



UPDATE

A Newsletter for Those Who Care

March 2010

Message from the Board of Directors...

It is my pleasure to announce that the Peppermint Ridge Board of Directors has offered the position of Executive Director to Audrey Turner. Audrey was selected through a recruitment process that began in late 2008. She has demonstrated her commitment to the mission and values of The Ridge during the time that she has served as Interim Executive Director.

Please join me in welcoming Audrey Turner as Executive Director of Peppermint Ridge.

Barbara Aranguren, Chair
Peppermint Ridge Board of Directors

From the Executive Director

I am honored to be asked to lead Peppermint Ridge into a sustained future. Together we have risen to meet a number of challenges in the past months, and I am sure that the Board of Directors, the Ridge staff and I will be able to continue to guide this worthy organization in an honorable fashion.

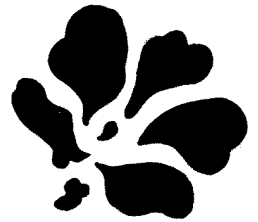
We continue to face financial pressures, as many nonprofits do, but this simply reminds us of our dynamic partnership with all of our supporters. Even in the best of times, this is a work we do not do by ourselves. Your faith in us sustains our spirits; your donations pay the expenses of the care we provide. We are in this together. We promise to do business as wisely and carefully as possible, and to do all things with integrity. In turn, we rely upon your generosity, now as always.

In other happy news, congratulations to the new moms in our midst: Michelle Rubio-Cajimat

has returned from maternity leave, and Annette Vigil has gone on leave and is awaiting delivery in a month or less. Tracy Mauser has also become mother to a newborn, whom she hopes to adopt.

I'm looking forward to seeing many of you on March 21, at Dudley Home.

Rev. Audrey Turner



Staff Development

Happy New Year to all!

Below are the training topics covered to date in 2010:

- Safety in Transportation presented by Mimi Turner, Lead Bus Driver & Dean Marques, Risk Management Consultant
- Human Rights & Confidentiality presented by Kim Smalley

Also, since the last Update Anthony Stallworth and I had the opportunity to speak on the topic of training at Peppermint Ridge to the Family & Friends Group. It was a positive experience that we both enjoyed. Thank you Family & Friends for having us and we hope it was educational to all.

Respectfully,

Kim Smalley 
Staff Development Coordinator



Aspen Home ♥



Greetings from Aspen Home

Aspen residents and staff are all doing great. The New Year got off to a wonderful start. Dawn, Mark, Tina A., and Tina P., went to Disneyland and dinner with staff. John and Tim had a great time. Aspen residents enjoyed having Presidents day off. They enjoyed going to In and Out Burgers for lunch and then to the park in the afternoon. They spend their Sunday afternoons at the movies or out to lunch.

On February 20th, the ARC-CAL Bowling Tournament and Banquet took place and Tim R. won 2nd place in the county, District 10, Division 7. Congrats to all those who participated. Aspen residents went to a Valentine's Day party at The Ridge and enjoyed eating pizza and dancing with their peers.

Aspen residents are looking forward to the next couple of months with St. Patty's Day and Easter Holidays. Aspen residents are all excited about the Around the World in 40 Days day camp in April. Everyone always enjoys this activity. We continue to participate in Party Parners, shopping, Stress Management, horseback riding, or just going out to eat, even just for a snack. Thank you to all those who donate monthly; your donations are greatly appreciated.

Until next time,
Mark, John, Tina A., Dawn, Tim and Tina P.

Villa Vadnais ♥



Greetings from Villa Vadnais

December was a busy month for us all. First of all we would like to welcome our new resident, James W., who moved here from Evergreen Estates. Getting ready for Christmas was fun, with shopping and going out on a ride looking at the awesome holiday decorations and holiday parties. We received lots of presents; we're very lucky! Unfortunately we missed our Semi Annual BBQ, so now we just have to eat twice as much in June. In January we were unable to go sailing, or on any big field trips due to the

cold weather, but at least we had our house painted. The house looks really, really nice!

