



# SAGE

Service to Achieve Growth & Empower

January 2022

Volume 15, Issue 1

# COOL NEWS

“Center of Our Lives”

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## SAGE & Santa Effect Share the Love

The Santa Effect is pleased to be the recipient of a generous grant as part of Albertsons Foundation Nourishing Neighbors Program.

The grant is made possible by Albertsons Foundation’s Nourishing Neighbors Program’s generous customers and is meant to help support The Santa Effect’s efforts to connect qualified families with children with federal nutrition programs such as SNAP, WIC, P-EBT, and free or reduced school nutrition programs.

We are grateful for Albertsons Foundation Nourishing Neighbors Program’s and the generous customers for helping fight hunger in our community.

The Santa Effect will be partnering with SAGE Services, Child Development Specialist and Parenting Coach, Chrys Massey- Rhodes, SBS, Rainbow Connection through Tri-Counties Regional Center, and The Ventura Unified School District in an effort to Share the Love in 2022.

We are looking to increase our generous \$8,000 donation to provide even more support to these community partners. If you or anyone you know is interested in helping us increase the amount of funding, we are going to be matching donations!

Our contributions will be distributed during February to celebrate share the love in our community. **CLICK HERE-LEARN MORE**



This edition of the SAGE COOL Newsletter welcomes  
Interviewer & Journalist, SAGE & SAGE Braided Services SAGER, Joseph B.



# WELLNESS DEPARTMENT

## 2022 Healthy Habits

Hello SAGERS! We hope everyone had a great time during the holidays. It is officially 2022! New Years can often bring up many emotions for us, such as excitement, anticipation, worry, and even motivation. We wanted to take some time to help you understand some healthy habits the wellness department can help you with.

Our first healthy habit is meal prepping and meal planning. This is a great skill to have! Meal prepping involves getting meals ready ahead of time. This can be short term like breakfast for the next morning, or long term like planning a whole week’s worth of meals. In the wellness department, we can help you take the guess work out of it by spending quality time with you discovering what your food preferences are, providing healthy recipes that taste good, and supporting you through the process of meal preparation. If you do not already know cooking safety skills we can provide training to help you in being safe in the kitchen.



Cooking class made clam chowder in December

Another healthy habit we can help you with is exercising. Doctors often tell us that exercise is important but many of us can struggle making exercise a regular habit. There is a lot of information out there on what exercises we can do based on our own body type and diet. The SAGE wellness department can help you discover and understand what type of exercise is going to benefit you the most. If exercise is something you’ve never tried before, you can come join Jean for Saturday morning Fitness Club at 10:00am. We do different things based on who attends to best fits your needs. Let’s start the new year right and learn more about making fitness a part of your life.

Sometimes people may set goals, hopes, dreams, or new endeavors that they would like to complete as a new year resolution. The SAGE wellness department wants to welcome and celebrate your goals with you. If you are interested in learning about creating new healthy habits that work for your body, schedule, and lifestyle



we can help you! We can work with you on meal prepping, making an exercise routine, getting into healthy habits, and more! We are your resource for all things wellness. We would like to extend an invitation to all SAGE persons served to try something new this year and spend time with Jean and Joy from our wellness team. We will start with the process of discovering new, interesting, and healthy habits that work for just for you. If you would like to begin new wellness habits or just want some extra support on healthy habits you already have, please feel free to contact us. We wish you all a happy and prosperous new year!



## Wellness Team Contact Information

If you would like to reach Joy or Jean of the Wellness Team, please text, call, or email:  
Wellness Coordinators | Jean or Joy | Phone: (805) 218 – 5674 | Wellness@sageservices.org

# January Wellness Activities



## Gardening Club

Wednesdays 10:00am-12:00pm  
Thursdays 8:00am-11:00am  
Cornucopia Garden



## Cooking Class 2022

Wednesdays  
5:00pm-6:00pm  
SAGE Learning Kitchen



## Stress Class 2022

Thursdays  
SLS 5:00pm-6:00pm  
ILS 6:00pm-7:00pm  
SAGE 2nd Floor



## Fitness Club 2022

Saturdays 10:00am-11:00am  
Location  
announced weekly



## Movie Nights 2022

Fridays  
4:00pm-6:00pm  
with Jean & Ashley



## Game Night 2022

Game Night  
hosted by Rockin' Ron  
featuring Joy & Ashley

To join our SAGE Wellness Activities, please email/text SAGE Wellness Coordinators, Jean or Joy at: [wellness@sageservices.org](mailto:wellness@sageservices.org) or (805) 218-5674.

### Jiu Jitsu for SAGE at 10th Planet Ventura



**FREE** Jiu Jitsu class for all SAGE Staff and Participants every **Friday morning from 10:00 - 11:00am** at **10th Planet Ventura located at: 1540 E Main Street, Ventura, CA 93001.** Bring a water bottle and wear shorts and a t-shirt.



**FREE!**

**FREE!**

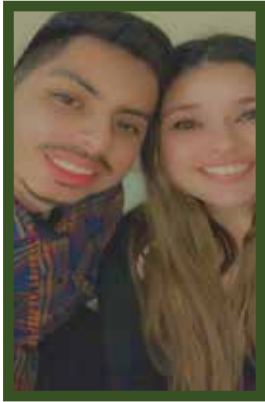


## MEET SAGE HERO

### Kayla Stockton - SBS Employment Developer

#### What do you like to do when you're not being awesome at SAGE?

I like to go visit different National Parks, I like traveling, and experiencing different cultures, or simply reading a good book. I love spending time with my fiancé planning our wedding, and enjoying our two dogs. I am currently in the process of writing a book!! I also spend a lot of time working on my thesis for school.



#### What are some of your favorite things?

My favorite foods are pizza and Chinese food, I love country music, shopping at Barnes & Noble, Target, watching Netflix, taking naps, trying new food, and exploring new places.

#### Can you share about how you came to SAGE?

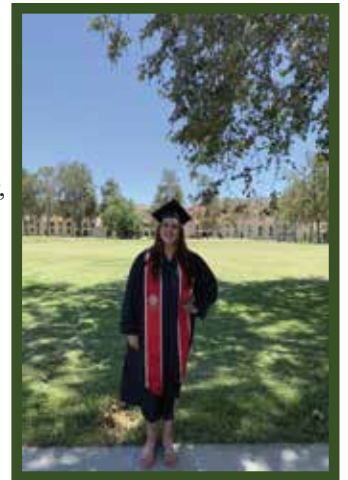
I was looking for a job where I could help empower people who may often be overlooked. I also wanted to work at a place where I could make a difference in someone's life.

#### Can you tell us a challenge you faced and overcame?

The biggest challenge I faced was navigating through feeling like an imposter during grad school. I always felt like I was not good enough to be in the graduate cohort. I overcame that by working hard and reminding myself that I do belong. I also celebrate my accomplishments and learn from my mistakes.

#### If you were given a time machine and could go anywhere or meet anyone, where would you go and who would you meet?

I would love to meet Ruth Bader Ginsburg and talk about her time navigating through sexism in her career, her work on gender equality, women's rights, and of course her time as the second female justice of the U.S. Supreme Court.



#### What fictional place would you like to visit?

I would like to go to Wakanda and hang out with King T'Challa.

#### What is the best advice you have ever been given?

My mentor from school told me to "trust the process" and to always believe in myself. That has gotten me through every challenge I've ever faced

#### In a zombie apocolypse would you survive? How and why?

I would be paralyzed with fear and would most likely not last long due to crying uncontrollably in my bed.



#### How would your friends describe you?

My friends would say that I am hardworking, supportive, a good listener, loving and fun to be around.

#### What are some things you were doing before coming to SAGE?

I graduated from California State University Channel Islands with my Bachelors Degree in Sociology and anthropology. I started attending California State University Northridge and working on my Masters Degree in Sociology, I will graduate in six months!



Do you wonder what resources you may qualify for?

# FREE EMPLOYEE



# RESOURCE CENTER!!!



## ELIGIBLE TO ALL SAGE EMPLOYEES!!!

FREE - CONFIDENTIAL - ENGLISH/SPANISH

IN PERSON OR ONLINE APPOINTMENTS

**SIGN UP TODAY: CLICK HERE!!!**

### AVAILABLE NOW!!!!

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DIRECTIVES  
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CASH AID  
UTILITY DISCOUNTS  
CHILD CARE

FOOD ASSISTANCE  
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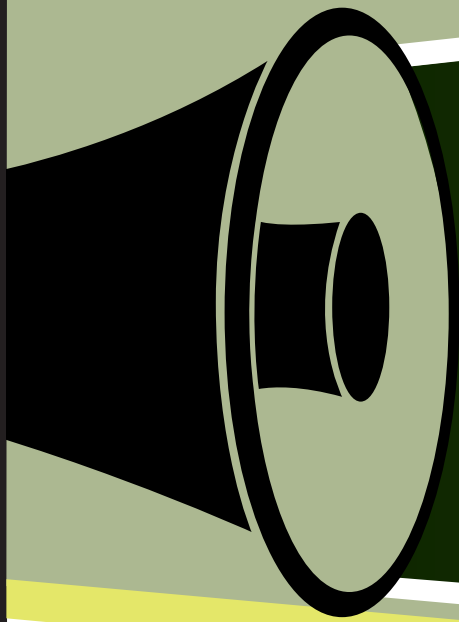
**+ IF YOU NEED  
IT... WE WILL TRY  
TO FIND IT!!!!**

**CALL/TEXT**

**(805) 222-4459**

**EMAIL**

**Resources@sageservices.org**



# WE'RE HIRING



**Empowerment. Growth. Creativity.**  
**Community. Individuality. Choices.**  
**Self-Determination.**

## Employment Opportunities

- **Administrative Positions**
- **Direct Support Positions**
- **Leadership Positions**

### • What is SAGE? •

SAGE Services is an organization throughout Ventura County, who provides Independent Living, Supported Living, Respite, Braided Day Services, and ABA Services.

