

Peppermint Dreams and Ridge Realities!

A Newsletter for
the Families and Supporters
of Our Ridgers.

Our **SPRING 2018** newsletter.
Read about what's happening at *The Ridge!*

MISSION MADE POSSIBLE!

The "Mission Possible" themed **Peppermint Possibilities Dinner and Auction** took place on Saturday, February 3, 2018 in **The Veranda at Green River Golf Course**. Because of the support from 21 generous sponsors and over 200 guests, we raised over \$75,700 to assist the residents of Peppermint Ridge.

A heart-warming testimonial by **Linda Miller**, sister of a longtime Ridger, **Debbie R.**, moved audience members to tears, while candid conversations between Executive Director **Danny McCarns** and a few Ridgers had everyone chuckling. Assemblymember **Sabrina Cervantes**, D-Riverside 60th District, shared her personal experience of growing up with a family member who has developmental disabilities and the importance of quality services for this population. **Downs Energy** and its non-profit **Fuel the Cause** were honored as **Corporate Partner** for their longtime support of The Ridge. **Barbara and Jorge Aranguren** were honored with the **2017 Peppermint Ridge Volunteers of the Year** award for supporting the mission of Peppermint Ridge through their donation of time, talent and treasure for many years.



Linda Miller and her sister, Debbie R., a Peppermint Ridge resident.



Downs Energy owners, Sherry Messner and Mike Downs receive recognition as Corporate Partners by Assemblymember Sabrina Cervantes Field Representative, Giselle Sorial, and Corona Mayor Karen Spiegel.



Volunteers of the Year, Barbara and Jorge Aranguren, flank their daughter, Tina, while honored by (l to r) Mike Ryan, John Weyhgandt, Council Member Dick Haley, Mayor Karen Spiegel, Danny McCarns, and Assemblymember Sabrina Cervantes.

OUR GENEROUS SPONSORS



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**A Message
from the Executive Director**

On Friday, March 16, 2018, Executive Board Members, staff and I had the honor of touring our **State Senator Richard D. Roth** (D-Riverside) through Peppermint Ridge. In the midst of needed ceiling repairs in Angel Hall, we chatted about the importance of Peppermint Ridge to the community. We discussed some of the challenges we face, both in day-to-day operations, and in the current political arena with potential cuts in medical and upcoming legislature that could affect The Ridge and the services we provide.

During the tour led by Clinical Operations Manager, **Charlotte Dalton**, we showed Senator Roth the Peppermint Ridge Garden, our "Little Free Library," a box filled with books and other goodies for anyone in our Corona community to access or donate, as well as the site for our new Activity Center. We toured some of the homes and spoke of our commitment to provide each person that lives at Peppermint Ridge a family, a community and a home for as long as they choose.

Senator Roth and his District Director, **Tyler Madary**, had the opportunity to meet some of the wonderful people we serve at Peppermint Ride, like Michael SM., who shook his hand and

wouldn't let go, and Glenn M., who lovingly introduced his girlfriend Missy S. and proudly showed off his bedroom and guitar playing skills. Kenny B. shared his coveted hat collection—something he reserves only for special people—and "his" garden at Garrison. Tina P., Dawn H., Tina A., and Eric M. warmly welcomed Senator Roth into their home, perhaps not quite understanding his role in Sacramento, but quickly seeing that he was a good guy.

Senator Roth listened, asked great questions, shared about his role as our Senator, offered suggestions and, I believe, walked away with a better understanding of what The Ridge is and what we are trying to accomplish. During the tour, I saw a Senator representing his district who was very comfortable meeting and greeting people in their homes who just happened to have intellectual and developmental disabilities. He seemed to appreciate what we have always known: It is a privilege to know and serve the wonderful people of Peppermint Ridge.

With Gratitude,

Danny



Michael SM. loves to hug everyone he meets. Senator Roth was no exception.

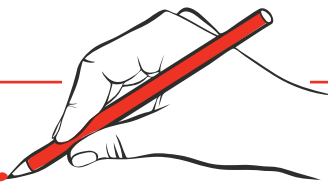


Ridgers Glenn M. and Missy S. posed with Senator Roth after talking about their cute date nights.



