

2022 OCTOBER & NOVEMBER Newsletter



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Excellent honors!

This spotlight is dedicated to Travis C.

In April of 2021, Travis started working as part of Sunrise Enterprises' employment path janitorial crew. Travis cleans different buildings at night while learning skills that he can one day apply to an integrated job in the community. Some of these skills include learning how to properly operate equipment, sanitize, and follow multi-step instructions.

Since starting, Travis has gone above and beyond to complete every task that was asked of him, ensuring that it was done correctly and timely.

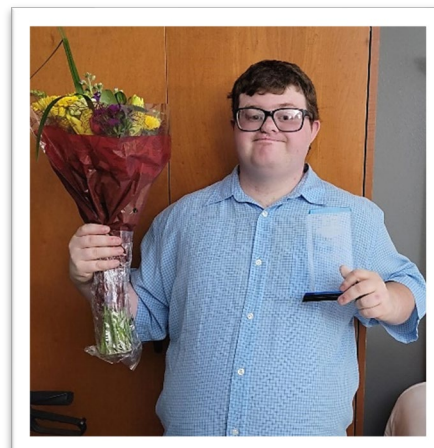
On September 22, 2022, Travis, nominated by Sunrise Enterprises, was selected to receive an **Excellence Award** from the Oregon Resources Association as a token for all his hard work.

Great job, Travis!

By Kaitlyn McMahan, CCM Personal Agent



Top picture:
Travis with
Sunrise
Enterprises'
CEO, Jim
Wilson.



Left picture:
Travis holding
his award.

Brain Games



FALL



Z E G A J S D M Y F U N I Q W B
P K R N C X T S E V R A H L S O
L O D I B Y R A Z T S W K E R J
S C V T F O E P J Q K O E A E M
D X F E L N Z L U A G R S V D T
R P H O G W O I L C T C U E I G
I L C S V E R B D O Y E J S P N
B F Q J M R T X G R W R E D S I
H N A R E O S A K N Q A X T F G
Y M Z L H E O V B P J C H O L N
C U S X L U T R F L I S O R K A
N T J P Z D E G H M E T I A Y H
Q U P U M P K I N S B S L N E C
F A B H S I C W R A U D Y G X Q
G N I K A R A F L X H M P E C V
A R W E D H J L T S O R F B U K



acorn	colors	leaves	scarecrow
apples	fall	mushrooms	spiders
autumn	football	orange	squirrels
birds	frost	pumpkins	trees
bonfire	harvest	raking	vegetables
changing	jacket	red	yellow



Tree Valley Academy

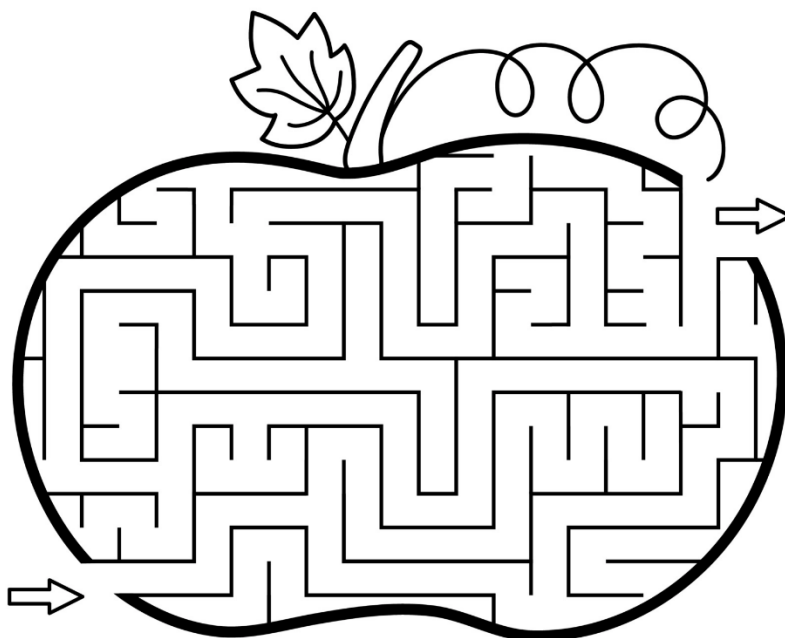
WORD SEARCH

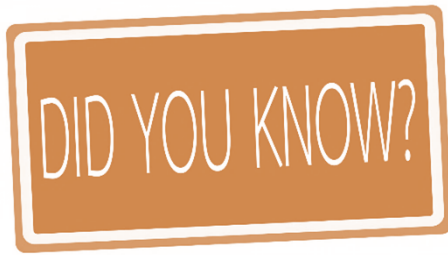
This puzzle has 24 hidden fall themed words.