We offer full-time and part-time employment, flexible schedules, health packages, and paid time off. We are excited to hear from you!

### • Join Us! •

Ready to make a positive impact, gain new experiences, and provide the highest quality of supports?

Complete our online application NOW & set up an interview:

**Click Here to Apply**

or visit  
[sageservices.org/employment](https://sageservices.org/employment)

# January Birthdays 2022

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



## Our Mission

“Our mission is to serve all people with developmental disabilities in their communities, as individuals, with services tailored to their needs, honoring choices and empowering people to enhance life quality.”

**03**  
Gonzalo R.  
Sonya T.  
Nathan A.

**04**  
Autumn K.  
Alex F.  
Jovany O.

**05**

**06**  
Max A.  
Natalie N.  
Teresea H.

**07**

**08**  
Margaret S.  
Angela R.

**09**  
Ricardo R.  
Patricia F.

**10**  
Mario R.  
Victor T.  
Crystal C.

**11**

**12**  
Lisa G.  
Charles G.

**13**  
Manuel C.  
Maria O.  
Anita H.

**14**  
Jose V.

**15**  
Susie F.

**16**  
Preeti R.

**17**  
Drew G.  
Amie S.  
Holden L.

**18**  
Cory J.

**19**  
Quin B.  
Gabriel R.  
Maribel R.  
Anahi G.

**20**  
Ruby R.  
Adrian C.  
Eddie F.  
Cynthia G.  
Stacy G.

**21**

**22**  
Shay J.  
Maria R.

**23**

**24**  
Emily L.

**25**

**26**  
Kitzia M.  
Gustavo P.  
JoDee O.

**27**  
Jacob F.  
Jessica B.

**28**  
Laura M.  
Irene L.  
David B.

**29**  
Sadie H.  
Adam O.

**30**  
Brett F.  
Devin S.  
Stoney C.  
Stephanie T.

**31**  
Dolores R.  
Taylor F



*SAGER Liz M. is being recognized by SAGE and persons served as being an exceptional staff that goes above and beyond! Thank you Liz for all you do! ~SAGE*

- 805-654-9814
- [info@sageservices.org](mailto:info@sageservices.org)
- [sageservices.org](http://sageservices.org)
- @sageservices
- @sageservices2006
- @sageservices.org





# SAGE

Service to Achieve Growth & Empower

February 2022

Volume 15, Issue 2

# COOL NEWS

“Center of Our Lives”

## ● SHARE THE LOVE FEBRUARY! ●

SAGE and The Santa Effect will be donating to families through Rainbow Connection and kids without shelter in Ventura County School District during the month of February! We are providing 74 families and kids \$100.00 Vons gift cards, PPE, and other donations that fit their specific needs. You can help us provide even more by donating now!!!

The Share the Love Event sponsored by The Santa Effect will include partnerships with SAGE Services, Child Development Specialist and Parenting Coach, Chrys Massey- Rhodes, Rainbow Connection through Tri-Counties Regional Center, and Ventura Unified School District.

We are looking to increase our generous \$8,000 donation to provide even more support to these community partners. If you or anyone you know is interested in helping us increase the amount of funding, we hope to match some donations!

We are excited to provide families and kids without shelter in our county our generous contributions to help them out with food, personal care items, and anything else we can share. Please click on the donation link here to Share the Love with us!!!!

**CLICK HERE-LEARN MORE**

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Roy Duran - Recovery Mentor with STAGES Recovery Group

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SAGE Employee Resources Flyer

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SAGE Video Casting Call

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February Birthdays & Stuff



# WELLNESS

## DEPARTMENT

### Wellness Hero of the Month - Maria H.

Hello SAGERS, this month we are celebrating our participant of the month, Maria H! Over the past few months, Maria has been committed to eating a low carb meal plan. Low carb plans are great for those who have goals such as weight loss and blood sugar control. Additionally, when supplemented with high fiber foods these plans can have great effects on your overall well-being.

Maria and the Wellness team prepared a One Pan Egg Toast, low carb sandwich. We made this a low carb, high fiber meal by using keto bread and adding fresh spinach. We also added some extra lean turkey bacon for some added protein. Keto bread is low in carbs because it uses low carb flours such as almond flour, coconut flour, and even sometimes tapioca starch. Most keto breads are also loaded with dietary fiber, which is great for blood sugar control. One important thing to remember when consuming higher fiber content foods is to start by slowly increasing fiber content. Doing this will help prevent any intestinal discomfort.



Here is the recipe we made for One Pan Egg Toast:  
Total cook time is approximately 20-minutes

#### Ingredients:

- 1 slice of whole wheat or keto bread
- 1 slice of yellow American cheese
- 1 egg
- 1 tablespoon of salted butter
- 2 tablespoons of chopped green onion
- 1 oz of turkey bacon
- 4-5 spinach leaves



- Slice the cheese and bread in half to make 2 pieces of each.
- In a small bowl, crack the egg, add chopped green onions, whisk until well blended.
- Next, heat a skillet on low heat. Once heated, add the salted butter and coat skillet with butter.
- After coating the pan, pour egg mixture into the pan. Immediately dip both sides of sliced bread coating both sides.
- Leave bread in the mixture once coated; it will toast along with the egg mixture while in the pan.
- Toast one side of bread while egg also cooks on one side.
- Flip bread and egg to do other side. Once egg is solid bread is toasted, fold the egg mixture into a rectangle shape and place on top of sliced bread.
- Cook turkey bacon, add turkey bacon, spinach leaves, and cheese on top of eggs.
- Immediately fold one bread slice over the other to create your sandwich.
- Both sides of the bread should be golden brown and your sandwich can be served and eaten warm!

Bon Appétit!



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## Game Night 2022

Game Night  
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To join our SAGE Wellness Activities, please email/text SAGE Wellness Coordinators, Jean or Joy at: [wellness@sageservices.org](mailto:wellness@sageservices.org) or (805) 218-5674.



SAGE is proud to welcome our new recovery group!  
Located at 1317 Del Norte Road, Suite 200  
Camarillo, CA 93010  
Phone: (805) 320-6259



## Recovery Peer Group

## STAGES Recovery

Wednesdays 4:00pm-6:00pm  
hosted by Deirdre & Roy

*Jiu Jitsu for SAGE at 10th Planet Ventura*



**FREE** Jiu Jitsu class for all SAGE Staff and Participants every Friday morning from 10:00 - 11:00am at 10th Planet Ventura located at: 1540 E Main Street, Ventura, CA 93001. Bring a water bottle and wear shorts and a t-shirt.






**FREE!**



## MEET SAGE HERO

### Roy Duran

#### Recovery Mentor with STAGES Recovery Group



What do you like to do when you're not being awesome at STAGES?

I enjoy going hiking, kayaking, working out at the gym 5-6 times per week, barbequing, and just being active in general.

What are some of your favorite things?

I like to barbeque, go kayaking, and just being active.

What brought you to STAGES?

I have been facilitating programs for 10 years and I did some work with Deirdre Smith, the Director of STAGES in the past. After Deirdre came on at STAGES, she invited me on to facilitate the recovery groups.



Can you tell us a challenge you faced and overcame?

In surviving addiction and substance abuse, I was able to face things by asking for help and recognizing that I could not do it alone. The recovery work required me to do deep, internal work, to face my fears, to know my insecurities, and trauma. Recovery work has given me a great deal of self-awareness that I use to live my life with a sense of purpose when serving others.

If you were given a time machine and could go anywhere or meet anyone, where would you go, and who would you meet?

I would go back and have a conversation with Socrates. I would want to ask Socrates what the purpose of life is.



What fictional place would you like to visit?

I would want to go to Wonderland through the looking glass. I would like to go on the journey through Wonderland, it seems so vivid and colorful. I might get lost but I think I would enjoy the characters and learn from them.

In a zombie apocolypse would you survive? How and why?

I would last until the end of the apocalypse because I can think critically in high-risk situations, and I am resilient.

What is the best advice you have ever been given?

Be yourself! Believe that you are worthy of success.

How would your friends describe you?

My friends would say that I am reserved, humble, and that I am very good looking! My friends roast me all the time on my looks and say that I have nice hair, hahaha. I think they would also say that I'm intelligent, articulate, courageous, and resilient.

Who are your heroes and why?

Besides Deirdre, hahaha?! My heroes are Jesus, Socrates, and the Buddha. They lived their lives with humility, courage, and wisdom. They were willing to serve the people around them. They recognized that we are all interdependent and that we need each other.



Do you wonder what resources you may qualify for?

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# RESOURCE CENTER!!!



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CASH AID  
UTILITY DISCOUNTS  
CHILD CARE

FOOD ASSISTANCE  
ADAPTIVE  
EQUIPMENT  
TAXES

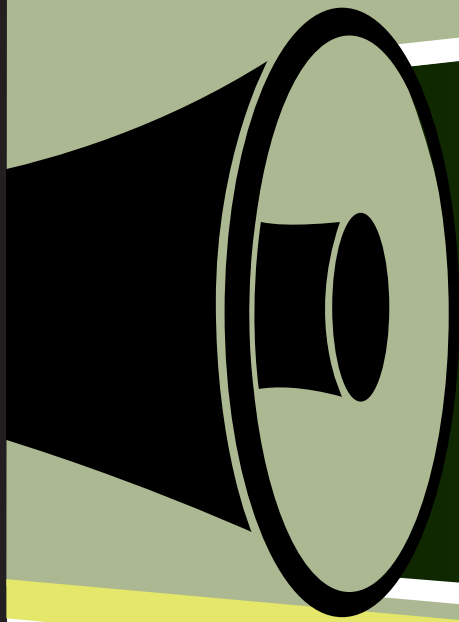
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Ready to make a positive impact, gain new experiences, and provide the highest quality of supports?

