



“The word “Alegria” can be translated as happiness, joy, gladness, contentment and satisfaction.”

Annual Newsletter December 2015



Executive Director's Update

It's hard to believe that the holidays are here and the New Year is just around the corner. In addition, Alegria celebrated its 10th year anniversary in November

- both a cause for celebration....and of course reflection.

This year has been a year of stability. From our many dedicated long term team members, consultants, and thriving residents and clients, to our strong community partners and relationships. I am honored to know each and every one of them. They made it possible to expand our services in a thoughtful way and allowed us some time to evaluate where we excel, what the needs are in our community and what services we are passionate about. Here are the results and some new upcoming programs that we are very excited to present to you.

ALEGRIA PRESENTS....a Wellness Training Series

We are fortunate to work with many talented individuals who I learn from every day. It seemed time to share that knowledge with others in our community. We are now offering trainings on medication management, common health issues for individuals with IDD, crisis intervention, positive behavioral support, First Aid & CPR, mental health issues for individuals with IDD, and relationships & sexuality. Please visit our new website www.alegriaccl.org for more information on training dates and our location (which is BART accessible).

New Project in the North Bay

Alegria is also excited to announce that we are expanding services to the **North Bay Regional Center**. We recently developed a new behavioral

program providing consultation and training services for individuals moving into the community from an institutional setting. Dr. Sara Sanders, Dr. Lisa Keliher & Nursing Manager, Ashton Paul join me in this consultation team. We are looking forward to getting to know our new partners in the North Bay and to see this project unfold!

New Educational/Therapeutic Group – Healthy Relationships & Sexuality

A 20-session group counseling/educational series. Our first group will begin in January serving females with IDD. We are currently accepting applications and hope to begin a group for males in the near future.

We have also been awarded a contract with **Behavioral Health Care Services** to provide consultation to the Schreiber Center. The Schreiber Center is a specialty mental health clinic in Alameda County which offers counseling and psychiatric services to individuals with IDD.

We are looking forward to a very busy and productive 2016. We can't wait to see how these programs unfold. Happy Holidays Everyone!

DATES TO REMEMBER

Join us for our next Alegria Community Support Committee Meeting.

Location: The Regional Center of the East Bay

Date: January 4, 2015

Time: 10:00 a.m. - noon

Alegria welcomes Barbara to the Fairfield Home. Here she is enjoying a carnival hosted by a neighboring home, Dichondra.



Alegria's new website.

A special "thank you" to Jennifer Weiner, LMFT & Home Administrator for Alegria – who worked so hard on reimagining and remodeling our website. It's much more user friendly – with lots of information about our services and new programs.all that and it looks fabulous, too.

Visit us at..... www.alegriaci.org

ALEGRIA THANKS OUR OUTGOING BOARD MEMBERS....we greatly appreciate all of their support and service.

Sheryl Kuhn

Maureen Wright

Jeanne King

Board of Directors 2015-16

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Patricia Moix

Former Supervisor Regional Center East Bay

Caroline Smith LCSW

Family Member

ALEGRIA WELCOMES THE FOLLOWING TEAM MEMBERS

2014-2015

Salvador Suyat	Shadyspring Home
Chinwendu Enendu	Shadyspring Home
Sharilyn Treas	Otis Home
Wayne Limos	Dichondra Home
Robert Hernandez	Sand Beach Home
Imelda Byanyima	Jasmine Home
Amber Hale	Fairfield Home
Jazmin Moyer	Fairfield Home
Lupo Mabagos, Jr.	Dichondra Home
Alvin Zaide	Jasmine Home
Paul Rivera	Stonehedge Home
Karen Quijano	New Meridian DP
Angelo Esguerra	On Call Team
Imelda Cabradilla	Fairfield Home

Fun Holiday Updates

Baking holiday cookies with a healthy twist with our holistic chef consultant, Trudy Schafer M.A., The Healing Hearth. Visit Trudy Schafer at chef@thehealinghearth.com.



The Stonehedge Home is busy making Pomegranate Dark Chocolate Bark and here's the recipe.

