

This Week at ASCARC

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More March News at ASCARC



- All of our **Eickmann Center participants** sent a beautiful greeting to **Jenny Torino**, our Registered Dietician/Nutritionist on **National Registered Dietician/Nutritionist Day** this past Wednesday. Jenny has been a vital part of our residential and day programs for several years. Jenny provides zoom programs for our virtual day programs on nutritional food choices and other dietary lessons. She works under a grant received from the Selective Insurance Foundation. Great work shout outs with our thanks to Jenny Torino!

- **Lizzie from our Eickmann Center** was part of our Art Therapy class this week. In **Art Therapy with Therapist Kim Nolan** we worked on “**Shielding Ourselves from the Rain**”. The art helped us think about when we have to face tough things or we see and hear about bad things, we find ways to shield ourselves and cope. The discussion brought up by the individuals who they can go to talk or who they can count on to help them cope with difficult situations. They used their art as a way to express who or what they do to cope, with favorite colors and objects.



- **Andy and Joe from our Individual Living program** made corn bread during the snow day off from day programs. They joined the Day Hab Goes Digital for a while, but really enjoyed baking with staff **Kathy**. When it came time to eat the cornbread, they enjoyed hot chocolate as well. At right, **Andy** stirs the bowl of cornbread mix.



- During the snow day off at our **Fredon group home**, our creative staff brought in the snow to make a snowman on the dining room table. **Lynn and Fawn** admire their creation of using real snow inside the home to express their fondness for their snowman creation. In addition, the photo on the right shows group home residents **Glen and Judith** enjoying warmer weather after the snow left.



- Some ladies from our **Eickmann Center** baked **Irish Soda Bread** during our day program activities in celebration of **St. Patrick's Day**. The bread looks yummy, and everyone enjoyed the baking activities. St. Patrick was born around 385 AD, and was a Christian missionary in Ireland, then becoming the patron saint of Ireland. March 17 is supposedly the date of his death in 461 AD. St. Patrick's Day is a holiday in Ireland, as well as a holy day in that country. Enjoy the day everyone!