Complete our online application NOW & set up an interview:

### • \$500 Referral & Sign On Bonuses! •

**Click Here to Apply**  
or visit  
[sageservices.org/employment](https://sageservices.org/employment)



# SAGE Video Casting Call!!!

SAGE is creating a new video library for SAGE-verse and SAGE Learning Academy.

We are looking for real people, non-actors to cast as both SAGE persons served and SAGE support staff! We are looking for people of all ages, genders, and abilities.

SAGE is casting for all roles as unpaid for non-actors, other compensation will be provided in terms of meals, mileage, and gift cards.

All participants in the videos will be required to provide a signed release form for use of their image and video on all media platforms by themselves or their conservator/s.

Shooting dates: TBD

Locations: Ventura County

Other: Anyone with interest in crew support also may apply to participate

To apply or request more information click: [CASTING FORM HERE]

No audition or video sample required.



# February Birthdays 2022

Sunday

Monday

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Saturday

-  805-654-9814
-  [info@sageservices.org](mailto:info@sageservices.org)
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## Our Mission

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<b>01</b> Danny A.	<b>02</b>	<b>03</b> Sharon C. Evan K..	<b>04</b> Cristal S. Katie K. Stehanie H. Pedro G. Lilia S,	<b>05</b> Jim F. Zackary N.		
<b>06</b> Nelli F, Abel D,	<b>07</b> Anthony C. Roscoe G. Mario R. Joy B. Angelique W. Ethan F.	<b>08</b>	<b>09</b> Marisol G. Melody M. Garrett T.	<b>10</b>	<b>11</b> Karen D.	<b>12</b>
<b>13</b> Jack S.	<b>14</b> Roman S. Erica M. Pablo R. Juan G.	<b>15</b> Mary M. Blakely B. Mason M.	<b>16</b> Candace J.	<b>17</b> Aurelia G.	<b>18</b> Brando H. Robin L. Veronica S. Marchaleon D. Natalie L.	<b>19</b> Monica M.. Gerardo P.
<b>20</b>	<b>21</b> Ariel H. Phu V. Juan S. Justin M. Francisco M.	<b>22</b> Grant P. Nancie C. Daniel B.	<b>23</b> Jonathan M.	<b>24</b> Maritza M. Michael U.	<b>25</b> Shamarra A. Mike C.	<b>26</b> Brianna S. Isael S.
<b>27</b> Erik F.	<b>28</b> Kelly M. Alison W. Fidel P.					

This edition of the SAGE COOL Newsletter welcomes Interviewer & Journalist, SAGE & SAGE Braided Services SAGER, Melody M.





# SAGE

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March 2022

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Celebrating St. Patrick's Day with Veggie Shepherd's Pie

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March Activities

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Deirdre Smith - STAGES Program Director

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SAGE Video Casting Call

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## SHARE THE LOVE SUCCESS!

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The Share the Love Event sponsored by The Santa Effect included partnerships with SAGE Services, Child Development Specialist and Parenting Coach, Chrys Massey- Rhodes, SBS, Rainbow Connection through Tri-Counties Regional Center, and the Ventura Unified School District.

It has been an absolute honor for us to provide families and kids without shelter in our county our generous contributions to help them out with food, personal care items, and parenting classes in April.

We hope to continue these efforts in the future and with help from our generous supporters, we will! For more information or to pledge a donation for our continued work within our community, please click on the link here: [CLICK HERE-LEARN MORE](#)







# WELLNESS DEPARTMENT



Click Here



**April 24th, 2022 Aut2Run - Join SAGE & sign up with your coordinator!**

## The Wellness Department is Celebrating St. Patrick's Day in March

### with a Veggie Shephard's Pie on the menu!



Hello SAGERS, it is officially March! In the month of March, we are taking time to celebrate St. Patrick's Day and Irish heritage by featuring a classic Irish dish that is also shared with the United Kingdom, the famous Shephard's Pie recipe with a healthy twist to it. A little background on Shephard's pie, originally Shephard's Pie was called Cottage Pie. This was because the people that enjoyed this dish back in the 18th century lived in "cottages." Cottages were typical small and humble homes. The cottage pie was a resourceful recipe that used leftovers so they wouldn't go to waste. Also, potatoes were an inexpensive ingredient that worked well with many leftovers. A fun fact about Shephard's pie is that originally it was made with leftover meat scraps instead of beef which is the most common meat that is used when making this recipe today. In our Shephard's Pie recipe there are some smart substitutes to lower carbs and fat content. Instead of the traditional mashed potato, this recipe includes riced cauliflower, and lean ground turkey to cut back on carbs and fat.

**Spring Vegetable Shephard's Pie Cook Time: 35mins. 6 Servings : 1 3/4 Cups ea. 295 Calories - Here's how to make:**

- 2 (12-oz.) pkg. frozen riced cauliflower
- 1 (6.5-oz.) pkg. light garlic-and-herb spreadable cheese
- 1 1/2 tablespoons canola oil
- 1-pound lean ground turkey
- 2 cups chopped carrots
- 1 3/4 cups chopped zucchini
- 1 cup yellow onion, chopped
- 1 cup frozen sweet peas
- 3/4 teaspoon kosher salt
- 3 tablespoons all-purpose flour  
*(or 3 tablespoons corn starch to make this recipe gluten-free)*
- 1 teaspoon fresh thyme leaves, plus more for garnish
- 1 1/2 cups unsalted chicken stock
- 1/2 teaspoon black pepper



Preheat broiler to high with oven rack in upper middle position. Microwave cauliflower until tender. Combine cauliflower & cheese in food processor until smooth. Heat oil in large ovenproof skillet over medium-high. Add turkey, cook, breaking up with a spoon, until turkey begins to brown, about 4 minutes. Add carrots, zucchini, onion, and peas; stir to combine. Add salt, cook, stirring often, 4 minutes. Add flour or corn starch and 1 teaspoon thyme; stir to combine. Increase heat to high, and add chicken stock. Cook, stirring constantly, until mixture thickens. Spoon cauliflower mixture over turkey & vegetable mixture in skillet, smoothing top with a spoon; sprinkle with pepper. Broil until cauliflower topping is golden brown in spots, 3 to 4 minutes. Sprinkle with additional thyme leaves. Serve immediately.



## Wellness Team Contact Information

If you would like to reach Joy or Jean of the Wellness Team, please text, call, or email:  
Wellness Coordinators | Jean or Joy | Phone: (805) 218 – 5674 | Wellness@sageservices.org

# March Wellness & Activities Now on Zoom!



## Gardening Club

Wednesdays 10:00am-12:00pm  
Thursdays 8:00am-11:00am  
Cornucopia Garden



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Wednesdays w/Jean & Joy  
5:00pm-6:00pm  
SAGE Learning Kitchen



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Thursdays w/Juan  
SLS 5:00pm-6:00pm  
ILS 6:00pm-7:00pm  
SAGE 2nd Floor



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Saturdays 10:00am-11:00am  
Location  
announced weekly



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Fridays  
4:00pm-6:00pm  
with Jean



## Game Night 2022

Game Night  
hosted by Rockin' Ron  
& featuring Joy

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For questions or training on our new Zoom virtual activities, let Jean & Joy know!



SAGE is proud to welcome our new recovery group!  
Located at 1317 Del Norte Road, Suite 200  
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Phone: (805) 320-6259



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### STAGES Recovery

Wednesdays 4:00pm-6:00pm  
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**Jiu Jitsu for SAGE at 10th Planet Ventura**



**FREE** Jiu Jitsu class for all SAGE Staff and Participants every Friday morning from 10:00 - 11:00am at  
10th Planet Ventura located at:  
1540 E Main Street, Ventura, CA 93001.  
Bring a water bottle and wear shorts and a t-shirt.






**FREE!**



## MEET SAGE HERO Deirdre Smith SAGE Recovery Group Program Director

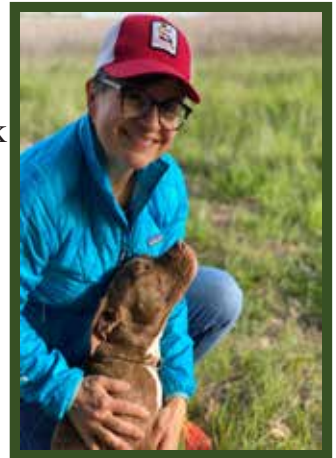


🍃 What do you like to do when you're not being awesome at SAGE?

I like to spend time with my littles, being outdoors, going rock climbing, camping, hiking, running, or going to the beach. I have one biggie and two littles along with two dogs and three cats. I also enjoy making breakfast with the kids on weekends while dancing around to music together!

🍃 What are some of your favorite things?

My favorite color is blue, my favorite beverages are unsweetened black iced tea and sparkling water. I love all sorts of music, it just depends on what I'm doing!



🍃 Can you share about some challenges that you've faced & overcome?

I was a single mother faced with hard times, income challenges, and I decided to turn it around by going to the Community College. Eventually I learned that I had a learning disability that caused me to struggle with math. After learning about this, I was able to manage the way I was learning and accomplish obtaining multiple degrees including Masters degrees as a path out of that life for myself and for my family.

🍃 If you were given a time machine and could go anywhere or meet anyone, where would you go, and who would you meet?

As a history major of post Civil War and civil rights, I would like to go back to the 1920's and talk to the women who were part of the women's suffrage movement and hear how they paved the way for us to have this life now.

🍃 In a zombie apocolypse would you survive? How and why?

I would channel my inner Goddess Athena and strategize a way to get to the mountains, the trees, to climb rocks, and find water sources, with my family.

🍃 What fictional place would you like to visit?

I would like to visit the planet Pandora, from the movie Avatar as a Navi woman so I could experience not only being tall for the first time, but what it is like to feel so connected to the environment & everything going on around me.

🍃 What is the best advice you have ever been given?

If you don't have a seat at the table, bring your own chair.