We would like to thank everyone for your donations of cans, bottles, money, time, and work. In February, we went to a wonderful Valentine's Day dinner at The Ridge. Thanks Tom. The 20th is the bowling tournament in Fontana, good luck Gary and David. We say bye to Annette for a short time, she is going on maternity leave. Victor Bathini will be covering during Annette's leave. A big thanks to all the staff for the hard work they do in order for us to continue participating in all the activities, like horseback riding, Party Parners, Rejoicers, Stress Management, Men's group, aerobics, arts and crafts, going to church every Sunday, and all the other activities on campus.

Till next time,

Villa Vadnais



Activities ♥

Greetings from the Activities Department!
We hope everyone had a wonderful New Years.
We are looking forward to a fantastic 2010!

The Boy Scouts and Peppermint Queens groups have been rolled into one coed group, called the Venturing Crew. This is a program of the Boy Scouts of America, with the purpose of providing positive experiences to help people become caring adults. Tom & Colleen co-facilitate the group. All of the other activities planned in the department revolve around the Crew, as each participant is able to earn merit badges and awards for the activities they complete. Some examples of awards are: Fitness, Horsemanship, Volunteering & Community Service, Safety & First Aid, Aquatics, Fine Arts, and Crafts-- the list goes on and on! (Of course, participation in the Crew is voluntary. All residents are encouraged to participate in any and all Ridge activities, with or without participating in Venturing Crew.)

TRAP, Rejoicers, and the 100 Mile Club are all continuing. We also have therapy animal visits, arts & crafts, game nights, stress management, chapel, horseback riding, fitness class, and birthday celebrations happening monthly or weekly.

Wynn Home

HELLO TO OUR FAMILY AND FRIENDS,

Wynn Home has had a busy time these past couple of months. Mostly all of our residents went home to be with their loved ones at Christmas time, which was wonderful for them. John W. celebrated a birthday in February at a local restaurant with staff and his peers. We continue to go on outings such as the Aquarium of the Pacific; we had a great time! We also went whale watching at Dana Point. To the excitement of all, when they saw the whales! We went to a couple of dances held at Crossroads Church, in the company of friends and peers. We are getting ready to celebrate Kurt B.'s birthday in March. We are planning one more outing for spring. We will make sure to keep everyone informed of our plans.

Thanks to all for your support and help!

From the Wynn Home Staff and Residents.

Garrison

Hello from Garrison,



We survived the holidays and made it to the New Year -- 2010! Yeah.....! We relaxed in January and participated in Stress Management, Chapel and Party Partners. We had our Rejoicers spread their message at the First Congregational Church in Riverside. Mark P. celebrated his birthday on the 20th.

February started with David S. having a birthday on the 4th and Sonia on the 7th. We traveled to Disneyland and had a good time at the magical kingdom. Everyone left with a smile and a great souvenir. We had a lovely time at the Crossroads Church Valentine's Day party. We continue to integrate ourselves into the community as much as possible.

Until next time,

Garrison Gang!

Cypress Point



Greetings from the residents and staff of Cypress Point

Are there any New Orleans Saints' fans out there? For those of us that stayed home and enjoyed the Super Bowl this year, it was very exciting. Saints 31, Colts 17. Peter went home with mom and dad to watch the Super Bowl, and I'm sure there was excitement in their home as well!

In January, we traveled to Long Beach to the Aquarium of the Pacific for an event called the "Festival of Human Abilities". We experienced a celebration of the creative spirit, and through this multi-faceted event the Aquarium bridges the gap between those who are able-bodied and those with a disability with features such as dance, music, storytelling, demonstrations, and interactive displays that were exciting to experience!

While we continue to get in shape, Cypress Point continues to walk to Angel Hall 3 times a week. Thanks to staff Jaimee Rivera, who effortlessly takes the time to make this happen. They are truly 100 Mile Clubbers! We went to Dana Point to go whale watching in February, the temperature was around 80 degrees and to our surprise there were approximately three blue whales near our boat. After seeing the whales hump their backs it was exciting watching their tails come up out of the water. Speaking of water, Timothy A. is on a family vacation on another relaxing cruise.