(l to r) Laura Seltzer, David Seltzer, Senator Richard Roth, Danny McCarns, Mike Ryan, Samantha Jimenez and Charlotte Dalton smile for the camera before visiting a few Ridgers.

Letters from our homes...



VILLA VADNAIS

In January, our residents enjoyed the beautiful Aquarium of the Pacific where they were able to see the different aquatic exhibits, took a tour of various animal encounters, saw penguins, sharks and sea otters, and visited the seals and sea lions habitats. They enjoyed a delicious lunch overlooking the harbor.

In February, two of our residents attended the Ridge Art Show at the Corona Public Library. They worked really hard on various art pieces, and were happy to see their friends and family enjoy their creations.

Chelsea S. had the opportunity to sing with the Rejoicers at the Woman's Improvement Club luncheon. Our residents also attended Party Parners on Fridays, which presented themed celebrations. For Valentine's Day, they participated in "Cupid at Work" where they ate cotton candy, danced, exchanged valentines and enjoyed arts and crafts. Party Parners also hosted "Painting the Town Red." Our residents dressed up in their favorite red outfits, danced, got involved in arts and crafts and enjoyed the refreshments.

Each week, our residents look forward to all the activities The Ridge has to offer. They enjoy outings into the community, love exploring new parks, going to the movies, walking around Dos Lagos, and attending church on Sundays.

We thank all our clients' families and friends for the love, support, generosity and dedication to our Villa family. Thank you, Villa staff, for the hard work, service, love and dedication that you provide to our residents. It does not go unnoticed. You all are truly appreciated!



The dashing Clayton C. and Richard C. were all ready for the Prom.

EVERGREEN ESTATE

Thank you for all you do for us here at Peppermint Ridge. Your generosity towards Evergreen has helped us immensely!

A special thank you to Mrs. Allen and Hillside Farm. Our residents are very happy and thankful for your donations, the cooking utensils (spatulas, spoons, pots, pans, and skillets), the new refrigerator to keep our food nice and fresh, and the clothing protectors.

Evergreen residents have been able to participate in a variety of activities here on campus, as well as outside of The Ridge. We recently took a trip to the mall and Medieval Times, where they enjoyed a great meal and saw an action-packed show. We also went out to the movies, attended Party Parners, and some of us participated in the No Drama Ranch horse show.

With spring in the horizon, and spring cleaning taking off, we ask our friends and families for support towards our Home Fund. We are in need of new dining room chairs and would also like to update our living room curtains and dining area, and to obtain tropical floral decorations to complement our beach house theme.

THANK YOU SO MUCH for everything you do to help the homes at Peppermint Ridge, especially here at Evergreen Estates!



A little yoga keeps our Ridgers and Activities Coordinator living the Zen Life. (l to r) Tina A., Hali M., Tina P., Samantha Jimenez., Rudy M., Richard C., and Tamara H.

WYNN HOME

Hello family and friends,

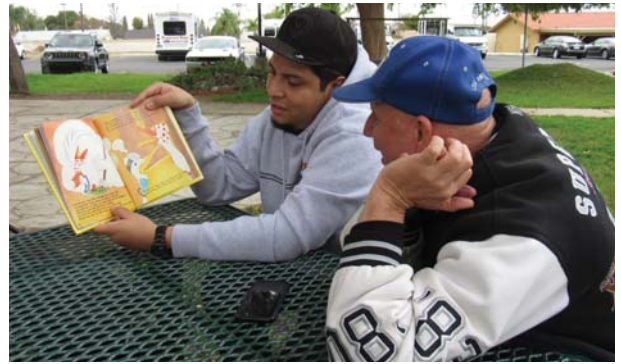
Wynn Home thanks you for your involvement with our residents. We appreciate your help and support.

We have had a few adventures since the last newsletter. Our residents have attended Medieval Times, Night To Shine Prom, and Monster Truck Jam just to name a few.

All of our residents love exercising and staying in shape. Every Wednesday half of our group attends CrossFit with ABC Hopes.

In the upcoming months, we will be taking a day trip to "The Happiest Place On Earth," Disneyland, and enjoy an Inland Pacific Ballet performance of the Cinderella Story.

Last November, our home had new flooring installed. Now, in order to keep our home comfy and beautiful for our residents, we would like to purchase new couches and dining table chairs to go with our fantastic new flooring.