🍃 How would your friends describe you?

My friends would say that I'm spontaneous, resilient, extroverted, empathetic, loyal, and adventurous.

🍃 What brought you to SAGE?

I had a friend from college who knew Kerry and introduced us. So, I left the Santa Barbara Sherriff's office for a career with SAGE!

🍃 Who are your heroes and why?

The Notorious RBG (Ruth Bader Ginsburg) for her contribution to women's rights and advocacy. Also, the Goddess Athena known as the Goddess of war, strategy, women, and knowledge. I even named my dog after Athena.





Do you wonder what resources you may qualify for?

# FREE EMPLOYEE



# RESOURCE CENTER!!!



## ELIGIBLE TO ALL SAGE EMPLOYEES!!!

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**SIGN UP TODAY: CLICK HERE!!!**

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CHILD CARE

FOOD ASSISTANCE  
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EQUIPMENT  
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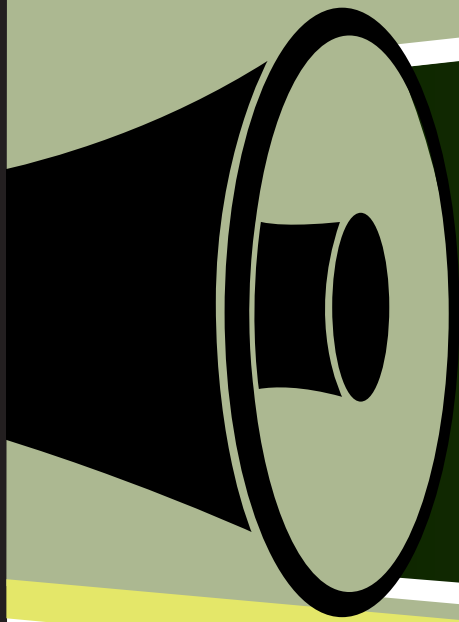
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- **Direct Support Positions**
- **Leadership Positions**

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We offer full-time and part-time employment, flexible schedules, health packages, and paid time off. We are excited to hear from you!

### • Join Us! •

Ready to make a positive impact, gain new experiences, and provide the highest quality of supports?

Complete our online application NOW & set up an interview:

### • \$300 Referral & Sign On Bonuses! •

**Click Here to Apply**  
or visit  
[sageservices.org/employment](https://sageservices.org/employment)

# SAGE Video Casting Call!!!

SAGE is creating a new video library for SAGE-verse and SAGE Learning Academy.

We are looking for real people, non-actors to cast as both SAGE persons served and SAGE support staff! We are looking for people of all ages, genders, and abilities.

SAGE is casting for all roles as an unpaid volunteer for a non-actor role, other compensation will be provided in terms of meals, mileage, and gift cards.

All participants in the videos will be required to provide a signed release form for use of their image and video on all media platforms by themselves or their conservator/s.

Shooting dates: TBD

Locations: Ventura County

Other: Anyone with interest in crew support also may apply to participate

To apply or request more information click: [CASTING FORM HERE]

No audition or video sample required.





# March Birthdays 2022

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

## Our Mission

“Our mission is to serve all people with developmental disabilities in their communities, as individuals, with services tailored to their needs, honoring choices and empowering people to enhance life quality.”

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-  [@sageservices2006](https://www.instagram.com/sageservices2006)
-  [@sageservices.org](https://twitter.com/sageservices.org)

<b>01</b> Phillip H.	<b>02</b>	<b>03</b> Norton H. David W.	<b>04</b> Abby D. Morgan M. Christopher R.	<b>05</b>		
<b>06</b>	<b>07</b> Mike L. Pam B. Victoria R. Janet A.	<b>08</b> Wendy C.	<b>09</b> Flor G. Randy M.	<b>10</b> Ashley M.	<b>11</b> Danny M.	<b>12</b> Jesse B.
<b>13</b> Lani R. Trevor P.	<b>14</b> Hayley K.	<b>15</b> Rafael K-D.	<b>16</b> Sandra O.	<b>17</b> Jack S. 	<b>18</b> Rick H. Shalana T.	<b>19</b> Angelica G. Patty K.
<b>20</b> Emily M. Ricky R.	<b>21</b>	<b>22</b> Leticia R. Diane S.	<b>23</b> Kevin O. Danielle W. Haley P.	<b>24</b> Carlos F. Gabriela P.	<b>25</b>	<b>26</b> Stephanie G. Charles E. Gabriel L.
<b>27</b>	<b>28</b> Patricia H.	<b>29</b> Juan P. Joshua G. Mona G. Hanna S.	<b>30</b> Kassandra A-O.	<b>31</b> Matthew “Mooch” M.		



# SAGE

Service to Achieve Growth & Empower

April 2022

Volume 15, Issue 4

## COOL NEWS

“Center of Our Lives”

### ● The Santa Effect’s Share the Love Event ●

Last month SAGE partnered with The Santa Effect, SBS, and Child Development Specialist, Chrys Massey-Rhodes to share our generous grant funds from Nourishing Neighbors with the Ventura Unified School District through the unsheltered kids liason and The Rainbow Connection through Tri-Counties Regional Center to distribute 78 gift cards of \$100 each, water bottles, personal care items, and other donations.

Coming in April, we are hosting two **FREE** parenting workshops at the SAGE offices with Child Development Specialist, Chrys Massey-Rhodes. The classes are available to SAGE participants and employees and spaces are limited! If you would like to attend, the classes are being held at 1305 Del Norte Road, Camarillo, CA:

- Saturday, April 9th 11:00am-12:30pm or Tuesday April 12th 6:30pm-8:00pm
- Language: English & Spanish
- Food & Drinks: Provided for in person attendees!!!
- Cost: **FREE** to parents
- Training Topics: Active Listening, Using “I” Statements, Just Ask “What?”, Limit Setting, and Peaceful Alternatives to Punishment

Attend in person or request Zoom link for FREE Parent Training: Create greater empathy and connection in your family. Learn user-friendly communication skills and ways to strengthen your parent-child relationships. This workshop is open to parents of any age child from infants to teens!

If you would like to join us, please sign up on the online form by clicking the link below!

CLICK  
HERE  
↓



#### 2 Wellness Department

Celebrating Easter

#### 3 SAGE Wellness and Activities

April Activities

#### 4 Meet SAGE Hero

Nichole Larios, ILS Region Manager

#### 5 Employee Resources

SAGE Employee Resources Flyer

#### 6 SAGE Employment

SAGE Employment Opportunities

#### 7 April Calendar

April Birthdays & Stuff

# WELLNESS DEPARTMENT



Click Here



April 24th, 2022 Aut2Run - Join SAGE & sign up with your coordinator!

## Coming Soon: SAGE Virtual Activities & Classes Hosted by: Rockin' Ron

Stay tuned for more information!

We will email you with details on our upcoming series of activities and classes that we will be adding.

We are excited to start more virtual resources for everyone for game nights, trivia, and more!



### Wellness Department Contact Information

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Wellness Coordinator | Joy B. | Phone: (805) 218 – 5674 | Wellness@sageservices.org



# WELLNESS

A P R I L C H A M P I O N O F T H E M O N T H  
P A T T Y K .

Hello SAGERS! This month we are celebrating our person served of the month Wellness Champion, Patty E. K! Over the past few months, she has been committed to eating a low carb plan. Low carb plans are great for those who have goals such as weight loss and blood sugar control.

On this page we have a picture of one of the recipes Patty has included in her low carb plan. In this picture we have chicken lettuce wraps. These wraps are a great way to reduce carbohydrate intake by swapping bread out for lettuce. Although they do not have bread, they are still quite satisfying because of the high protein content in the chicken. When making this recipe you can also pair it with a light salad dressing such as light ranch, balsamic vinaigrette, or light Cesar dressing. The fat content in the dressing helps with the absorption of minerals in the lettuce. Once again congratulations to Patty E. K., our wellness champion of the month!



If any of you SAGERS are interested in trying out this meal, follow the recipe below!

Chicken Lettuce Wraps - Total Cook Time: 25 minutes apx.

#### Ingredients:

- 1 frozen boneless skinless chicken breast patty
- 1 tablespoon of olive oil
- 1 clove of garlic, minced
- 1 tablespoon of lemon juice
- ½ teaspoon of salt
- ½ teaspoon of pepper
- 4 romaine lettuce leaves
- 1 tablespoon of any light salad dressing

#### Instructions:

Heat a skillet on medium heat with 1 tablespoon of olive oil. Once heated add chopped garlic to skillet, brown for 1-2 minutes. Then add frozen chicken breast patty to skillet cook one side for 6-12 minutes. Flip patty and drizzle lemon juice. Then season with ½ teaspoon of salt and ½ teaspoon of pepper cook for 6-12 minutes. On a plate place 2 leaves of romaine lettuce then spread 1 tablespoon of light dressing evenly across the top lettuce leaf. Then add the patty and wrap with the remaining lettuce leaves.



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**FREE!**



## MEET SAGE HERO Nichole Larios SAGE ILS Regional Manager



What do you like to do when you're not being awesome at SAGE?

Being an awesome mom, wife, and training my new puppy Buzz!

What are some of your favorite things?

My favorite foods are spaghetti, tacos, and hot wings. I like to watch football and basketball, my favorite team is the New Orleans Saints. I also enjoy playing PS4 with my best friend.



What brought you to SAGE?

I was working in supported living for a few years and I just got married. I was looking for a company that I could grow with and that's when I came to SAGE!

Who are your heroes and why?

My daughters JaDore and Kamara, because they motivate me to succeed in life.

Can you share about some challenges that you've faced & overcome?

My daughter was in NICU for 99-days and it taught me to be patient and take life day by day.

In a zombie apocalypse would you survive? How and why?

I would not last more than a day, because I would be crying in a corner and could not move.

If you were given a time machine and could go anywhere or meet anyone, where would you go, and who would you meet?