Thanks to the Vadnais' for your donations to our home fund; you have enabled us to purchase an outdoor propane grill that will certainly get a lot of use this summer.

Cypress Point

Roger Residence



Greetings from Roger Residence!

Time sure flies by when you're having fun. We are so thankful for each one of our clients. Unfortunately, we had to say good bye to Charlie H. who resided at The Ridge for over 20 years. He

moved to Santa Barbara to be closer to his parents. Charlie will be missed, we wish him well! We had a farewell party for him in which everyone enjoyed themselves very much. They all had had a wonderful time. We also want to thank the Hernadi's for their continued support we will surely miss them.

During the past 2 months, the clients went to the Corona Library, Tyler Mall, Cajalco Plaza, Edwards Cinema, Dos Logos Plaza, Aquarium of the Pacific, Wal-Mart, Corona First Baptist and Crossroads Church. Also, they continued to participate in The Ridge's programs such as, Stress Management every Wednesday night, Monday Night Fitness, Scouts, Peppermint Queens, and birthday celebrations the third Friday of each month. Last but not least, every other Friday night our clients continue to go to Party Partners, where they can dance, enjoy themselves and have fun!

Happy Birthday to Max T., who celebrated his birthday on February 10th, and John M. on the 24th; each one of them had a special birthday celebration with friends and staff.

Clients and Staff at Roger Residence would like to thank the Hernadi Family, Mr. Trenkle, Mrs. Jeffrey, and Mrs. Ring, who have so generously donated to our home and staff funds. Your donations are much needed and appreciated. I want to personally thank each of you from the bottom of my heart for all that you have done to help Roger Residence to become the home it is today.

Please remember that "The World of the generous gets larger and larger... The one who blesses others is abundantly blessed... those who help others are helped" Proverbs 11:24-25.

I also would like to thank all the staff at Roger Residence, including our RN and our QMRP/Administrator, for the team effort they contributed toward an excellent Annual survey from the Department of Health (licensing review).

Until next time,
With hugs and kisses from
Roger Residence & Claire



Evergreen Estates

Has it been three months all ready?
Evergreen has so much to share we almost don't

know where to begin. First off, we want to thank all of those who donate to Evergreen's Home Fund. Without your generous donations we would not be able to update the furniture, decorations and other needs of the home. We are striving to make our home more appealing and comfortable for all who live and/or visit our home.

For Christmas we received such a blessing from Sharon Guzy, who generously donated funds which allowed Evergreen to purchase a brand new 32 inch flat screen LCD Television set. The residents greatly appreciate the new T.V. Thank you again. The home purchased a new DVD/ VCR player to accompany it.

Throughout this quarter we have enjoyed going to the Aquarium of the Pacific, we went to watch our horseback riding team compete in one of their horse shows; it was lots of fun to watch all that they do, but boy it was a cold day. We also went to the movies to watch "The Frog Prince" which was enjoyed by all. We continue to do our shopping trips as well as trips to the park to feed the ducks. We continue to enjoy Stress Management and Party Partners.

We have lost one of our little angels from Evergreen to pneumonia on February 10, 2010. We miss her dearly, but she and her family remain in our hearts and prayers. A "Celebration of Life" will be held in Angel Hall on March 13, 2010 at 3:00 p.m. All of us from Evergreen cordially invite you to attend.



AFTERGLOW

*I'd like the memory of me to be a happy one,
I'd like to leave an afterglow of smiles
When the day is gone,
I'd like to leave an echo whispering softly
Down ways of happy times,
Of laughing times, of bright and sunny days.
I'd like the tears of those who grieve
to dry before the sun,
of happy memories that I leave when life is done.*

Author unknown

"In honor of Pricila Lopez"

Well, that is all for Evergreen. Bye for now.

From all of us at Evergreen Estates

Del Park ♥



Hi Everyone,

Del Park men were really blessed during the Christmas Holiday! They received many special gifts from our community friends. Church members, American Legion friends, Vickie Gardener, one of our overnight staff, had staff and residents decorate a box which she took to her church. Each Sunday her friends and church members brought a gift and placed it in the box. These are every day items our residents use; toothpaste, toothbrushes, deodorant, disposable razors, gel and cologne. These items are small items but very essential to our daily grooming. We appreciate our staff for a great idea and are very thankful for each item given to our residents. Thank you Vickie and friends!