Pomegranate Pistachio Dark Chocolate Bark (yields 16 servings)

Ingredients

10 ounces of quality dark chocolate (at least 60% cocoa), chopped if in bar form

1/3 cup pomegranate arils

1/3 cup salted or unsalted pistachios, chopped

1. Melt chocolate over a double boiler by placing a large bowl over a small sauce pan filled with 1 ounce of water. The bowl should not be touching the water. Bring the water to between a low boil and simmer and then place the chocolate in the bowl. Let set until it begins to melt and then stir every couple minutes until it's fully melted.
2. Immediately pour the chocolate onto a rimmed baking sheet and spread into a rectangle with a spoon. Then top with pomegranate arils and pistachios, making sure you sprinkle them on as evenly as possible.
3. Transfer the bark to the freezer to chill for 5-10 minutes. Then remove, break into about 16 pieces and store in an airtight container in the fridge until serving. Enjoy!

Employee Highlight

Try Phiri, Otis Home

We asked Alegria employees to let us know why they enjoy working for Alegria. One response really touched our hearts and we wanted to share it with you. Here are some of the highlights from the letter Try submitted.

"Reasons why I enjoy working with Alegria....."

Transparent and Open Communication –

"Monthly meetings, consultations with my co-workers, Home Administrator and Lead Staff, concerning residents makes me feel that what I have to say has value. It makes me feel part of the company. ...what I say affects the company as a whole."

Training and Development – “One of the best incentives ever for it helps improve my personal skills and knowledge as well as putting me in a better position to perform my duties with a high level of professionalism.”



Try, spending time with the Otis residents.

Recognition for Hard Work – “A reward doesn’t always have to be monetary in nature, sometimes a simple verbal recognition by the management is all that is necessary to spur the employee’s motivation. Personally, my Home Administrator and Lead Staff have verbalized their appreciation for a simple thing that I have done and made these so specific and personal, making me feel that what I do, regardless of how little, is being taken seriously and appreciated.

Strong Team Spirit – “At ACL a sense of unity is evoked in the team and at no point have I felt like I am alone or that I am working for myself...we’re working toward a common goal.”

Paycheck/Health Insurance – “Who wouldn’t want to have a competitive paycheck, health insurance with one of the legendary hospitals like Kaiser Permanente?”

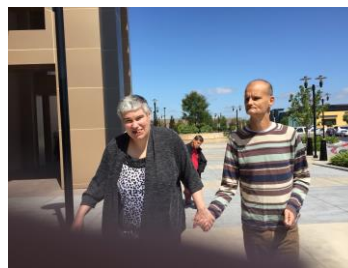
“In summary, if there is someone out there looking for a job and who has a passion to help improve the lives of others, I would recommend you join the happy family and Alegria....”

THANK YOU FOR ALL THAT YOU DO TRY!

Peet’s Coffee – Donation Drive

Alegria wants to thank Peet’s Coffee in Alameda for choosing Alegria as their non-profit charity this holiday season. We will be there with bells on (literally) from December 18th til December 24th to share information about the work that we do. Please stop by Peet’s on Park Street and support us! Special thank you to Leea Burns from the Otis home for nominating us!

2015 was a GREAT year.....



Fairfield residents enjoying the day.



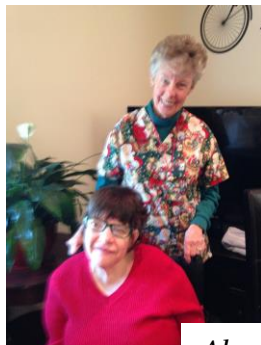
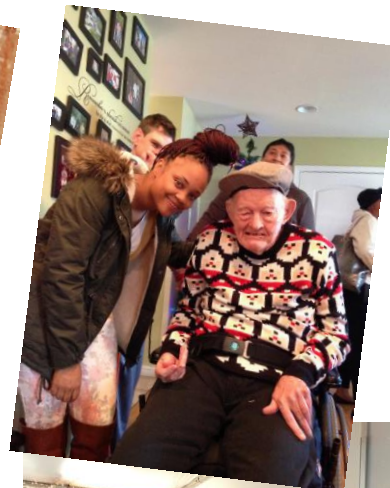
Sand Beach team helps the homeless by handing out supplies to those in need.



Alegria Friends & Family Picniccelebrating Dia de los Muertos. Sarah Longduriyang receives huge “kudos” for making the day amazing with great food, decorations and fun for all!

Happy Halloween...one of our favorite holidays.





Alegria Team and Resident Holiday Parties 2015! Oh what fun!



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