I would love to go back in time to spend more time with my grandparents and learn more about my family history.

What fictional place would you like to visit?

Springfield, so I can hang out with Bart Simpson and go to Krusty Burger.

How would your friends describe you?

My friends would say that I am optimistic, kind hearted, passionate about my family, and lastly that I'm a total goofball and always making people laugh.



What is the best advice you have ever been given?

"We can't change the cards we were dealt, but we can change the game we play."





Do you wonder what resources you may qualify for?

# FREE EMPLOYEE



# RESOURCE CENTER!!!



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UTILITY DISCOUNTS  
CHILD CARE

FOOD ASSISTANCE  
ADAPTIVE  
EQUIPMENT  
TAXES

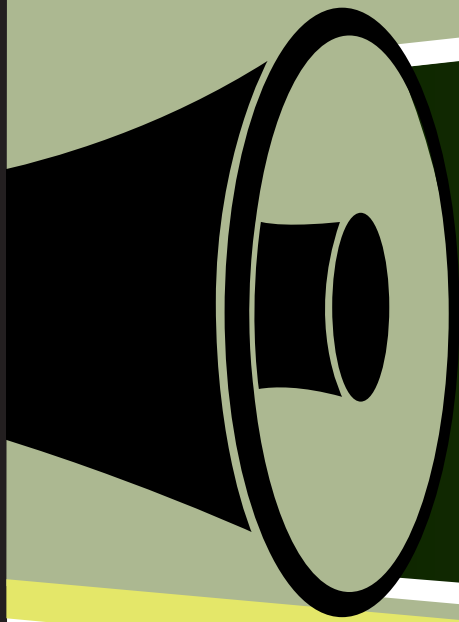
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-  @sageservices
-  @sageservices2006
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## Our Mission

“Our mission is to serve all people with developmental disabilities in their communities, as individuals, with services tailored to their needs, honoring choices and empowering people to enhance life quality.”



SAGE recognizes SAGE Heroen’s Erika M. and Veronica G. for going above and beyond for the people they support! Thank you so much!!



<b>01</b> Michaela R.	<b>02</b> Julia W.
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<b>03</b> Sabina M. Patrick G.	<b>04</b> Thomas F. Steven T. Joseph J.	<b>05</b> Cindy R. Maria F.	<b>06</b> Brian A. Jesus P.	<b>07</b> Dragon L. Jannine P. Zander S.	<b>08</b> Jeanne J. Patrick T.	<b>09</b> Andrew B.
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<b>10</b> Spencer D.	<b>11</b> Paul A. Jen I.	<b>12</b> Kenny J. Nicholas R.	<b>13</b> Lucien H. Nicholas T. Humberto M.	<b>14</b> Coralene C. Elizabeth L. Edgar C. Claribel L.	<b>15</b> Joshua K.	<b>16</b> Jessica L.
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<b>17</b> Nathan D. Julio A.	<b>18</b> Krista S. Ezinna O. Giovanna R.B.	<b>19</b> Amanda P. Maria H.	<b>20</b> Mark A. Tammy B. Jose D.	<b>21</b> Virginia R. Kelhn D. Karin A.	<b>22</b>	<b>23</b> Philly P. Joshua S.
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<b>24</b> Marisa N.	<b>25</b> Julia M.	<b>26</b>	<b>27</b> Karen V. Anahei M. Miguel L.	<b>28</b> Caroline K. Phoenix W.	<b>29</b> Aaron C. Trinity G.	<b>30</b> William D. Lucvann B. Gladys F.
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# SAGE

Service to Achieve Growth & Empower

May 2022

Volume 15, Issue 5

# COOL NEWS



“Center of Our Lives”

Supported Life Conference Returns!!!



**2** Wellness Department

Celebrating Easter

**3** SAGE Wellness Champion

May Activities

**4** Meet SAGE Hero

TBD

**5** Employee Resources

SAGE Employee Resources Flyer

**6** SAGE Employment

SAGE Employment Opportunities

**7** May Calendar

May Birthdays & Stuff



**Statewide Self Advocacy Conference:  
May 27-28, 2022  
WE'LL SEE YOU SOON**

**The 2022 Statewide Self Advocacy Conference Has Gone Hybrid!**  
**That Means some attendees come In-Person & all others will attend Virtually.**

**Registration Materials Will be Coming to Your Mail Box Soon  
SAVE-THE-DATE**

**Excited to Welcome Everyone to the 2022 Statewide Self Advocacy Conference**

**For the first time, In a long time, the Conference will be back at the Double Tree Hotel Sacramento**

**Stay Tuned for More Details**



Q ?  
[info@supportedlife.org](mailto:info@supportedlife.org)

Happy May SAGERS! Don't forget to ask your SAGE Coordinator or a SAGE Staff to help you look into resources to attend the 2022 Supported Life Conference at the end of the month. There is limited capacity for attending in person but there are plenty of opportunities to attend virtually. Regional Center may consider budgeting for some people to attend in person, however you will need to reach out to your Service Coordinator and Joseph Buchroeder to make that request.

# WELLNESS

DEPARTMENT



SAGE and The Santa Effect are partnering up with Mission Church to prepare, pack, and distribute bags of non-perishable, easy to heat, easy to eat, meals for Ventura County!

Are you looking to get out into the community, connect with friends, spend a day volunteering your services to help feed those in our community who could use a helping hand? If so, please ask your SAGE Coordinator to schedule you with staff to attend to lend a hand for the meal packing day being hosted by Mission Church on Saturday, May 21st, 2022. You can volunteer at the Ventura Church located at

5353 Walker St, Ventura, CA 93003 or at the Oxnard Performing Arts Center located at 800 Hobson Way, Oxnard, CA 93030 anytime between 9:00am and 5:00pm.

Then, on May 23rd, 2022 SAGE partner, STAGES Recovery Group will pick up 100 boxes of the meals to distribute to the school districts, Rainbow Connection Family Resource Center, and SAGE participants. If you or anyone you know is interested in volunteering in the meal packaging on the Saturday or would like to receive information to receive meals, please let your SAGE Coordinator know.

Last month SAGE met with Rockin' Ronnie to collaborate on a new SAGE weekday series of virtual activities! We are proud to say that the meeting was a success and SAGE will begin hosting activities every weekday featuring our very own Rockin' Ronnie as the host with the most.



We are in the process of bringing back some of our popular activities like game night and movie night in addition to adding many more activities both in person and virtually to include a trivia night, dance party, internet safety workshops, creative photo contest, bowling party, name that tune, and a social hour!

Stay tuned for more information to come soon or ask your SAGE Coordinator or our Wellness Coordinator, Joy for more information and keep your eyes peeled for activity sign ups!



## Wellness Department Contact Information

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## Fitness Club

Saturdays with Joy  
10:00am-11:00am  
Locations TBD



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Fridays  
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[Click Here for ZOOM Link](#)



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Game Night  
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hosted by Deirdre & Roy



# MEET SAGE HERO Susie F. - SAGE Office Clerk



What do you like to do when you're not being awesome at SAGE?

I like to quilt, cook and bake. I enjoy keeping busy.



What is the best advice you have ever been given?

"Have a good attitude & always keep a smile on your face."

What are some of your favorite things?

I like to go to Disneyland, baseball games, and Knotts Berry Farm. I like fiction books, romantic novels, comedies, and Home Alone 2. I like Mexican, Chinese, German, and Italian food, Subway, Fire House, and Jersey Mike's.

Who are your heroes and why?

Scott Garret because we met at Progressive Connections and because for over 20+ years he has been.

In a zombie apocolypse would you survive? How and why?

I would not last more than a day, because I would be crying in a corner and could not move.

If you were given a time machine and could go anywhere or meet anyone, where would you go, and who would you meet?

I would go back in time to see an Angels game with Scott Garrett.

What place would you like to visit?

I would not want to go to visit Texas, but I would like to visit Hambur, Germany where my family is from.

How would your friends describe you?

My friends would say that I am a thoughtful person, I love to entertain with food, and really enjoy working at SAGE. They would say that I am always happy and staying productive.

What brought you to SAGE?

I used to work for TCRC, was promoted to Progressive Connections, and then met Scott G. (became good friends), met Samantha L. and Ryan W. and came to SAGE!



Do you wonder what resources you may qualify for?

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IN PERSON OR ONLINE APPOINTMENTS

**SIGN UP TODAY: CLICK HERE!!!**

### AVAILABLE NOW!!!!

RESOURCE  
ASSESSMENT  
HOUSING  
INSURANCE  
SOCIAL SECURITY  
MEDICAL  
MEDICATIONS

ADVANCED  
DIRECTIVES  
FUNERAL PRE-  
PLANNING  
EDUCATION  
CASH AID  
UTILITY DISCOUNTS  
CHILD CARE

FOOD ASSISTANCE  
ADAPTIVE  
EQUIPMENT  
TAXES

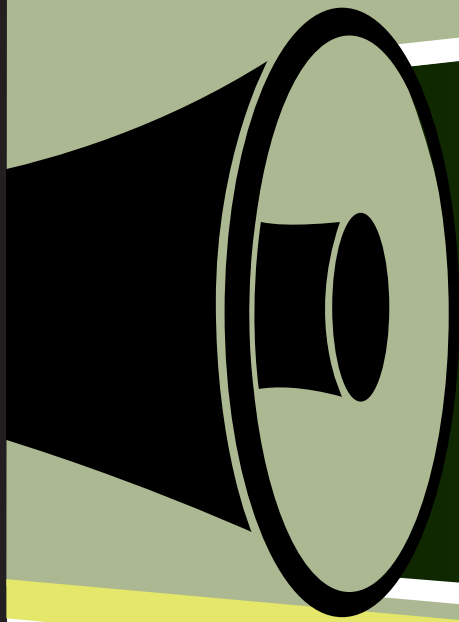
**+ IF YOU NEED  
IT... WE WILL TRY  
TO FIND IT!!!!**

**CALL/TEXT**

(805) 222-4459

**EMAIL**

Resources@sageservices.org



# WE'RE HIRING



**Empowerment. Growth. Creativity.**  
**Community. Individuality. Choices.**  
**Self-Determination.**

## Employment Opportunities

- **Administrative Positions**
- **Direct Support Positions**
- **Leadership Positions**

### • What is SAGE? •

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We offer full-time and part-time employment, flexible schedules, health packages, and paid time off. We are excited to hear from you!