Gene C. loves to spend time in the garden and read books from our Little Free Library with his favorite staff.

DEL PARK MANOR

The rain was so welcomed! We wish we could have gotten more. It's so beautiful the day after.

Our residents are doing just fine, a few fought off small colds, but we are thankful to say the flu epidemic has not affected our residents. Although, our staff are the ones going in circles with colds and sore throats.

In January, Michael S.M's mom surprised him with a birthday party. He was so happy to see his family and friends gathered in Angel Hall. We celebrated two birthdays in the month of February. Raymond R. and William B. celebrated their birthdays with cake, a special dinner and balloons. In March, David S. celebrated his birthday with his family at Islands.

We want to thank the wonderful volunteers at Crossroads Church and The Tim Tebow Foundation for hosting an amazing "Night to Shine Prom." The evening was priceless for our residents.

Glenn M., David S. and Andrew A. were invited to perform "Amazing Grace" with the Rejoicers at the Women's Improvement Club. They shared that they had a good time!

We are so proud of the art pieces our residents had on display at the Corona Library for the Ridge Art Show. Glenn M., Richard Y., Arturo H., David S. and Andrew A. all did a fantastic job! With our guys being art enthusiasts, they could not skip the Elephant & Piggie "We are in a Play" production by the Cat-Christian Arts & Theater held at Corona Civic Auditorium.

When everyone is not out in the community, they are enjoying our new living room sofa. Del Park is thankful for the generous donations we received from our dear family members and friends. Your donations to our home fund help us keep our home nice and comfy for our residents.

The next item we would like to start saving for is a storage shed. We need one to store items we have accumulated over the years, such as decorations, out of season furniture and more. Thank you for all you do to make our residents home what it is! Their HOME!



Glenn M. surprised Missy S. with beautiful roses on Valentine's Day.

ROGER RESIDENCE

Our residents continue to attend and enjoy many Ridge and community activities. Residents like to attend Fine Arts classes, movie nights, and stretch on Yoga nights. They also love celebrating their peers' birthdays every month and dancing at Party Parners. John M. continues to attend practice with the Rejoicers in preparation for upcoming performances. To maintain a healthy and active lifestyle for our residents, we have been taking regular walks around The Ridge before or after dinner. This allows them to relax, get some exercise, and enjoy some fresh air.

On the weekends, we do a little shopping at DD's, Ross, Burlington, Tyler Mall and Dos Lagos. When we have a nice sunny day we make our way to the park. We attend church every Sunday alternating between Corona First Baptist Church and Crossroad Church. In the month of January we celebrated Daniel H.'s birthday with pizza and cupcakes. For John M.'s birthday we had a lunch celebration at Home Town Buffet. In March, we will celebrate John L.'s birthday with family members.

Thank you to the fabulous parents and family members who contribute to our home fund. Roger residents and staff express their great appreciation. Special thanks to Mrs. Joan Ring, Marie Moore, the Trenkle family and the Defusco family for their generous donations. This fund allows us to take our residents into the community, participate in various activities and events around the community and home renovations. At this time, our restrooms need to be renovated and are asking for donations in efforts to complete this project. Until next time, remember: "We make a living by what we get, we make a life of what we give."

GARRISON HOME

Greetings from Garrison House!

Our residents have been busy bees. They participate in all the activities The Ridge and our community has to offer. Some include Party Parners, ABC Hopes (dis)ABILITIES Fitness Program, services at Crossroads Church, birthday celebrations, and journaling.

Boy, do our residents love coffee! One of their favorite things to do is go on coffee runs to our local Starbucks.

During the month of February, our residents had mini makeovers. They got stylish new haircuts and did a little shopping for their perfect "Night to Shine Prom" outfit.

With the help of a thoughtful family member, we are hoping to obtain season passes to Knott's Berry Farm and take a trip to San Diego.

As always, we thank all of our friends and family members for their generous support.

CONNER HOME

The month of February was filled with many activities and outings for our residents. They took trips to the Riverside Night Swap Meet, the movies, Party Parners every other Friday, and attended the Connect Services at Crossroads Church every Saturday.

On February 9th, residents enjoyed a night of dancing, limo rides and a great dinner with their friends at the "Night to Shine Prom" hosted by Crossroads Church.

