



March 2023 Newsletter



Springtime by Jacob Bird



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Essay and picture by Jacob Bird. Jacob is a young man with a passion for journalism and photography.

Springtime! A time each year of new beginnings. A time to reawaken and refreshen.

It's a magical time of the year, a chance for the winter cold to begin to leave the air and sunlight to break through. That time of the year to shed our heavy winter jackets and boots and replace them with t-shirts and tennis shoes. A chance for us to emerge from our homes and wander through the temperate landscape. To see the blue skies and bright sun break through the cloudy gray. To hear the chirping of the birds as they flit and frolic and the chattering of squirrels as they awaken from their long slumber.

Springtime grants the miracle of rebirth and renewal for a time like no other each and every year. From the smallest blade of grass, which breaks through the earth after hibernation, to the tallest tree that reaches for the vast sky. The birth of hatchlings in the nest, eagerly awaiting their first meal, and the arrival of the fawns, blinking in the sunlight and nestled next to their mothers for warmth and comfort before taking the clumsy first steps of their lives.

This is Springtime, that time of new beginnings.

DEVELOPMENTAL DISABILITIES AWARENESS MONTH



Did you know that March is also known for its month-long celebration and awareness campaign for developmental disabilities?!

Each March, the National Association of Councils on Developmental Disabilities (NACDD) chooses a theme. This year's theme is **Beyond the Conversation**.

The intent behind this year's theme is to "raise awareness about the inclusion of people with developmental disabilities in all facets of community life, as well as awareness of the barriers that people with disabilities still sometimes face in connecting to the communities in which they live."

To learn more, visit NACDD website at <https://www.nacdd.org/ddam1/>

Word Search

Corned Beef & Cabbage



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

- | | | |
|---------|----------|----------|
| APRIL | BASEBALL | BREAK |
| BREEZE | CLEANING | CLOUDS |
| JACKET | KITE | MARCH |
| MAY | PICNIC | PUDDLES |
| RAINBOW | RAINCOAT | SEASON |
| SHOWERS | SPRING | SUNSHINE |
| THAW | UMBRELLA | WINDY |



Ingredients

- 2-4 lbs. Corned beef brisket (flat or point cut) (with seasoning packet that is included)
- 1 white onion, sliced (this is optional but good!)
- 2 lbs. red or gold potatoes (or a mixture of both!) Peel them if you'd like!
- 3 carrots sliced thick
- 2 garlic cloves peeled
- 1/2 head cabbage cut into thin wedges
- 1 1/2 cup water (or see notes below for other liquid ideas)

For serving:

- parsley for garnish
- melted butter for potatoes if desired
- horseradish or stone-ground mustard

Instructions

1. Add the sliced onion to the slow cooker.
2. Add the corned beef to your slow cooker. Sprinkle over the included seasoning packet.
3. Add your baby potatoes on top of the roast. If your potatoes are larger, you can halve them to ensure they get tender. Add the carrots and garlic.
4. Pour over the water. Add cabbage now if you want ultra-tender cabbage. Otherwise wait to add it until the last 2 hours.
5. Place the lid on the slow cooker.
6. Cook on HIGH for 5 hours or LOW for 8 hours total. (Add the cabbage during the last 2 hours). You may have to rearrange things into the pot to get the cabbage to fit (or cut your cabbage thinner).
7. Remove the meat onto a cutting board and slice into strips.
8. Serve the meat with potatoes, carrots, and cabbage.
9. Drizzle melted butter over the potatoes if desired. Serve with horseradish mustard or stone-ground mustard.



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Happy Birthday!

Brian D.	Will S.	Elizabeth F	Belinda D.	Laura H.	Justin D.	Gregory F.
Sara, M.	Kary R.	Crysta A.	LaDonna M.	Lauren C.	Twila S.	Jayden F.
Elijah R.	Jamie T.	Donna S.	Nicholas S.	Paul T.	Patricia K.	Debra T.
Travis G.	Heather P.	David W.	Tedson W.	Christina B.	Shawn C.	Andrew D.
Jordan S.	Wendi D.	Rebecca D.	Gaberial E.	Alisha S.	David R	Heather M.
Casey D.	Dillon K.	Cynthia L.	Christopher E.	Nichole H.	Emily H.	Steven S.
Loretta T.	Deborah C.	Kimberly E.	Xochiti R.	Elisha D.	Shauna Y.	Edward D.
Sophia M.	Randal B.	Kyle R.	Delbert P.			