### • Join Us! •

Ready to make a positive impact, gain new experiences, and provide the highest quality of supports?

Complete our online application NOW & set up an interview:

### • \$300 Referral Bonuses! •

**Click Here to Apply**  
or visit  
[sageservices.org/employment](https://sageservices.org/employment)



# May Birthdays 2022

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



## Our Mission

“Our mission is to serve all people with developmental disabilities in their communities, as individuals, with services tailored to their needs, honoring choices and empowering people to enhance life quality.”

**01**  
Justin R.  
Archivaldo V.

**02**  
Barbara B.  
John B.  
Lyric P.  
Natalia S.  
Letisha V.

**03**  
Matthew C.

**04**  
Scott G..

**05**  
Briana B.  


**06**  
Justin H.  
Dylan Q.  
Melissa B.

**07**  
Mitch E.  
Tim S.  
Evan D.

**08**  
Beatrice L.

**09**  
Larry C.  
Kim S.

**10**  
Chris B.

**11**  
Nicholas R.  
Thomas R.

**12**  
Kim S.  
Jason H.

**13**  
Tori W.

**14**  
Thomas P.  
Veronica B.M.  
Charles M.

**15**  
Hannah D.

**16**  
Sharon A.

**17**

**18**

**19**  
Craig S.  
Adriana V.  
Maribel P.  
Noemi D.

**20**  
Atara D.  
Elida M.

**21**  
Michael K.  
Jocelyn V.  
Joseph H.  
Teaira L.

**22**  
Hector E.  
Ana B.

**23**  
Nichole L.  
Gordon D.

**24**  
Desirae S.  
Sara S.  
Pranav K.

**25**  
Eva D.  
Michael T.  
Jeremy C.

**26**  
Naomi F.  
Miguel R.D.

**27**  
Arlyn R.  
Rosamaria V.

**28**

**29**  
Devon H.  
Miriam V.S.  
Mariah R.  
Monica G..

**30**  
Julia L.

**31**  
Anthony H.  
Joel F..

 805-654-9814

 [info@sageservices.org](mailto:info@sageservices.org)

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# SAGE

Service to Achieve Growth & Empower

June 2022

Volume 15, Issue 6

# COOL NEWS

“Center of Our Lives”

## Ventura County Fair & SAGE Fall Festival

SAGE is thrilled to have the opportunity to meet our friends and family in the community again this year for the Ventura County Fair! We are planning on preparing our folks to attend Disability Day and we will have more information soon about that.

Please be sure to talk to your SAGE ILS or SLS Coordinator or your SAGE Support Staff if you have questions or would like to explore ways you can participate or attend the Fair.

For information about the Ventura County Fair now, just:

[\[CLICK HERE!\]](#)



### 2 Wellness Department

Celebrating Aut2Run 2022

### 3 SAGE Activities

June Activities

### 4 Meet The SAGE Hero

Kyle P. Aut2Run Champ

### 5 Employee Resources

SAGE Employee Resources Flyer

### 6 SAGE Employment

SAGE Employment Opportunities

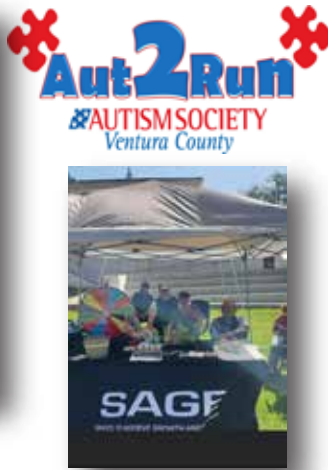
### 7 June Calendar

June Birthdays & Stuff



This month SAGER, Susie F. was our contributing editor.

# WELLNESS DEPARTMENT



SAGE was proud to join our amazing community last month to attend the first in person Aut2Run event since 2019! We loved getting outside on such a beautiful day with friends and families to help the Autism Society of Ventura County (ASVC) raise much-needed funds. ASVC works to promote lifelong access and opportunity for all individuals within the autism spectrum and their families to be fully included members of the community. They can achieve this through education, advocacy, a variety of programs, increasing public awareness, and collaboration with other agencies, like SAGE.

SAGE had a booth at the event to welcome new people to the SAGE family and introduce our many new and amazing services. SAGE is happy to have grown so much since 2006 from providing SLS Services to adding ILS, Supports, ABA Services, Recovery Support, Multi-cultural Coordinators, Coaches, and Resources, and the opening of our new Braided Day program. SAGE is excited for what the future holds with our upcoming Social Recreation program becoming a possibility and many new awesome ideas to add to our toolbox.



Join us in looking back at our phenomenal and incredible champions and heroes that shared the day with us out at the Aut2Run event!



## Wellness Department Contact Information

If you would like to reach Joy of the Wellness Department, please text, call, or email:  
Wellness Coordinator | Joy B. | Phone: (805) 218 – 2287 | Wellness@sageservices.org



# June Wellness & Activities Now on Zoom & In Person!



## Gardening Club

Wednesdays 10:00am-12:00pm  
Thursdays 8:00am-11:00am  
Cornucopia Garden



## Cooking Class 2022

Wednesdays with Joy  
5:00pm-6:00pm  
SAGE Learning Kitchen



## Stress Class 2022

Thursdays w/Juan  
SLS 5:00pm-6:00pm  
ILS 6:00pm-7:00pm  
SAGE 2nd Floor



## Fitness Club

Saturdays with Joy  
10:00am-11:00am  
Locations TBD



## Movie Nights 2022

Fridays  
4:00pm-6:00pm  
[Click Here for ZOOM Link](#)



## Game Night 2022

Game Night  
hosted by Rockin' Ron  
& featuring Joy

To join our SAGE Wellness Activities, please email/text SAGE Wellness Coordinator, Joy at: [wellness@sageservices.org](mailto:wellness@sageservices.org) or (805) 218-5674.  
For questions or training on our new Zoom virtual activities, reach out to Joy!



SAGE is proud to welcome our new recovery group!  
Located at 1317 Del Norte Road, Suite 200  
Camarillo, CA 93010  
Phone: (805) 320-6259



## Recovery Peer Group

### STAGES Recovery

Wednesdays 4:00pm-6:00pm  
hosted by Deirdre & Roy

## MEET SAGE HERO

# Kyle P. SAGE's Fundraising Champion



☛ Tell us what inspired you to attend the Aut2Run.

Meeting new friends, old friends, exercising, and adding to my legacy.

☛ Can you tell us how you managed to raise so much money for the cause?

I asked friends and family to donate after seeing a flyer on how to donate.

☛ Did you encounter any roadblocks or trouble along the way to fundraising?

I asked a lot of people and some were not able to donate.

☛ What are some of your hopes and dreams for yourself in the future?

To have a loving, healthy relationship with a woman and live happily ever after.

☛ Can you tell us some of your favorite things?

Food: Hamburgers and french fries. Music: 1980's music (all genres). Activities: Gold's Gym and social group activities. Places: San Francisco, Thousand Oaks, Ventura Beaches, Lake Tahoe, Reno and Las Vegas casinos, and New York.

☛ Can you share a little about how you came to SAGE?

I was looking for support with locating resources, becoming more social, and expanding my independent living skills.

☛ Who are some of your heroes and why?

Prince William, John Paul II, family and friends. Because, they are all good people who help and support others.

☛ If you were presented with a time machine and a chance to go anywhere, meet anyone, and do anything for a day, what would you choose to do?

I would go back in time to help myself with understanding how to have a good relationship with women, friends, family, and to be prepared for the future.

☛ How would your friends describe you?

My friends would say that I am good hearted, caring, creative, and independent.

☛ What fictional place would you like to visit?

I would like to visit the 50 Shades trilogy in Washington state to find a woman to fall in love with.

☛ What is the best advice you have ever been given?

Never give up on your goals.





# SAGE SERVICES FREE RESOURCE EVENT

# FREE!!!!

SAGE Employees &  
Participants

07/13/2022

10:00am-4:00pm

SAGE Office



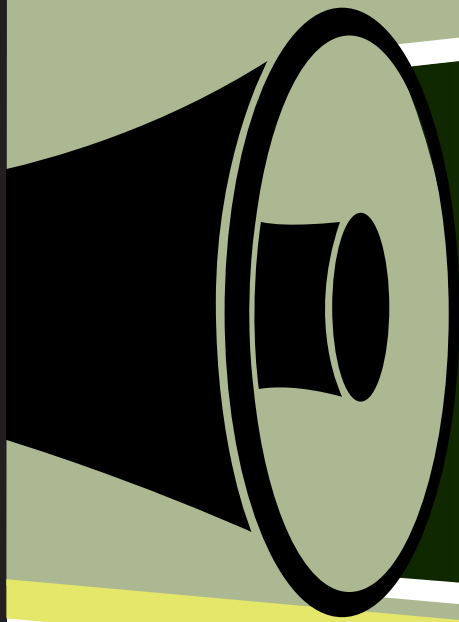
**REGISTER NOW**

*REGISTRATION DEADLINE:*

06/22/2022







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**Community. Individuality. Choices.**  
**Self-Determination.**

## Employment Opportunities

- **Administrative Positions**
- **Direct Support Positions**
- **NEW Leadership Positions**

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Complete our online application NOW & set up an interview:

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**Click Here to Apply**  
 or visit  
[sageservices.org/employment](https://sageservices.org/employment)

Our community lost a very kind and happy friend last month and SAGE will be holding a Celebration of Life Lunch and gathering to give friends of Donald Davis a space to share stories, see his work, and honor his life.

