



Donate Now



MARCH 2021 E-NEWSLETTER

CONGRATULATIONS TO JOAN MCKINNEY



We are excited and honored to share that our Executive Director, Joan McKinney, was nominated for and selected to receive the [Regional Center of Orange County \(RCOC\) Spotlight Award](#) for Lifetime Achievement. The annual [RCOC Spotlight Awards](#) event celebrates and shares the incredible contributions that selected honorees have made to the lives of Orange County's 23,000 people with developmental disabilities.



This year, the Spotlight Awards event is virtual and will be held via Zoom on Monday, **March 8, 2021 at 5:30 pm**. If you would like to attend, you must **pre-register**. You may register for free using the link below.

[CLICK HERE for Free Event Registration](#)

[Email Joan](#)

HEALTHY LIFE, HAPPY LIFE WELLNESS PROGRAM



The RCOC has put together a 'Healthy Life, Happy Life' wellness program to help clients live healthier and happier lives. This 14 lesson program has recently gone virtual and a few of our VV staff have been trained to teach this program to our participants via our VV Zoom activities. We just kicked off this dynamic interactive program the week of March 1, 2021. The primary objective of this program is NOT weight loss though it may be a beneficial outcome of living a healthier lifestyle if that is the participant's goal. Upon completion, participants who attend consistently will receive a beautiful certificate from RCOC and, rumor has it, there may be some raffle opportunities for the graduates. Here are the topics for each lesson:

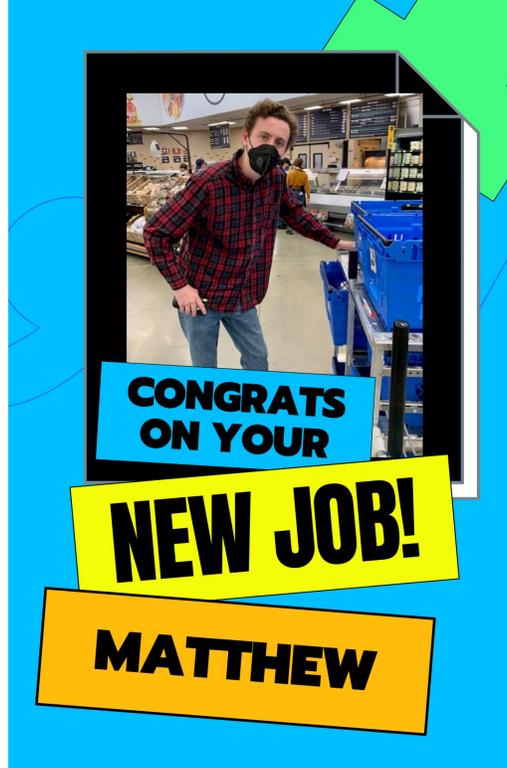
Health Life, Happy Life – 2021 Virtual Edition

- Lesson 1 –Goals, BMI, and Healthy Exercise
- Lesson 2 – Introduction to the Food Groups
- Lesson 3 – Daily Calories and MyPlate
- Lesson 4 – How to Read Food/Nutrition Labels
- Lesson 5 – Review and Virtual Grocery Store Trip
- Lesson 6 – Prepare Meals On Your Own / Frozen Meals
- Lesson 7 – Choosing Healthier Food Options
- Lesson 8 – About Sugar and Diabetes
- Lesson 9 – Choosing Healthier Drink Options
- Lesson 10 – Fast Food & Restaurants
- Lesson 11 – Blood Pressure & Cholesterol
- Lesson 12 – Stress Management
- Lesson 13 – Good Sleep
- Lesson 14 – Healthy Lifestyle: Avoiding Bad Habits



NEW SUPPORTED EMPLOYMENT PLACEMENT MATTHEW TEACHOUT

We are excited to share that Mathew Teachout, a new participant in our Supported Employment program, started a brand new job at [Walmart](#) in Foothill Ranch. Congratulations on your new job Matthew!



DONATION APPRECIATIONS

MIKE DANZI



We would like to give a big **THANK YOU** shout out to **Mike Danzi** who recently donated \$50,000 to support our building renovations project. We are so appreciative to Mr. Danzi for his generous gift.

SIBI SANKAR & SCOUT TROOP 918

[Boy Scouts of America](#) Life Scout **Sibi Sankar** with [Troop 918](#)

and Melody Downey, VV Clubhouse Supervisor, came up with a plan to make care bags for our participants in Clubhouse to fulfill a scouting service project.



With the help of Sibi's troop, he was able to fill 70 care bags which are being delivered to clubhouse participants this month. Each bag has toothpaste, toothbrush, tissue, bandages, gloves, mask, hand sanitizer, lotion, deodorant, wipes and a pair of socks.

As part of Sibi's service project proposal, his scout leader asked the troop to make a video about VV.

Thank you Sibi and Troop 918 for supporting VV!

[CLICK HERE to Watch Troop 918's Video about VV](#)

PARTICIPANT SPOTLIGHT

ALLISE LOVELL

This month we are shining our participant spotlight on Allise Lovell. Allise joined VV in 2008 and she participates in two of our programs - Supported Employment and DTAC Pala.

Allise would like to share about her knitting hobby. Allise learned to knit from her grandma and mom when she was about 17 years old. Since then, she has been practicing her knitting skills when she has down time so she can keep herself busy. One of her favorite things to knit is scarves. Since she doesn't have a lot of down time, it does take 2 or 3 months to make a scarf depending on the length. Here is a collection of some scarves she has made. The pink scarf was made as a gift for her cousin.



Allise has also begun to knit blankets. She keeps the red white and blue one in her room.



