



SERVICES CIRCULAR

August 2011
Volume 6, Issue 7

Add more vegetables!

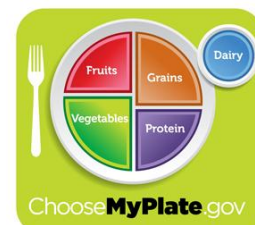
Backpack Distribution

Back to School Tips

Ten Tips Nutrition Series – Add More Vegetables to Your Day

Eating vegetables is important because they provide vitamins and minerals and most are low in calories. To fit more vegetables in your meals, follow these simple tips. It is easier than you may think.

- 1) Discover fast ways to cook. Cook fresh or frozen vegetables in the microwave for a quick and easy dish to add to any meal. Steam green beans, carrots, or broccoli in a bowl with a small amount of water in the microwave for a quick side dish.
- 2) Be ahead of the game. Cut up a batch of bell peppers, carrots, or broccoli. Pre-package them to use when time is limited. You can enjoy them on a salad, with hummus, or in a veggie wrap.
- 3) Choose vegetables rich in color. Brighten your plate with vegetables that are red, orange or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes or collard greens. They not only taste great but also are good for you too.
- 4) Check the freezer isle. Frozen vegetables are quick and easy to use and are just as nutritious as fresh vegetables. Try adding frozen corn, peas, green beans, spinach or sugar snap peas to some of your favorite dishes or eat as a side dish.
- 5) Stock up on veggies. Canned vegetables are a great addition to any meal, so keep on hand canned tomatoes, kidney beans, garbanzo beans, mushrooms, and beets. Select those labeled as “reduced sodium,” “low sodium,” or “no salt added.”
- 6) Make your garden salad glow with color. Brighten your salad by using colorful vegetables such as black beans, sliced red bell peppers, shredded radishes, chopped red cabbage, or watercress. Your salad will not only look good but taste good too.
- 7) Sip on some vegetable soup. Heat it and eat it. Try tomato, butternut squash, or garden vegetable soup. Look for reduced or low sodium soups.
- 8) While you're out. If dinner is away from home, no need to worry. When ordering, ask for an extra side of vegetables or side salad instead of the typical fried side dish.
- 9) Savor the flavor of seasonal vegetables. Buy vegetables that are in season for maximum flavor at a lower cost. Check your local supermarket specials for the best-in-season buys. Or visit your local farmer's market.
- 10) Try something new. You never know what you may like. Choose a new vegetable- add it to your recipe or look up how to fix it online.



Many Mansions Backpack Distribution

If you or your children are enrolled in school or college this fall, you are eligible to receive a backpack filled with school supplies (only Many Mansions residents on lease qualify). **Backpack registration forms must be returned by Thursday August 11, 2011**. The distribution of the backpacks will be held on Monday August 22, 2011 from 4:00-6:30pm at Hacienda de Feliz, Shadow Hills and Villa Garcia. Please contact your site Coordinator for any questions or if you need a new form.

Many Mansions Website and Newsletter

Did you know that Many Mansions has a website and is on Facebook? Our website has a section called "Resident Information" where you can see information on Maintenance, a calendar of Programs and the Services Circular! As this information is for you to use and reference, what other information would you like to see not only on our website but also in this newsletter? If you have any suggestions you may contact me: Kristin Youngman at 805-496-4948 ext 251 or email to kristin@manymansions.org. Also check out our Facebook page to connect with us.

BACK TO SCHOOL TIPS

Healthy Sleep

Children's health and behavior take a nose dive when their sleep habits are out of whack. Adequate sleep will boost your child's energy and enthusiasm. Good-quality sleep also can help your child learn more easily and reduce many behavioral problems.

How Much Is Enough?

