



ASTER



SAPPHIRE

\*Content provided, typed, and approved by the consumers of ACE-IT | Editorial Team: Managing Editor *Lisa* and associate editors *Lizzy, Sam, Patty, Tasi, K.K., Duncan, David, Elean, Chuck, Linda, Don B., Justin, Maria, Xavier, Kim, Ron, Frank, Roseline, Earline, Dante, Nic, Maricella, Joshua, Tyler, Melanie, and Mariko.*  
\*Circulation provided by ACE-IT | *Pony Express Team!*

2017



### SCIENCE: ROBOT DOG

Remember the *ACE-IT | Robot Mascot* that we made a few years ago? Well, we decided he was looking a little lonely and needed a friend, so we made him a pet! We constructed our kooky creature out of random cast-off kitchen instruments, empty food cans, bits of wire and connectors from our junk bin, and assorted thrift store finds. Isn't he a cute little guy? We thought it over and named him "*Astro-Cookie*" because his body is made from an old cookie tin and we liked the dog from "*The Jetsons*" cartoon show. Who's a good robot dog? You're a good robot dog! *Sit, boy!!*



### HUNT FOR DISABILITY ACCOMMODATIONS

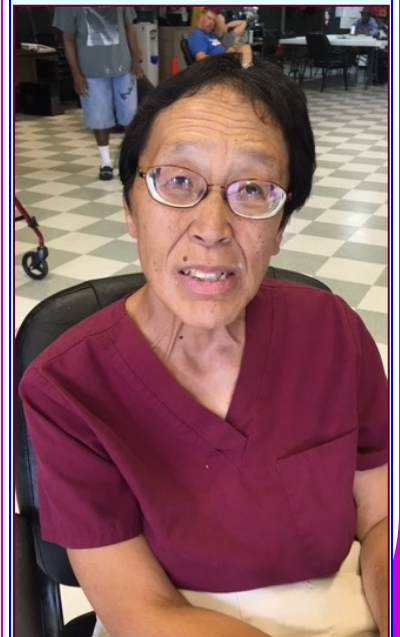
*Erik* planned this outing group to emphasize important structures and devices that have been designed to eliminate physical barriers for people with disabilities. *Ken* dropped us off downtown before parking the bus and joining us at the *State Capitol* Building. As we began our search, *Erik* asked us to close our eyes and imagine that we were all sitting in wheelchairs and dependant upon flat surfaces (no stairs or curbs). He explained that before the 1970's, there were very few accommodations such as curb cuts, wheelchair ramps, bus lifts, or buttons to automatically open doors. We looked

around and found not only curb cuts and helpful automatic doors, but also several ramps and a separate security entrance for people using wheelchairs to go around the metal detectors. We also discussed the use of *Braille* and learned that all federal buildings are now equipped with Braille markings for people with vision limitations. If you can't read the signs with your eyes, you can now use your fingers! After leaving the building, we spent some time outside visiting a myriad of display tables that had been set up by groups advocating for the health and welfare of our local *Native American* tribes. It was a great, informative trip and enjoyed by all!



### NEW CLIENT

*Mariko* joined our program this month. She is the sister of one of our good friends from *ACE-IT II*





ASTER



SAPPHIRE

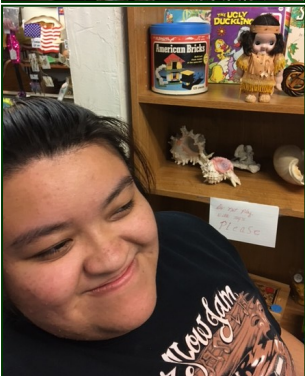
\*Content provided, typed, and approved by the consumers of ACE-IT | Editorial Team: Managing Editor *Lisa* and associate editors *Lizzy, Sam, Patty, Tasi, K.K., Duncan, David, Elean, Chuck, Linda, Don B., Justin, Maria, Xavier, Kim, Ron, Frank, Roseline, Earline, Dante, Nic, Maricella, Joshua, Tyler, Melanie, and Mariko.*  
**\*Circulation provided by ACE-IT | Pony Express Team!**

2017



**A TRIP DOWN MEMORY LANE**

We had a fun, nostalgic visit to the *57th Street Antique Row and Design Center* over in East Sacramento. They've had a unique collection of shops at the same location for over forty years! *Roseline* was drawn to the lovely ceramic tea sets while *Robert* was more fascinated with the model hot rods, including a flashy red Corvette. *Maricella* found a cute vintage porcelain "Native American Princess" doll wearing an outfit almost identical to her *Pocahontas* character from our *Splish-Splash Theatre Disney Show*. The doll even had *Maricella's* adorable cheek dimples! Later on in our antiques adventures, *Maricella, Melanie, and Dante* were the victims of a surprise attack by a crazed pack of plush Chihuahuas. *There was no escape!*



