

ALC Times

Photo by
Steven Silva

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Newsletter of the Adaptive Learning Center, Created by ALC Clients

This Way to the San Francisco Zoo

In this issue, it is clear to see how much ALC loves animals!

The ALC community took public transportation, BART and Muni, together to the San Francisco, December 29th for a big yearend Friday trip. They still had holiday decorations up. We saw lions sunbathing, tigers and bears (oh my). We also saw zebras, penguins, flamingos and an ostrich. A lot of animals were snoozing during the day like the wolves, because they are nocturnal animals, and the kangaroos were all hopped out. The koala bear was sleeping in the tree. We found out that the female giraffes can grow to be 15 feet, and male giraffes can reach 16-20 feet tall. There were parrots and bats in the tropical area with the sloth. There was a small train, and we stopped at the gift shop to get postcards. We found that the food was expen-



"My favorite animals were the giraffes and elephants. I would go back to ride the train and spend more time at the zoo" -Steven

sive there and recommend taking a lunch to eat there next time. Everyone liked seeing all the animals.

(Continued on page 2)



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Donna Feingold, Executive Director
Jordane Tofighi, Director Program Services
Jeannine Chang, Education & Day Program Director
Barbara Simpson, Community Living Coordinator
Shawn Tan, Supported Employment Coordinator
April LaRue, Vocational/Activities Specialist
Carolyn Gomer, Employment Specialist
Jose Angara, Fiscal Accountant
Rodney Kline, Office Manager
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Newsletter Group Contributors:

Kate W., Steven S., Andrea H., Shari K., Jeffrey G., Troy R., Brian C., David L., Oriana D., Ryan A., Stephanie R., Doug Q.

Newsletter Staff:

Conchita Rodriguez

Interview with Case Manager, Jenny Lucero-Wilcox

Interviewed By Kate Wingert

How long have you worked at ALC?

I started in January 2017 and have worked here for a little over a year.

What experience have you had in this field?

I previously worked at a residential care facility working with youth with developmental disabilities. I also had a relative with Down syndrome whom I was very close to.

What do you enjoy about being a case manager?

I enjoy working with a diverse clientele and having the opportunity to make a difference in another person's overall quality of life. I enjoy focusing on our client's strengths and abilities, working together on challenges and focusing on opportunities. I enjoy teaching clients



Jenny Lucero-Wilcox
ALC Case Manager

(Continued on page 4)



What is your favorite type of dog? It's the Year of the Dog



For Chinese New Year, Year of the Dog, the *ALC Times* conducted a poll of everyone's favorite dogs. The top 4 dogs were Labrador retriever, Golden Retriever, Beagle and German Shepherd. We found out that there are many different types of dogs that the ALC community like, listed on the left in this newsletter.

TOP DOGS

Beagle

German Shepherd

Golden Retriever

Labrador retriever

Honorable Mentions

Boxer

Bulldog

Cattle Dog

Cavapoo

Chihuahua

Collie

Corgi

Dachshund

Doberman pinscher

French Pug mix

Irish terrier

Jack Russell terrier

Jindo

Newfoundland Dog

Norwegian Elkhound

Pitbull

Pug

Short haired terrier

Westie

Mutt

Chiweenie

Poodle mix

Shar pei

Shiba Inu

Siberian Husky

Teacup Yorkshire Terrier

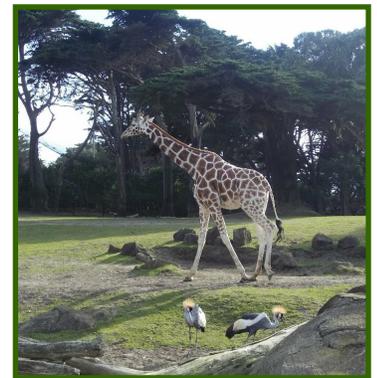


According to the Chinese Zodiac calendar, 2018 is year of the Earth Dog. They are communicative, serious, and responsible in work. Dogs are loyal and honest, amiable and kind, cautious and prudent. Due to having a strong sense of loyalty and sincerity, Dogs will do everything for the person who they think is most important. Dogs are always ready to help others and do not care about their own interests, but if they find themselves betrayed by cunning people they will feel shocked and hurt. Born with a good nature, Dogs do not tend to seek dishonest gains. They just need a quiet life and a good family. - ALC