The words can be found in all directions: forwards, backwards, upside down, horizontally, vertically, and diagonally.

MAZE

Work your way through the pumpkin, starting at the bottom left and out the top right.





Practicing gratitude can have a meaningful impact on your life!

According to Forbes.com, there are 7 scientifically proven benefits to gratitude:

1. Gratitude opens the door to more relationships.
2. Gratitude improves physical health.
3. Gratitude improves psychological health.
4. Gratitude enhances empathy and reduces aggression.
5. Grateful people sleep better.
6. Gratitude improves self-esteem.
7. Gratitude increases mental strength.



i am thankful for....

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Source:

<https://www.forbes.com/sites/amymorin/2014/11/23/7-scientifically-proven-benefits-of-gratitude-that-will-motivate-you-to-give-thanks-year-round/?sh=7f4214d2183c>

Recipe



Three Sisters Soup

Ingredients

- 1 1/2 Tablespoons **vegetable oil**
- 3/4 cup diced **carrot**
- 1 cup chopped **onion**
- 1 teaspoon **garlic powder** or 4 cloves **garlic**, minced
- 2 cups diced **summer** or **winter squash** (fresh or frozen)
- 1 1/2 cups **corn** (fresh or frozen) or a 15-oz can (drained and rinsed)
- 1 1/2 cups **cooked beans** (any type), or a 15-oz can (drained and rinsed)
- 1 can (15 ounces) diced **tomatoes**, or 2 cups diced fresh
- 3 1/2 cups low sodium **broth** (any type)
- 1 teaspoon **cumin**
- 1/4 teaspoon **pepper**

Directions

1. Wash hands with soap and water.
2. Heat oil in a large pan on medium heat. Add carrot and onion and sauté until onions have begun to turn slightly brown, about 8 to 10 minutes.
3. Add garlic, squash and corn and continue to stir for another 3 to 4 minutes.
4. Add beans, tomatoes, broth, cumin, and pepper.
5. Allow soup to come to a boil and then turn heat down to a simmer until all vegetables are tender (15 to 30 minutes, depending on the vegetables used).
6. Refrigerate leftovers within 2 hours.

Thanks to the Food Hero Indigenous Peoples Workgroup for this recipe.

Source: <https://foodhero.org/recipes/three-sisters-soup>

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October **HAPPY** *Birthday* **November**

Edna F.	Wendoline A.	Christopher D.	Keith H.	Billy C.	Brett S.	Carol T.	Armando A.
Anthony I.	Sergio S.	Cody W.	Dylan W.	Kevin H.	Rodger O.	Ari P>	Ryan Q.
Zhi Z.	Edward R.	GeneAnne C.	Vincent J.	Jesse F.	Michael J.	Kyle A.	Jayson E.
Levi M.	Marie W.	Andy C.	Ivory M.	Steven G.	Larry S.	Preston H.	BreeAnn S.
Debrah U.	Travis C.	Ryan D.	Kevin R.	Allyssa S.	Vania W.	Aaron C.	Rachel P.
Loren E.	Scott G.	Ellesandra H.	Corina P.	Hollie H.	Jennifer R.	Michael H.	Tianna L.
Tiffany M.	Lawrence S.	Maria C.	Kelly R.	Austin S.	Nicole C.	Benjamin G.	Fernando L.
Ronelle B.	Christopher D.	Michael H.	Michael H.	Roberta M.	Eric S.	Phillip S.	LaTara S.
Connie M.	Diana R.	Alexandria A.	Brian T.	Heather K.	Jamie K.	Brian M.	Trevor P.
Katie B.	Jesse F.	Amber H.	DavidLee H.	Travis H.	AustynS.	Morgan A.	Ryan H.
Shantell W.	Tyler W.	Jonathan Y.	Matthew C.	Tammy K.	Natascha C.	Bryce E.	Heidi E.
Elizabeth L.	Brenda A.	Rebecca B.	Sherry S.	Milinda G.	Travis S.	Delbert S.	Dalton G.
Joseph W.	Iris A.	Rebecca L.	Deborah M.	Leslie H.	Linda P.	Markus P.	Jethro S.
Angela N.	William C.	Jason H.	Travis K.	Erika W.	Joseph L.	Caleb H.	Linda H.
Yuri T.	Dylan B.	Donald B.	Isaiah G.	Jessica B.			
Kole K.	John K.	Earnestine L.					