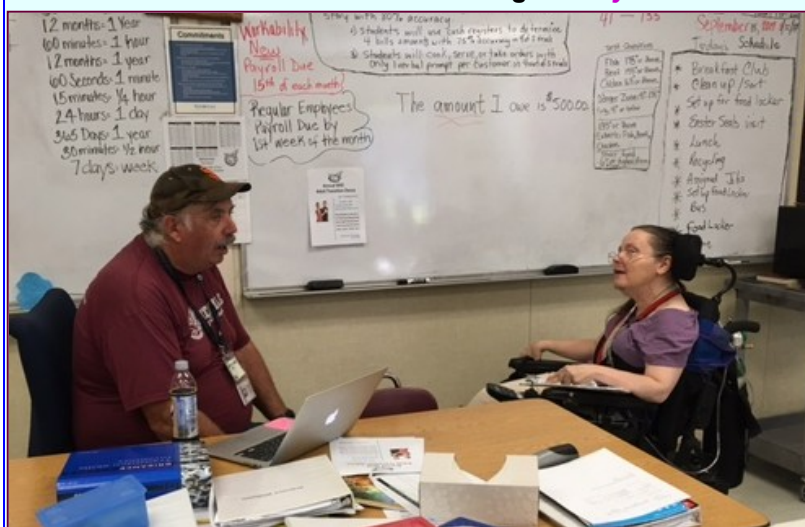
**HOOPS SHARPSHOOTER**

We had fun playing basketball on a hot day in the park. At one point, *Ken* watched as *Lorenzo* drained three long shots in a row. *Nothin' but net, baby!*



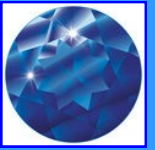
**LISA'S FIRST VISIT**

*Lisa* doesn't normally come on Fridays, but she switched her schedule this month so that she could join us at *Natomas High School*. She was excited to meet *Mr. Joel* for the first time and learn all about volunteering at *Joey's Locker*.





ASTER



\*Content provided, typed, and approved by the consumers of ACE-IT Editorial Team: Managing Editor *Lisa* and associate editors *Lizzy, Sam, Patty, Tasi, K.K., Duncan, David, Elean, Chuck, Linda, Don B., Justin, Maria, Xavier, Kim, Ron, Frank, Roseline, Earline, Dante, Nic, Maricella, Joshua, Tyler, Melanie, and Mariko.*  
\*Circulation provided by ACE-IT | *Pony Express Team!*

2017  
September

## SEWING CLASS PROJECTS

*Janelle* came to volunteer with our sewing group again and asked us a question. Would we rather make some things for ourselves, make some things for program to use, or make some nice things to donate to other in need? We chose to volunteer making things for others. For our first project, we're going to turn the flannel remnants *Janelle* had purchased into cute little burp cloths for infants. We'll start by asking to donate them to either *St. John's Shelter for Women and Children* or *Wellspring Women's Center*. We had lots fun colors and patterns to work with, including one covered in dinosaurs! We'll also get together with staff and brainstorm more ideas for future donations.



## ORGANIZING THE COSTUME CLOSET

After a recent show, we had fun trying on and sorting all of our costume pieces!



## SMARTY PANTS WINNER

*Tyler* was the first to guess that the answer was "*Stigma*", from the *Saffron Facts* article on Page Five.





ASTER

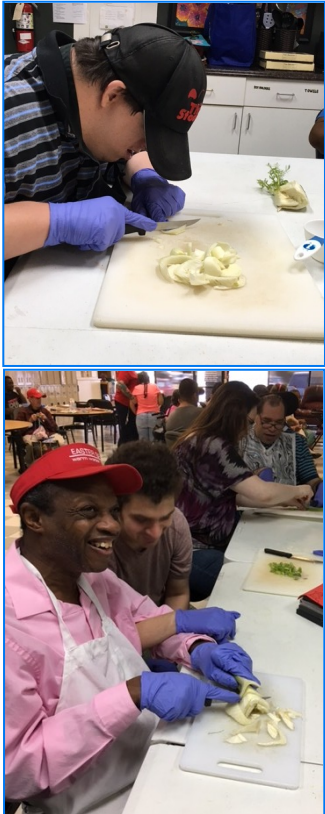


SAPPHIRE

\*Content provided, typed, and approved by the consumers of ACE-IT I Editorial Team: Managing Editor *Lisa* and associate editors *Lizzy, Sam, Patty, Tasi, K.K., Duncan, David, Elean, Chuck, Linda, Don B., Justin, Maria, Xavier, Kim, Ron, Frank, Roseline, Earline, Dante, Nic, Maricella, Joshua, Tyler, Melanie, and Mariko.*  
\*Circulation provided by ACE-IT I *Pony Express Team!*