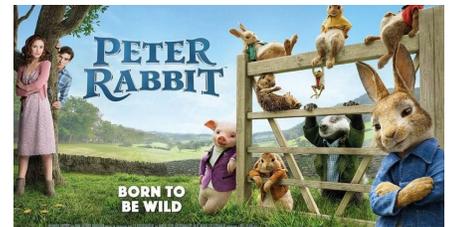
San Francisco Zoo (Continued from page 1)



Rachel feeding the bears



Majestic Giraffe and Tiger in the middle of the San Francisco Zoo on ALC's big year-end trip.



"Peter Rabbit" is a movie that was based on the book, but is a modern day adaptation of it, different from the books we grew up reading. The rabbits are animated combined with live action actors. James Corden does the voiceover of Peter Rabbit. The

★★★★★★★★★★★★★★★★★★★★
★ "I love it! I want to see it again!" - Shari
★★★★★★★★★★★★★★★★★★★★

neighbor, played by Domhnall Gleeson, is trying to catch them and stop them from going in his garden, but the rabbits outsmart him. Rose Byrne is another neighbor that befriends them all. It was a very cute and funny movie. It features a cool song to listen and dance to, "Feel It Still".

ALC Creative Writing

Short Stories about a rose, kittens, a disability and a horse

Troy—Rose

The rose has multiple colors in it and is covered in dew. Roses are beautiful but they have pointy thorns on the stems. Which could symbolize the reality of life sometimes.



Kate—Rose

The rose has a lot of bright colors. I like bright colors. Colors can make someone's mood a good one. One of my favorite colors is purple because it is the color of royalty. I like the royal family. Princess Diana was my favorite princess because she was popular in the 1980's.

David H. writes about a disability

I have a learning disability. I am really bad at math and I am a slow learner. I was born with it. I have learned how to work around it. I always dream of what it would be like to not have a disability.

Jeffrey—Rainbow Cats

The U. S. military developed a new method of cats. Rainbow cats injected with chemicals. The cats began their combat training to hunt and take out the Klingons militia faction. The red cat deactivated the land mines. The blue cat dove underwater to sniff out shark spies. The rest eliminated the Klingon group and destroyed their leader.



Rachel—The Colorful Kittens

As I was getting ready to paint the house I heard behind me a big splash. I turned around and to my horror I saw 3 kittens dunking themselves each in a can of paint. I couldn't believe what I saw. I began to laugh. Each kitten was a different color One was blue, one was red, and one was green. They looked so cute I just couldn't scold them but I knew I had a lot of work ahead. I took a picture of them, thinking my daughters would love it. That made my day.

Steven—The Cats

The cats are on the grass looking up at the sky. They are wondering what's going to happen next. The cats are standing up. The cats are looking at the flowers in the pot. They also look at the tree, then they walk all together ever after. End of story.

Jen—A Horse

In the state of Texas on a ranch owned by Susan Williams and her husband there was a prized horse Rocket.



The couple would enter Rocket in horse races because of the horse's speed. The couple had ribbons and trophies from these races in their living room. The couple would keep the horse in tip top shape so that they could use the horse on races. Susan Williams and her husband continued to feed and groom Rocket at their ranch. Rocket's favorite food was oats and carrots. Their favorite jockey was their friend Jose because he was short and was sweet to Rocket. Rocket trusted Jose and was very fond of him. Jose continued to race Rocket in many horse races and continued to win them all.

Rachel—Wild Horse

I run wild. I run free as can be. I'm breathtaking and beautiful, that's me, that's me. I kick up my heels turn my back to the man. No bridles or saddles and run free all day and all day rain or no rain, to sundown to sunup. As Free as can be. No rope touches me ever at all. I'm free, I am free. Even when I die and return to the earth, my home, to be me.