In the month of March, we will celebrate four birthdays by enjoying delicious food, cake and ice cream.

Our residents will continue to stay busy with an activity packed year.



Brian P. and Miss Norco Pre-Teen Queen
at Mission Possible.

DUDLEY HOME

Dudley Home started off the year in celebration! In January we celebrated Todd M.'s birthday with his favorites: chocolate cake and pizza. The following weekend, Todd M., Gary D. and staff members, Julie and Kelly, went to Medieval Times for a dinner and show. Over that same weekend they also visited Aquarium of the Pacific for the "Festival of Human Abilities." They really enjoyed seeing and learning about sea animals. As a souvenir, they all bought aquarium t-shirts.

February went by quickly. Our residents got to enjoy a lot of The Ridge activities in Angel Hall, especially the Valentine's Day Dance!

In March we will celebrate Melinda C.'s birthday with delicious cake and her friends at Dudley.

We are excited to see what the rest of the year has in store for us.



Housemates Tamara H, Sharon D., and Christina C. can't help but smile as they await an evening to remember at "A Night to Shine Prom."



Aspen and Cypress residents Tina A., Tina P., Tim R., John R. and Kathy J. worked on a special art project with a helpful volunteer.

C-HOME

February was a month filled with celebrations and excitement. Residents danced and ate wonderful treats at their Valentine's Day party. Many dressed to the Nines for the Tim Tebow "Night to Shine Prom" at Crossroads Church. Residents have been attending all Ridge and community activities such as Party Partners, CrossFit, and Yoga. Some even attended a chili cook-off sponsored by Circle City Rotary.

Other activities that our residents enjoyed were movie days at Dos Lagos, which followed up with a lunch at a restaurant of their choosing. Residents also showcased their art at the Third Annual Ridge Art Show at the Corona Public Library.

Over the next few weeks, C-Home will remodel the men's bathroom. Thank you parents and family members for continued support and donations.

ASPEN HOME AND CYPRESS POINT

Dear Family and Friends,

Spring time is just around the corner. Wow, how time flies! This past winter, our residents enjoyed lots of cool activities with their peers, and spent quality time with their families. We began this year by taking a trip to Knotts Berry Farm. The residents were thrilled to see Charlie Brown and his pals. In February, the ladies and gentlemen dressed up for the Tim Tebow "Night to Shine Prom" at Crossroads Church. Valentine's Day was filled with so much love! Not only did the residents participate at The Ridge dance, they also had activities at their workshop.

Kathy J. from Cypress Point decided to take a permanent vacation from her job at The Ridge. We surprised her with a retirement party.

Our residents continue to participate in Ridge functions, such as fun-filled monthly birthday celebrations, fitness classes, art classes and horseback riding.

We have a bright future ahead! In April, we plan to take a trip to Disneyland, and once the weather warms up we will visit our local beaches to catch waves.

As always we appreciate all you do. "Team work makes the dream work!"



Conner Home Staff Recognition

Conner Home would like to recognize staff member **Rebecca Rodriguez** for her always positive attitude. From day one, she has done impeccable work with our residents and staff. She is always happy to extend a helping hand and goes above and beyond with our residents. It truly shows how caring and compassionate she is working at The Ridge. Our residents have a blast participating on the creative activities she sets up for them. Besides being great with our residents, Rebecca has an eye for decorating. She dresses our home for the holidays and makes sure our activity bulletin board looks festive year round. THANK YOU, REBECCA!

NDR Therapeutic Riding Needs a "Lift"

No Drama Ranch will host its inaugural **NDR BBQ Fest** on Saturday, May 19th from 3–7 p.m. in order to raise \$10,000 for the purchase of a **Sure-Hands Lift System** to safely transfer non-ambulatory riding students on and off their horses. Sponsorships range from \$100 to \$500 and tickets are \$20 pre-sale and \$25 at the door. For more information, contact **Mike Jones** at (951) 496-1500.

Therapeutic riding lessons are one of many empowering activities that our Ridgers enjoy. Ridgers receive personal instruction from **Donna Hyde**, who has more than 30 years of experience working with people who have disabilities. Through working with Donna, her staff and volunteers, Ridgers have improved their strength, balance, coordination, cognitive skills, problem-solving, and much more!