2017

September



### BONUS COOKING: ITALIAN BEAN & PASTA SOUP

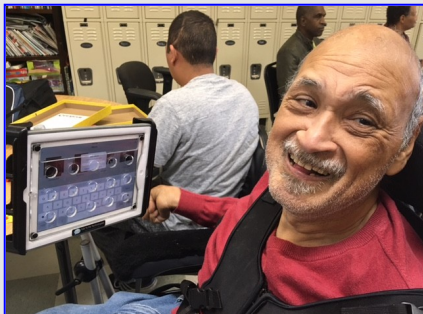
We found a great recipe in an old copy of *Cooks Illustrated* magazine for *Pasta e Fagioli* (pronounced "Pasta Fazool"). This is one of those classic regional dishes of Italy with many different versions (it seems that every cute little Italian grandmother has her own favorite recipe that she guards jealously). We chose a specialized variation that called for cannellini beans, olive oil, small ditalini pasta, pancetta or bacon, onion, celery, garlic, canned tomatoes, fresh parsley, chicken broth, freshly grated Parmesan cheese (including a big piece of the rind for adding depth to the stock), and three "secret ingredients": anchovy filets, fennel, and orange zest. We served it with a big loaf of freshly baked rustic bread for sopping up the yummy broth. It was all very filling and incredibly delicious. We love soup! *Buon Appetito!*



### WHEELCHAIR REPAIR AT LAST!



*Lizzy* had been waiting quite a while to have his power chair fixed, and he was very excited when the repairs were finished this month! His control knob and tilt functions were fixed, and they also gave him nice new ergonomic foot rests, a new chest strap, and upgraded foot padding. *Lizzy* and staff are also being trained on the use of his new *CTEC* interactive device in order to better facilitate his communication skills. *Nice!*



### Stephanie's Stumpers!

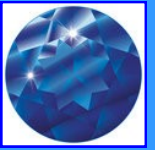
Put on your thinking cap and your *smarty pants* and win a \$10 gift certificate!

Someone in this month's newsletter has a second family...George, Elroy, Judy, Jane, and Rosie. Who is it??

Be the first to email or call ACE IT I at 916-564-6117 and let us know the answer and what page it's on and you will fatten your wallet with a \$10 gift certificate!



ASTER



SAPPHIRE

Page Five

\*Content provided, typed, and approved by the consumers of ACE-IT | Editorial Team: Managing Editor *Lisa* and associate editors *Lizzy, Sam, Patty, Tasi, K.K., Duncan, David, Elean, Chuck, Linda, Don B., Justin, Maria, Xavier, Kim, Ron, Frank, Roseline, Earline, Dante, Nic, Maricella, Joshua, Tyler, Melanie, and Mariko.*  
\*Circulation provided by ACE-IT | *Pony Express Team!*

2017

### ATTENDANCE NEWS



September



### EVERY DAY COUNTS!

Congratulations to the following consumers for their excellent year-to-date attendance records!!

- 100%: LINDA, ELL, DAVID, EARLINE, FRANK, RON, ROSELINE, ROBERT, MARIKO**  
 DON B., 99%, PATTY 99%, K.K. 99%, MAGDALENA 98%, DUNCAN 98%, NIC 98%, TASI 97%, JANICE 97%, MELANIE 97%, NICKY 97%, DANTE 96%, XAVIER 96%, THERESA 96%, NICOLE 96%, JUSTIN 95%, MARIA 95%, JOSH 95%, MARICELLA 95%, LISA 94%, RENEE 94%, LIZZY 93%, DON S. 92%, SHENITA 92%, BALDIP 92%, ELEAN 91%

**Thanks, Everyone!**



### ACE-IT | COOKING ACADEMY "Independence With a Spicy Twist!"



### COOKING ON THE QUICK

We were making beans and cornbread, and we had bought a big bag of dried beans, planning to soak them overnight before cooking, but...that didn't happen. What to do? Yikes! Well, our friend, *Ken*, found a giant can of *Bush's Beans* in our *Emergency Food Closet* and saved the day! We chopped onions and bacon, sautéed them together, and added them to the beans. They were delicious served with the big pan of cornbread we baked. Not a speck of leftovers! All in all, it was a super-fun cooking class and a good lesson in improvising with what you have readily available.



**VOCABULARY WORD: Ergonomic**  
**Adjective: "Relating to or designed for efficiency and comfort in the working environment".**

### WORDS OF WISDOM

*"Glass, china, and reputation are easily cracked, and never well mended".*  
 ~Benjamin Franklin

### DAVID'S NEW HAT

David went shopping and found a cool new baseball cap with fun *California* logo. He is very proud of it, and made sure to have a picture taken for publication in our newsletter.



**Stylin', David!!**



**SEPTEMBER BIRTHDAYS**  
 Nicole September 15th  
 Shenita September 29th

**OCTOBER BIRTHDAYS**  
 Lorenzo October 4th  
 Sam October 5th  
 Maria October 25th

