



CHOICES Staff Memo - March, 2010

Happy Birthday

Terry	Deerman	2/3
Diane	Washington	3/6
Adriana	Ruiz	3/6
Manny	Sanchez	3/7
Verna	Cooper	3/15
Michael	Deal	3/19
Lindsay	Yeager	3/20
Juanita	Granados	3/24
Bill	Robinson	3/30

CHOICES

can earn a donation every time you search the Internet & shop online!!!

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Search the web with Yahoo-powered GoodSearch.com and they will donate about a penny to your cause each time you search!

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CPR and First Aid are scheduled for March 11th

CPR at 10am - First Aid at noon

The Treasure Box

Each of our boxes brings savings & quality food catered to the needs of families

The Treasure Box (Monthly Menu) provides local families and individuals with a great tool to assist in stretching monthly food budgets – a pre-assembled box of popular and nutritious grocery food items worth between \$65-100 that can be purchased for only \$30. This box always contains 21-25 pounds of high quality, frozen foods including chicken, pork, beef or seafood, in addition to vegetables, fruit, a side dish and a dessert. A family of four can eat these delicious foods for nearly a week, while an individual dine on these fares for nearly a month!

The Hearty Meat Protein Box-\$30 contains 10-12 lbs of protein and is a great supplement to your regular monthly Treasure Box.

The Quick & Healthy Meal Box-\$30 contains 10 individually packaged 3 compartment meals. Each meal provides 1/3 of the daily nutritional requirements and includes the nutritional equivalent of 3 oz of meat/protein and either two ½ cup vegetable servings or one vegetable and one fruit serving. Low in fat, cholesterol and sodium, and ready to eat in minutes. These meals are especially good for senior citizens, those with dietary restrictions, and anyone who is looking for a healthier choice.

Order Deadline: Sunday, March 14, 2010 - Pick Up Date: Saturday, March 27, 2010

To get more information or to order go to thetreasurebox.org

Staffing Needs

Below is an updated list of staffing needed for several of the individuals who we support. If you should have any interest in filing these needs, PLEASE DO NOT contact the individual person. Please call the Community Specialist.

Person Receiving Services	Community Specialist	Ext.	Area	
Robert	Sarah	219	Alhambra	Thur 12 - 3pm or Sunday 9:30 – 12:30 every other week
Carla	Leslie	307	Duarte	Wed 5pm - 8 pm, Thur 5 - 8pm one afternoon 12 - 2 pm (personal care, cleaning, cooking, etc.)
Mike O	David	390	Duarte	Mon 7am - 1:30am (personal care, meal prep.)
Gavin	Mark	396	Pasadena	Sun 7am - 2pm, Sun 2pm - 9pm, Sat 9pm – 11pm + O/N
Terry	Mike	Cell (951) 232-4000	Pomona	Sat or Sun 3 - 4 hrs (errands & Recreation - time is flexible depending on activity)
Dennis	Mike	Cell (951) 232-4000	W. Covina	Sun 1 - 3pm (personal care, shopping, errands, recreation)
Gaby	Missi	378	Whittier	Sun 8am – 1pm, Sun 3 - 9pm, Mon 5 - 9pm, Mon 8 - 3pm