We're happy to have Mark H. back with us after his surgery and recovery at Vista Cove. Welcome Mark!

Our guys have continued to participate in all The Ridge activities with Colleen & Tom. Including, Stress Management, Horseback Riding, and Fitness Group on Monday evenings. Some of the men are in the 100 Mile Club, Kevin, Frank and Glenn received awards for their participation. Some of our men will rejoin the Boy Scouts with Tom Thomas and Colleen. They are looking forward to new experiences and lots of fun things to do. The men enjoy having Tom over for arts and crafts and movie night each month!

Glenn, Mark, Richard, David and Kevin went to see "Annie" at the Fox Theater in Riverside, they loved it!!! Andrew, Bill, Richard and David enjoyed the trip to Dana Point for whale watching. These trips were made possible with our "Love Walk" donation. On Tuesday, February 23rd, some enjoyed a trip to Disneyland.

Michael S. celebrated his 47th birthday on January 30th. His mother brought over a huge birthday cake with ice cream. Everyone loved the delicious cake! Thank you Mrs. Santa Maria! In February, Bill B. and Raymond R. celebrated their birthdays. We had a pizza party and a bowling party. Our home is truly thankful for these special donations for our residents.

I would like to give a special thanks to our home staff! They are a real team, working together and being very responsible in their positions. As

F.M., I'm happy to be working with each one of them. They give their all to our residents!

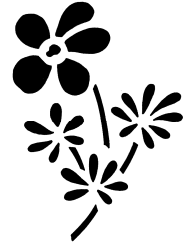
Parents and Friends, we are in need of a new heavy duty washer. We are borrowing one at this time. And our sofa has a hole. We are saving bottles and cans and even pennies. Hopefully we can be as successful as Villa Vadnais, with their painting project.

Enjoy the beautiful rain, we need it!

And let us pray for the ones who are in need.

Take care and see you soon!

Del Park Manor



Families & Friends

Happy Easter!

Did you get to our meeting in February? No? Too bad, you missed a very interesting and educational talk given by Beverly Christian, FM (Evergreen). If you think you know all about the FM's and what they do, think again. You would be amazed.

Our membership drive has fallen short this year. If you have not paid your dues, please pay them ASAP. We need everyone's help, not just the same few. So please send in your dues.

NOTE:

A CHANGE IN MEETING TIME AND DATE

Our April meeting will be held on Sunday, April 11, 2010 at 12:00 noon. Following the meeting at 1:00 p.m., the Annual Celebration of Peppermint Ridge will take place. We have combined the two events in order to save The Ridge and all of us time. There will NOT be a pot luck lunch. Instead we have been asked to supply food for the celebration. Small, easy to handle finger foods, would work best.

Please join us for our meeting and the Annual Celebration of Peppermint Ridge --- the place that means so much to us and our dearest family members who call The Ridge "Home."

Bernice ♥

Conner Residence

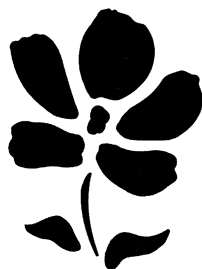
December had lots of fun filled activities. We started out by going to our Ridge Christmas Party, where everyone had a great time. We listened to Christmas Carolers in Angel Hall and went to another party at the American Legion Hall. Then it was off to the horse ranch for horseback riding. We had two birthdays in December, Kateri L. on the 3rd and Sheryl U. on the 10th. Happy Birthday, Kateri and Sheryl.

We went to a New Year's Eve Party in Angel Hall, where we rang in the New Year. January started off well. We had exercise class in Angel Hall and off to the horse ranch again. Our trip to the Aquarium of the Pacific was the best. We saw many different and colorful fish. We even saw several kinds of birds and stingrays that we could touch. We went shopping at Michael's for arts and crafts projects. Then Shopping Objectives at the 99cent store. Then off for hair cuts. We had two birthdays this month, Steven M. on January 6th and Jason S. on January 18th. Happy Birthday, Steven and Jason.