Lucy—a story about a horse

I heard a horse right behind me. It was talking in horse language. I looked back and it's owner was insulting it. I wanted to stop him but he was bigger than me. I also didn't say anything because I was a woman and during these times women weren't taken seriously. I went back to the woods where I found the horse. I found the horse laying down with a small child right beside it. I tried to talk to the child, and ask her name. She didn't speak English or couldn't talk. The horse was beautiful with it's dark mane and the girl was wearing a beautiful dress with white ruffles on the arms and it was blue. Her hair was in 2 braids. All of a sudden the girl screamed, not sure why. The horse leaped into the air. What was weird was no one was there. I realized later that I had been sleeping and was rudely awoken by my husband who was tending the fire and lighting the candle on the way to our barn in New England, an hour away from the next town. The horse was named Lucy. We also had 2 baby chickens made by our chicken Sherlock.





ADAPTIVE
LEARNING CENTER



A Key To Individual Potential

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Concord, CA 94519
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Mission Statement

The mission of the Adaptive Learning Center is to provide a safe and healthy community for adults with neurodevelopmental disabilities and Autism Spectrum Disorders to realize their individual potential for self-reliant living as defined by the ability to engage in productive work, to socialize successfully, to attend to their own physical and emotional health, and to experience on-going personal growth.

WWW.ALC-CA.ORG



Follow us on [twitter](https://twitter.com/AdaptiveLC) @AdaptiveLC

Fun Photography Club

photographs by Aaron Ryan



Plane Edward Harper



Helicopter Glaze



Mac Vincent Mystery

Jenny, CM Interview

(continued from pg.1)

how to advocate for themselves and empowering our population. I find this work very rewarding.

What do you like about running music appreciation group? I enjoy seeing clients excited about their song choices, hearing and seeing them express their feelings and emotions around music, learning new things as a group and being able to experience all this together.

If you could travel anywhere, where would you go and why? I love to travel, but if I could go anywhere, I would go to Jerusalem, the capital of Israel, because it's one of the oldest cities in the world and I'm interested in the history.

If you could have dinner with anyone, alive or dead, who would it be and why? I would have dinner with my grandmother and talk about things we never had the opportunity to talk about while she was alive.

Do you have pets? I have 4 pets, 2 cats and 2 dogs.

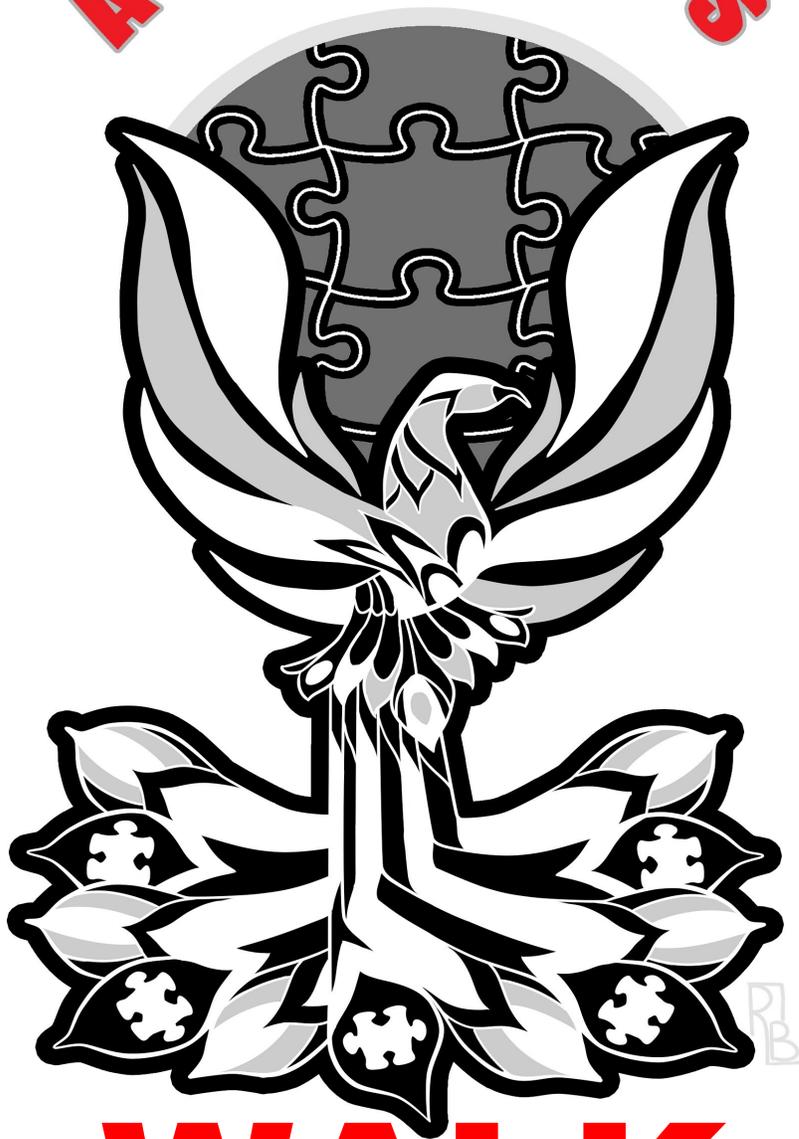
Do you have a favorite animal? I'd have to say cats are my favorite animal, because they're cute, cuddly, fun and full of mischief, however, I do love dogs too.

