplies
- For science projects: gelatin— unflavored, two liter bottles, microscope, pie tins, magnets
- Various arts and craft supplies



**Our Annual Yard Sale will be coming in July.
Start collecting items at home for the sale now!**

Try a new side this Memorial Day...

Jicama Apple Slaw

Crunchy jicama and apple plus oranges and avocado combine in this crisp and refreshing dairy-free slaw. Jicama is a round root vegetable with thin brown skin and white crunchy flesh. It has a slightly sweet and nutty flavor.

Serves: 6 Preparation time: 35 minutes



Ingredients

- 1/3 cup packed chopped fresh cilantro, plus leaves for garnish
- 2 tablespoons chopped fresh mint, plus leaves for garnish
- 1-2 tablespoons minced jalapeño pepper
- 1 teaspoon sugar
- 3/4 teaspoon salt
- 1/2 teaspoon ground cumin
- 1/4 cup lime juice
- 1/3 cup extra-virgin olive oil
- 1 1-pound jicama
- 1 tart green apple, cored (not peeled)
- 2 navel oranges
- 2 avocados, diced

Preparation

1. Place 1/3 cup cilantro, 2 tablespoons mint, jalapeño to taste, sugar, salt, cumin and lime juice in a food processor. Process until finely chopped, about 30 seconds, stopping once to scrape down the sides. With the motor running, add oil through the feed tube in a slow, steady stream until the dressing is well combined. Transfer the dressing to a large bowl. Do not clean the processor, but change to the shredding disk.
2. Using a small, sharp knife, carefully peel jicama, making sure to remove both the papery brown skin and the layer of fibrous flesh just underneath. Cut the jicama and apple into pieces that will fit comfortably through your processor's feed tube. Shred the jicama and apple in the processor. Add to the bowl with the dressing.
3. Using a sharp knife, remove the peel and pith from the orange. Working over the bowl with the slaw (to catch any juice), cut the orange segments from the surrounding membranes, letting them drop into the bowl. Squeeze any remaining juice into the slaw. (Discard membranes and peel.) Add avocados; gently toss to combine. Serve immediately, garnished with cilantro and mint leaves.

May Birthday Celebration

*Our May birthday celebration will be on May 31st
at Metcalf Park in Fountain from 11am-1pm*



OUR MISSION:
TO PROMOTE, STRENGTHEN, AND SUPPORT
INDIVIDUALS AND THEIR FAMILIES.

SKSF ADULT SERVICES

Adult Services Director
Kim Sommer
1646 South Murray
Colorado Springs, CO 80916

Phone: 719-634-4675
Fax: 719-637-8660
E-mail: ksommer@sksfcolorado.org

The founding premise for all our programs is that families and consumers know their own needs best and will demand that those needs be met in order to achieve maximum community integration and independence throughout his/her life span. Keeping in mind what constitutes a healthy adult individuation process, the day programs use mentorship, flexibility, understanding of family/home care provider concerns, and the individual's desires, goals, interests, skills, and dreams to develop educational opportunities, natural supports and a sense of self-determination for the person with disabilities as he/she leaves the family of childhood to function as an adult in the community at large.

If you have any questions about our adult programs, please feel free to contact me at 719-634-4675 or email me at ksommer@sksfcolorado.org.

Sincerely,



*Kim Sommer
SKSF Adult Services Director*

May 2011

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6 Space Day	7
8	9 Closed for In-Service	10	11 Music at Midday	12	13 National Dance like a Chicken Day	14
15	16	17 Free day at the Fine Arts Center	18	19	20	21 ARC Awards
23	24	25	26	27	28	28 Closed
29 Closed	30 Closed	31 Birthday Party				