If you would like to join us, please click the following link to RSVP, space is limited and to keep all safe, we will require all to send a request to attend by clicking here: [\[RSVP DONALD!\]](#)

Join us in remembering a great man!

# DONALD DAVIS

## A LIFE WORTH REMEMBERING

*Truly admired & missed*



October 19th, 1942 - April 25th, 2022

## Celebration of Life

**Date/Time:** Friday, June 24th, 2022 12:00pm-2:00pm

**Location:** SAGE Learning Academy 1305 Del Norte Rd. Camarillo

*Food . Music . Memories . Friends*

# June Birthdays 2022

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

-  805-654-9814
-  [info@sageservices.org](mailto:info@sageservices.org)
-  [sageservices.org](http://sageservices.org)
-  [@sageservices](https://www.facebook.com/sageservices)
-  [@sageservices2006](https://www.instagram.com/sageservices2006)
-  [@sageservices.org](https://twitter.com/sageservices.org)

## Our Mission

“Our mission is to serve all people with developmental disabilities in their communities, as individuals, with services tailored to their needs, honoring choices and empowering people to enhance life quality.”



<b>01</b> Tara H. William S.	<b>02</b> Samuel O.	<b>03</b> Noel O.	<b>04</b> Milagros Z. Gabriela H. Amalia P. Bret T. Mark V. Ziah V.
<b>05</b> Rigo A.	<b>06</b> Maria R. Lorin W. Charles T. Jazmin P.	<b>07</b> Riley G. Todd B.	<b>08</b> Sheila F. Carlos M.
<b>09</b> Julia O. Daniel A.	<b>10</b> Gerardo M.	<b>11</b> Paulo S. Mauro A.	
<b>12</b> Robert A. Finn C. Richard W.	<b>13</b> Antonio M.	<b>14</b> David D.	<b>15</b> Jinnine N.
<b>16</b> Renee A. Kenneth R.	<b>17</b> Coral A. Rebecca B.	<b>18</b> Benji W.	
<b>19</b> Cameron H.	<b>20</b> Johnny C. Yvette D.	<b>21</b> Janet B. David E. Doug S.	<b>22</b> Jess L.
<b>23</b> Torla M. Ana H.	<b>24</b>	<b>25</b> Jennifer G.	
<b>26</b> Yarida G.	<b>27</b> Anabel R.	<b>28</b> Cesar D.	<b>29</b> Gina P. Ziumara R. Daniel P.
			<b>30</b> Rosie R.





# SAGE

Service to Achieve Growth & Empower

July 2022

Volume 15, Issue 7

# COOL NEWS

“Center of Our Lives”

## Ventura County Fair

### 2 Wellness Department

SAGE Garden Restructure

### 3 SAGE Activities

ALL NEW July Activities

### 4 Meet The SAGE Hero

Zander S. ILS Coordinator

### 5 Employee Resources

SAGE Employee Resources Flyer

### 6 SAGE Employment

SAGE ALL NEW Career Opportunities

### 7 Volunteer Spotlight

Frank S. 32 Years of Service

### 8 July Calendar

July Birthdays & Stuff

SAGE is thrilled to have the opportunity to meet our friends and family in the community again this year for the Ventura County Fair! You can sign up to attend with staff on either \$1 Dollar Day or on FREE Day! \$1 Dollar Day will be on Wednesday, August 3rd and FREE Day will be on Tuesday, August 9th. It will be important for anyone planning on attending to save any spending money they might want to have, prepare well in advance to pack a lunch, wear proper attire, bring proper sun-care like sunscreen, and fresh water to stay hydrated on a hot day at the Fairgrounds.

[\[CLICK HERE FOR SIGN UP FORM!\]](#)

*Mark your Calendar* ✓

**2022 VC Fair Dates**

**Wednesday, August 3 - Sunday, August 14**

[www.venturacountyfair.org](http://www.venturacountyfair.org)

**PURCHASE TICKETS CLICK HERE**

# WELLNESS

## DEPARTMENT

Michael W. and Gordon D. went to the Clay Studios and Gallery in Thousand Oaks to enjoy the new Little Free Library! Michael helped deliver and stock books and told us that he “Had a great time.” and “It was fun!”

Clay Studio + Gallery Inc., located at 700 Paige Lane in Thousand Oaks, specializes in teaching pottery classes for all ages. Clay Studio instructors Esther Alinejad and Ali Alinejad teach adult pottery classes, children/teen classes, and private classes.



Esther and Ali also have a Gallery space where they feature, sculptural artwork, functional ceramics, and Esther’s paintings.

They also created 12 totem sculptures with the first names of each victim from the Borderline shooting. Each sculpture is approximately 8-12 feet tall, and is the first name of each individual. On the back side of each sculpture, the history of each victim is inscribed into the clay totems. This Memorial is now complete with each of the 12 totems on display currently throughout locations in Thousand Oaks. A totem was created for each victim: Noel, Kristina, Alaina, Blake, Jake, Tel, Cody, Mark, Ron, Justin, Sean, and Dan. Their goal was to determine, and create a permanent location for this heart felt Memorial.

Open House Saturdays you can visit the studio and gallery from 10:30 to 1:00pm. See their website for more information on the gallery, studio, and little library for potential volunteer opportunities! [ClayStudioandGallery.com](http://ClayStudioandGallery.com)



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# July Wellness & Activities Now on Zoom & In Person!



## Gardening Club

Wednesdays & Thursdays  
Sign Up with Joy!  
Cornucopia Garden



## Cooking Class 2022

Tuesdays with Joy  
5:00pm-6:00pm  
SAGE Learning Kitchen



## Stress Class 2022

Thursdays with Juan  
5:00pm-6:00pm  
SAGE 2nd Floor



## Fitness Club

Saturdays with Joy  
In the community  
10:00am-11:00am



## Movie Nights 2022

Fridays with Ronnie  
In Person & Zoom  
4:00pm-6:00pm



## Social Fun Hour

Thursdays after Stress  
hosted by Rockin' Ron  
6:00pm-7:00pm

To join our SAGE Wellness Activities, please email/text SAGE Wellness Coordinator, Joy at:  
wellness@sageservices.org or (805) 218-5674.  
For questions or training on our new Zoom virtual activities, reach out to Joy!



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Located at

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Phone: (805) 320-6259



## Recovery Peer Group

### STAGES Recovery

Mondays 3:00pm-4:00pm

hosted by Deirdre & Roy



## MEET SAGE HERO from the Homegrown ILS Team Zander Sandoval - ILS Coordinator



☛ What do you like to do when you're not being awesome at SAGE?

I like to hang out with my family and friends. Also, I like to DJ!

☛ Can you tell us some of your favorite things?

Some of my favorite things include eating spaghetti, listening to techno music, working out at the gym, DJ'ing, and spending time with my family.

☛ Can you share a little about how you came to SAGE?

My neighbor told me about SAGE, which got me interested in researching the organization. I started as a Community Coach and was recently promoted to ILS Coordinator.

☛ Who are some of your heroes and why?

My mom she has always inspired me to be outgoing, never give up, and to strive for better things.

☛ If there were a zombie apocalypse, how long would you last and why?

I would last at least three days or more. I'm sure I would be able to get at them first!

☛ If you were presented with a time machine, a chance to go anywhere, meet anyone, do anything for a day, what would you choose to do?

I would love to go back and visit Bob Marley to see what kind of life he and his bandmates had together and what they did.

☛ How would your friend describe you?

They would see me as fun, crazy, and down for anything.

☛ What fictional place would you like to visit?

I would love to visit the land of Naria

☛ What is the best advice you have ever been given?

You only have today. You only have these moments. Sometimes you have to remind yourself to those things and that is how you will succeed.



# SAGE SERVICES FREE RESOURCE EVENT

## FREE!!!!

SAGE Employees &  
Participants

07/13/2022

10:00am-4:00pm

SAGE Office



**REGISTER NOW**





# SAGE SERVICES FREE RESOURCE EVENT

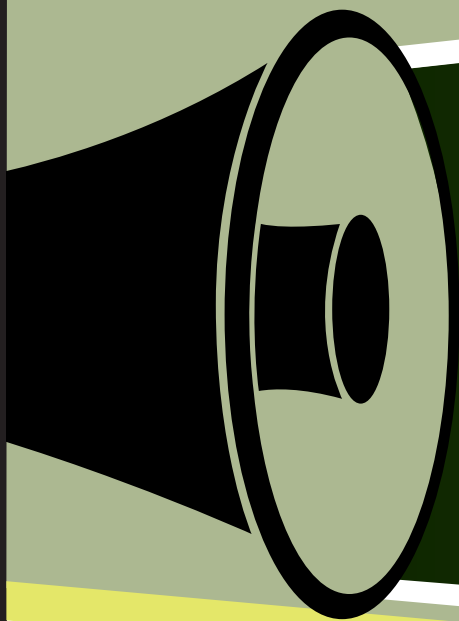
## What We Can Do Today With You!