February had several fun activities; we went shopping at Wal-Mart and to Crossroads Church Valentine's Day Party and Dance. Everyone really enjoyed themselves. Stress Management continues to be a favorite of everyone's week and all look forward to it. We went whale watching at Dana Point and even saw three whales. Everyone that went had a wonderful time. Then everyone sat and ate home made hamburgers and talked with the Chef that worked on the ship.

Annette Vigil will be out on maternity leave for the next few weeks and Victor Bathini will be covering for her while she is gone. Welcome, Victor.

Well, until next time,
Conner Residence



C-Home

The past months have been filled with busy bodies, fun activities and awesome California weather as always!

We have to thank the staff in C-Home for a wonderful job in caring for our clients. We have been doing cool activities such as: Party Partners, sitting on the edge of our seats at the theater, as well as tossing some bowling balls. We've also participated in some on-campus activities including: Stress Management, Monday Night Fitness and laps around The Ridge, at least three days a week – weather permitting that is!

At the same time, some holidays came and went like Thanksgiving, Christmas and New Year's! It's always a treat when our staff and clients share the holiday spirit with family and loved ones. A special thank you to Family & Friends for contributing to the future of our beloved Peppermint Ridge!

Whoa, Whoa! Hold on, sorry to get you all caught up in our fun filled newsletter, but until next time.

Farewell from C-Home's Clients and Staff

Home Funds

As of February 26, 2010

Activities	\$1,153.65
Aspen Home	\$ 502.04
C-Home	\$1,350.52
Cypress Point	\$1,856.90
Mandel Manor	\$2,747.55
V.I.P./L.I.F.E. Supported Living Serv.	\$1,002.21
Conner Residence	\$3,781.48
Del Park	\$ 380.36
Evergreen Estates	\$3,783.61
Garrison House	\$2,399.83
Roger Residence	\$4,776.47
Villa Vadnais	\$1,324.50
Wynn Home	\$2,052.11

Mandel Manor

Greetings from the Wonderful Mandel Manor,
It has been a very exciting 3 months. Our residents had the opportunity to explore many

shopping malls and local eateries. Jeremy has learned how to send and receive Text messages, as well as refining his train trips to San Clemente. Robbie D. has acquired some multi-colored Nike's from his mother, of which are very different and Robbie likes to wear them everyday. Eddie has moved to a new home in the Corona area and Alan has moved to Sacramento, to live near his sister. We wish them well at their new homes.

Currently Mandel has two vacancies and the Administrator will be changing our entrance criteria to support female residents, as well as individuals with Diabetes. Our residents have been enjoying their life as well as increasing their independent living skills. Jeremy is currently not happy with his Day Program and we are seeking other alternatives for him. Robbie enjoys his day program and is eager to go everyday. In the near future we are planning to go to Stateline, as well as a visit to Six Flags. We are all looking forward to the "Spring Fling" and hope it will be a success.


Until then,
Mandel Manor

Gezunt Dir in Pupik:

pronounce ah

This is a blessing, and means good health to your belly button, but the general meaning is that your whole system should stay healthy and be in good shape. It's a colorful, preposterous way of making a profound point: Because your life started with your belly button, it's the center of your entire being.

To wish health to your belly button has a lot of meaning because people of Jewish faith are always concerned about good health. When people of Jewish faith say "goodbye," they never just say "goodbye," but also wish *gezunt*, which is health, and that you should be strong and able to plant trees, to put up buildings, to cross streets faster than anybody, to sit longer, to climb higher, and to dance better.



Please join us for a lovely luncheon...

At the newest Peppermint Ridge residence:

The Dudley Home

Sunday, March 21st

1:00 p.m.

Tickets: \$25 per person

It's a Spring Fling!

For more information, phone (951) 273-7329 or e-mail tmauser@PeppermintRidge.org

Register and/or donate on-line www.PeppermintRidge.org