For Chinese new year, year of the dog, what's your favorite kind of dog? I have 2 favorites, Poodle Mix and Chiweenie

Is there anything else you would like to add? I work with the most amazing population and grateful to have the opportunity to do so!

-ALC

• A-U-T-I-S-M • AWARENESS



WALK

Rain or Shine!

**2 Ways to
Register:**

Download & print registration form at ALC-CA.ORG

Mail form (with check made payable to): Adaptive Learning Center, 3227 Clayton Road, Concord, CA 94519

OR **Online at Eventbrite:**

eventbrite.com/e/2018-autism-awareness-walk-tickets-44189374609

Organized by: ADAPTIVE LEARNING CENTER
A Key to Individual Potential
ph: (925) 827-3863, info@alc-ca.org

Autism Awareness Walk APRIL 21, 2018

9:30 am — Registration
at TOPS, Loma Vista Adult
Center, 1266 San Carlos Ave.,
Concord, CA
(parking & restrooms available)



**10:00 am — Welcome
& Walk Begins**
2 mile walk. Water & light snacks
provided at midway point at
Adaptive Learning Center garden.



*Special appearance
by Star Wars
characters from
the Golden Gate
Garrison,
501st Legion*



**Registration Deadline:
THURS, April 12, 2018**

Registration Fee: \$25.00

Includes T-Shirt

**\$15.00 for people w/disabilities & children under 12*

Artwork by Audrey Rutherford and Andrea Halliday

& TRANSITION OPTIONS PROGRAM
Addressing Life's Ongoing Transitions
Ph: (925) 685-7340 ext. 6721, topsprogram@mdusd.org

AUTISM AWARENESS WALK

April 21, 2018 - 9:30 AM -- RAIN OR SHINE

REGISTRATION FORM

Autism Awareness Walk	
Name of Individual:	
Organization:	
Shirt Size: S M L XL 2XL 3XL	
Amount Enclosed: \$	Additional Donations: \$

Registration Fee: **\$25.00 – Includes T-Shirt**
****\$15 for people with disabilities, and children under 12**

Shirt Pick-Up Location: Loma Vista Adult School
1266 San Carlos Avenue Concord, CA
9:30 am at Registration Table
Saturday, April 21, 2018

Please, mail Registration Form to: Adaptive Learning Center
3227 Clayton Rd
Concord, CA. 94519
with checks payable to: Adaptive Learning Center

Registration Forms can also be downloaded & printed at WWW.ALC-CA.ORG

OR online registration available at Eventbrite:
eventbrite.com/e/2018-autism-awareness-walk-tickets-44189374609

REGISTRATION PAYMENT (Includes T-Shirt) DUE BY: APRIL 11TH, 2018

OFFICIAL USE ONLY:

Check #

Name:



@AdaptiveLC