Allise has been employed by [Pavilions](#) in Newport Beach for over 12 years. She has been on leave from work for many months due to the pandemic but she is happy to report that she has received her vaccinations and is going back to work this month on March 15.

When Allise wasn't working, she kept herself busy with VV's Zoom activities. She enjoys math activities that help her to get better at counting and managing money. But her favorite Zoom activity is arts and crafts which is hosted by VV DTAC Pala employee Laura who also happens to be assigned to provide regular support to

Allise. Allise really enjoys communicating with Laura one on one each week, as well as in the arts and crafts Zooms. Laura has been working with Allise for about a year now. Since Allise is hearing challenged, Laura uses sign language to assist with communicating. Laura describes Allise as someone who is very patient, friendly and kind. Allise even helps Laura with her sign language so she can be more proficient. We can all agree that Allise is also very creative. Aside from her knitting, below are some of the projects Allise has created during arts and crafts Zoom classes.



Congratulations Allise on being able to return to work. Stay safe, have fun, make some money (manage it well) and enjoy getting to work with VV job coach Jessica again.

EMPLOYEE SPOTLIGHT

CHRIS AVILA

Our organization is blessed to have a wonderful staff of Direct Support Professionals who provide guidance to our participants. This month, we would like to highlight Chris Avila who joined VV's DTAC Alambre program in 2018. Let's learn more about Chris in our Q & A below.

Question: How did you first find out

about VV?

Answer: My mom, Monica Avila, is the LVN for the HRS program.

Question: If someone you know, or just met, has never heard of VV, and the only way you could describe VV to them was to share one story about one or more of the VV participants, what story would you share with them to help them to understand what VV is about?



Answer: I would share the story of Kian Saunders and his accomplishments. He was my first participant and, before I got here, he was hardly out of his wheel chair and didn't walk very well. Now, after about 2 years of daily walks, he has a more stable balance when he walks. I like being able to help to make a difference in someone's life. Here's a great picture of Kian and I having some Halloween fun.



Question: What is your favorite part of your job at VV?

Answer: My favorite part of my job is being able to interact and teach each participant how to accomplish goals that are set to their capabilities. Everyone is unique in their own way.

Question: What is something that could be added, removed or

changed to make VV better?

Answer: We could use more vehicles for the Alambre building programs so that, when we reopen and the pandemic is gone, we can get more participants out into the community.

Question: Did you volunteer or work with people who are uniquely abled before working at VV?

Answer: I use to work for Independent Options in 4 of their group homes in the Fullerton / Placentia area for almost 10 years. It's pretty cool to go from a group home to a day program.

Question: What's an interesting, unique or fun fact about you?

Answer: I am a musician in a local band. I play bass and sing.

Question: What is your motto for life or a quote that really resonates with you?

Answer: "Happiness can be found, even in the darkest of times, if one only remembers to turn on the **light**."- Albus Dumbledore (Harry Potter book series)

We enjoy Chris' musical talents when he hosts weekly Zoom activities with us where we learn about music and have sing along sessions. Chris also hosts our Zoom puppet shows. Thanks for sharing your talent and enthusiasm with VV Chris!

*Ramón, Mike & Chris
(Chris is the human)*



BOARD MEMBER SPOTLIGHT

ANDREA READE



Our organization is blessed to be served by a dedicated volunteer Board of Directors (BOD). This month, we're highlighting Andrea Reade, who has been on our BOD for over 3 years. Let's get to know more about Andrea here.

Question: Time is a valuable commodity. What inspired you to dedicate some of your valuable time to Vocational Visions (VV)?

Answer: I believe in what we do. Providing people with employment and activities helps people flourish and be their best. The smiles on the faces at VV say it all.

Question: What type of work do you do?

Answer: I am Vice President, Supply Chain at [Néκτηr Juice Bar](#). I have always worked in food service and I believe it is a privilege to make and serve food.

Question: Have you ever volunteered or worked with people with disabilities in the past?

Answer: No. But a family friend had worked at a facility similar to VV. He absolutely loved it and took tremendous pride in his work. I saw how important it was to him and what a difference it made in his life, and this has inspired me. At VV, we strive to provide meaningful experiences for all clients.

Question: What is your motto or, a quote about life, that really resonates with you?

Answer: "Nothing but your best every day. Bring it."

Thank you Andrea for being a part of our BOD team. We sure do appreciate you.

MARCH CALENDAR

Developmental Disabilities Awareness Month	Entire Month
Cerebral Palsy Awareness Month	Entire Month
Brain Injury Awareness Month	Entire Month
International Wheelchair Day	March 1, 2021
World Hearing Day	March 3, 2021
World Down Syndrome Day	March 21, 2021
VV Board of Directors Meeting	March 24, 2021
Purple Day for Epilepsy	March 26, 2021

SAVE
the
DATE

Empowering Possibilities Online
Collaborative Giving Day

Thursday, May 20, 2021

Enchanted Evening 2022

Saturday, April 30, 2022 (NOTE NEW DATE)

Hyatt Regency

John Wayne Airport, Newport Beach

Spring your clocks forward on March 14, 2021 as we get ready to welcome Spring on March 20, 2021!



EARN DONATIONS FOR VV WHILE YOU SHOP



Shop smile.amazon.com & select **Vocational Visions** as your charity.

Amazon will donate 0.5% of the price of your eligible purchases to us.

Link your **Ralphs Grocery Store** shopper's card to **Vocational Visions**:

[Ralphs Community Contribution Program](#)

Then, swipe your shopper's card, or enter your associated phone number, whenever you shop at Ralphs and Ralphs will make an annual donation to us.