Ridger Greg K and friend, Christopher Moore, ABC Hopes' Chief Entertainment Officer, joined others to view and appreciate the show.



Tina P. enjoyed displaying her framed painting and collage.

"A Night to Shine Prom"

On Friday, February 9th, Ridgers took out their snazzy outfits and dressed to the nines as they shined at "A Night to Shine Prom" with their friends at Crossroads Church.

This is an annual event when **The Tim Tebow Foundation** partners with churches around the world to celebrate individuals with special needs. It was an incredible experience for our Ridgers and they look forward to it every year.

Expressing Themselves through Creativity

On Wednesday, February 28th, the **Corona Public Library** hosted the **3rd Annual Ridge Art Show** which showcased the talent of many residents through its display of more than 50 art pieces. Proceeds from purchases during the Show raised over \$300 which will go directly back to the Activities Department to purchase art supplies, adaptive equipment and pay for art teachers. Donations to the **Activities Fund** will allow Peppermint Ridge to develop a **Sensory Garden** throughout The Ridge. Through this garden, Ridgers will experience many therapeutic benefits including an enhanced sense of wellness and personal growth.

If you wish to donate toward the Activities Fund or help create the Sensory Garden, please contact Samantha Jimenez at (951) 273-7320 ext. 308 or by email at sjimenez@peppermintridge.org.

Peppermint Ridge is a member of the United Church of Christ Council for Health and Human Service Ministries.

3rd Leg of the
Charity Challenge
Race Series

Run the River for The Ridge

HALF MARATHON • 5K • 1K • Sat., Sept. 15, 2018

HIDDEN VALLEY NATURE CENTER 11401 Arlington Ave., Riverside, CA 92505

Registration opens: 6:30am

Half Marathon start: 7:30am • 5K and 1K start: 8:00am

- TIMED HALF MARATHON -

Top male and female finishers receive a special gift.

Top three men and top three women receive placement medals.

All finishers receive an event medal. All participants receive a Sport-Tek shirt.

- TIMED 5K -

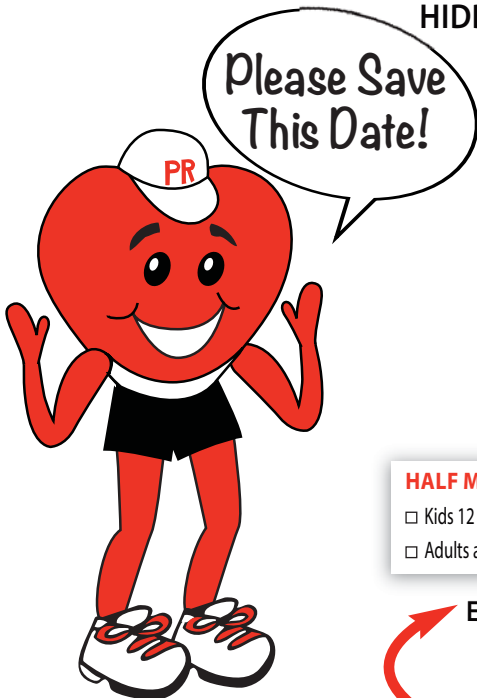
Overall male and female receive a special gift.

Top three runners in each age division receive a placement medal.

All finishers receive an event medal. All participants receive a Sport-Tek shirt.

- 1K -

All finishers receive a Love Run medal.



HALF MARATHON	Pre	At Event
<input type="checkbox"/> Kids 12 and under	\$30	\$35
<input type="checkbox"/> Adults and Kids over 12	\$60	\$65

5K	Pre	At Event
<input type="checkbox"/> Kids 12 and under	\$25	\$30
<input type="checkbox"/> Adults and Kids over 12	\$40	\$45

1K	Pre	At Event
<input type="checkbox"/> Kids 12 and under	\$5	\$10
<input type="checkbox"/> Adults and Kids over 12	\$10	\$15

Early Birds get **\$5 OFF** Pre-Registration Fee when registering before Aug. 31.

Go to www.RidgeLoveRun.org and enter code Earlybird.

For online registration and additional details, go to www.RidgeLoveRun.org

Run the River for The Ridge proceeds assist our mission of providing a community of loving homes and empowering support services for individuals with intellectual and developmental disabilities.