Generally, between the ages of 6 and 9, most children need about 10 hours of sleep a night, while preteens need a little over 9 hours. Your child may require more sleep if he or she:

- Has a short attention span, or is irritable or restless
- Has unusually low energy low energy and activity levels
- Is more tearful, anxious, defensive or impatient than usual

Sleep Tips for Your Children

- Set a regular time for bed each night and stick to it
- Avoid feeding children big meals close to bedtime
- Avoid giving anything with caffeine less than six hours before bedtime
- Make after-dinner playtime a relaxing time
- Establish a calming bedtime routine

Note: *Each child is different and has his or her own way of approaching sleep. Some take extra time to fall asleep, while others wake more often during the night. You know your child's personal habits best, so with a little trial and error, you should succeed in finding a routine that suits your family.*

IMPORTANT TELEPHONE NUMBERS
NUMEROS DE TELÉFONO IMPORTANTES

Shadow Hills: 805-379-1216

Coordinator/Coordinadora de Casos Extendidos - Kathy Bernstein

Esseff Village: 805-371-7774

Case Manager/Coordinador de Casos - Dani Nagel

Job and Life Skills/Destrezas de Vida/Trabajo - Melissa Stewart

Richmond Terrace: 805-777-7078

Case Manager/Coordinador de Casos - Melissa Stewart

Job and Life Skills/Destrezas de Vida/Trabajo - Heidi Marine

Casa De Paz: 805-520-4818

Case Manager/Coordinador de Casos - Heidi Marine

Job and Life Skills/Destrezas de Vida/Trabajo - Dani Nagel & Jessica Ramirez

Stoll House:

Case Manager/Coordinador de Casos – Susan Callahan

805-497-4302

Coordinator/Coordinadore – Katie Tomastik - 805-557-2723

Extended Case Manager/Coordinador de Casos Extendido – Jessica Ramirez

805-496-4948 ext 243

Summer Camp

Coordinators/Coordinadores:

Hacienda de Feliz – 805-557-2723

Katie Tomastik

Shadow Hills – 805-379-1216

Kathy Bernstein

Villa Garcia – 805-777-7922

Jamie Goldberg

Many Mansions President/Presidente de Many Mansions:

Rick Schroeder – 805-496-4948 ext. 227

Food Share/Compartir de Comida

English – 805-496-4948 ext. 240

Español – 805-496-4948 ext. 249

Lutheran Social Services: 497-6207

Human Services Agency: 385-1800

CV Neighborhood for Learning: 496-9035

Conejo Youth Employment:

496-6868

Manna: 497-4959

Senior Concerns: 497-0189

Ventura County Behavioral Health

Thousand Oaks: 777-3500

Simi Valley: 981-6830

Conejo Free Clinic: 497-3575

Westminster Free Clinic: 241-8366

Friendship Line

Have you ever needed someone to talk to, just to help you get through your day, or just needed a friendly chat to help perk you up? The Friendship Line is open Fridays through Mondays 7pm-10pm. Each call is 15 minutes with a maximum of 2 calls per night.

Toll Free: 1-877-672-2972

Lunch Bag Program

If you would like to receive a lunch bag, please contact the Case Manager at your property site to sign up.

Upcoming Lunch Bag Days

August 22, 2011

Local Swimming

YMCA - Open swim time for families and friends to play and enjoy some splash time together. **Full Members only.** Included with Full Membership, no registration required. Drop-in class. General Information call: 805-497-3081 x 104.

Conejo Valley Recreation and Parks – Swim fees and locations listed below

Children under 2 years of age – Free

Admission (ages 2-61) - \$2 (children under 7 must be accompanied by an adult)

Seniors (age 62+) – Free (Recreational swim only)

Thousand Oaks High School – June 13- August 19

Recreational swim: Monday-Friday 1:00-4:00pm; Wednesday 7:00-9:00pm

Newbury Park High School – June 11- August 19

Recreational swim: Monday-Friday 1:00pm-4:00pm; Monday 7:00pm-9:00pm; Saturday 12:30pm-3:30pm (June 11- August 6)

California Lutheran University

Recreational swim: Monday-Friday 12:30pm-4:00pm; Saturday/Sunday 12:30pm-4:30pm