- Find out what you can get! (*Resource Intake*)
- ACP
- ADA
- Cal-ABLE
- Cal-Fresh
- Credit Score Support
- Discount Utilities
- Housing Wait lists
- Medi-Cal Insurance
- Food Share Resources

**REGISTER NOW**







# WE'RE HIRING



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**Community. Individuality. Choices.**  
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- **ALL NEW Admin Roles**
- **ALL NEW Direct Care Roles**
- **ALL NEW Leadership Roles**

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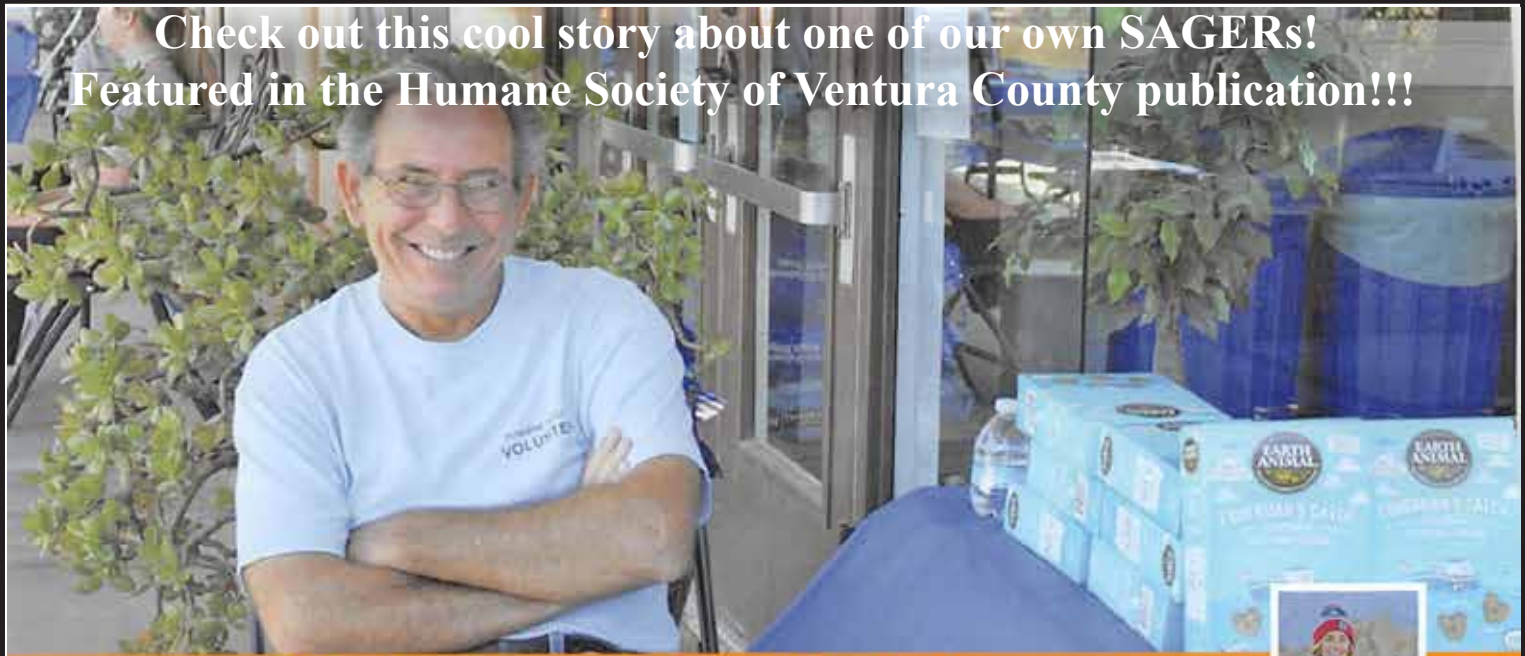
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Complete our online application NOW & set up an interview:

### • \$300 Referral Bonuses! •

**Click Here to Apply**  
or visit  
[sageservices.org/employment](https://sageservices.org/employment)

Check out this cool story about one of our own SAGERS!  
 Featured in the Humane Society of Ventura County publication!!!



## Volunteer Spotlight

Thank you, Frank Salguero, for 32 years of service!

The Humane Society of Ventura County was founded in 1932 by a group of dedicated animal lovers. Over the last 90 years, the HSVC has evolved into our 4.4-acre property to house the homeless animals of Ventura County with over 25 staff members dedicated to their care. Here at the shelter, we value all of our volunteers, especially those that have committed their time for many years. Our longest-standing volunteer, Frank Salguero, just celebrated 32 years of service to the animals of Ventura County! Frank began his journey with the HSVC in April 1990 as a Kennel Attendant and since his retirement, he has

continued volunteering at the Shelter three times a week without fail.

If you are an Ojai local, you may recognize Frank from the Athletic Club where he swims every afternoon, or perhaps from the bike path where he spends the first two hours of every morning walking. But if you are a regular here at the shelter, you will see him maintaining the grounds, helping organize donations, and cleaning our facilities. We are so grateful for Frank's commitment to our mission and our effort to provide a safe environment for abused homeless, and neglected animals.

Starting in May, we gladly began accepting general volunteers back to our compassionate care shelter! We're excited because this makes such a difference to the animals and our staff. Did you know that spending just five minutes with a shelter pet boosts their serotonin levels (happy hormones) and decreases cortisol levels (stress hormones)? Not to mention what it does for us! We hope you consider joining our growing volunteer team! If you are interested, please visit our website at [hsvc.org/volunteer](http://hsvc.org/volunteer) and fill out the interest form at the bottom of the volunteer page.

- Sarah Frazza, Volunteer Coordinator



# July Birthdays 2022

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



## Our Mission

“Our mission is to serve all people with developmental disabilities in their communities, as individuals, with services tailored to their needs, honoring choices and empowering people to enhance life quality.”

**03**  
Amy M.  
Thomas M.

**04**  
Carol C.  
Cindy M.

**05**  
Danica B.  
Dorian G.  
Ali L.  
Emilee A.

**06**  
Joseph D.

**07**  
Yesenia B.  
Maria P-F.

**08**  
Valerie W.  
Maria G.  
Rayne N.  
Richie H.  
Anthony V.

**09**  
Adriana R.  
Nicolas G.  
Mari C-F-C.  
Samuel C.  
Mike B.  
Jonathan E.

**10**  
Dominique A.  
Tina M.  
Gabriel V.  
Bobby V.  
Lyssia N.

**11**  
Jim H.

**12**  
Katie S.

**13**  
Irene M.  
Bayleigh S.

**14**  
Sarahi A-L.  
Arturo M.  
Alicia M.

**15**  
Courtney H.  
John C.

**16**  
Julissa N-R.  
Robert C.  
Chris G.  
Peter P.  
Nathaniel D.

**17**

**18**  
Brian M.  
Sarah C.  
Michael F.  
Thomas B.

**19**  
Colton L.

**20**  
Patricia G.  
Lauren B.

**21**  
Sarah A.

**22**  
Pamela A.  
Roberto O.  
Johnathan R.

**23**  
Javier M.  
Kenna M.

**24**  
Jude S.

**25**  
Ruth F.  
Jose G.

**26**  
Priscilla D.  
Kristy L.  
Cesar C.

**27**

**28**  
Cheri G.  
Eric P.

**29**  
Yvangelina M.  
Stefany V.

**30**  
Jessica K.  
Tracy T.

**31**  
Mario C.  
Dominique G.



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805-654-9814

@sageservices2006

info@sageservices.org

@sageservices.org

sageservices.org

This month SAGER, Fatima T. was our contributing editor.





# SAGE

Service to Achieve Growth & Empower

August 2022

Volume 15, Issue 8

# COOL NEWS

“Center of Our Lives”

Ventura County Fair

## 2 SAGE Funnies

Norman A. Laugh Attack

## 3 SAGE Activities

ALL NEW August Activities

## 4 SAGE Braided Service

Newsletter Contributor & Careers

## 5 SAGE Employment

SAGE ALL NEW Career Opportunities

## 6 SAGE Welcomes

Danny Alvarez Activities Director

## 7 August Calendar

August Birthdays & Stuff

Time is running out to sign up for attending the Ventura County Fair! You can sign up to attend with staff on either \$1 Dollar Day or on FREE Day! \$1 Dollar Day will be on Wednesday, August 3rd and FREE Day will be on Tuesday, August 9th. It will be important for anyone planning on attending to save any spending money they might want to have, prepare well in advance to pack a lunch, wear proper attire, bring proper sun-care like sunscreen, and fresh water to stay hydrated on a hot day at the Fairgrounds.

[\[CLICK HERE FOR SIGN UP FORM!\]](#)

*Mark your Calendar* ✓  
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**Wednesday, August 3 - Sunday, August 14**  
[www.venturacountyfair.org](http://www.venturacountyfair.org)

# SAGER Funnies by Norman A.



This is a story about Forrest Gump. Forrest passes away and goes to heaven, of course he would, he's an incredible guy. Forrest meets one of God's buddies, Peter at the pearly gates and Peter says, "Forrest, you have to answer three questions correctly

in order to get into heaven and pass these pearly gates. Forrest, agrees. Peter asks him, "Forrest, first question is what two days of the week begin with the letter T? Second question is, how many seconds are there in a year? And, the last question is what is God's first name? Now, go sit on a bench and think hard before you answer.

Forrest goes and sits on a bench, contemplates for some time, eats some chocolates, talks to people that stop to sit, offers them chocolate, and finally he goes back up to the pearly gates to give Peter his answers. Peter smiles at Forrest and asks, "Forrest, do you have your answers to the three questions?" Forrest nods and smiles and replies, "Well, life is like a box of chocolates, so it would only make sense that the two days of the week that begin with the letter T are today and tomorrow. The second question about how many seconds are in a year is pretty clear, that would be 12. And, the last question would be that God's first two names are Andy and Howard!"

Peter looks confused and says "Well, I'll buy the today and tomorrow. But Forrest, how did you arrive at the other two answers?" Forrest excitedly replies, "Oh that's easy, because January 2nd, February 2nd, March 2nd, and so on. And, from the song...Andy walks with me, Andy talks with me, Andy tells me I am his own, And then from the prayer...Our Father, who are in Heaven, Howard be thy name..."

Peter, let Forrest in without another word.



by Norman A. - SAGE SLS



# August Wellness & Activities Now on Zoom & In Person!



## Gardening Club

Wednesdays & Thursdays  
Sign Up with Joy!  
Cornucopia Garden



## Cooking Class 2022

Tuesdays with Joy  
5:00pm-6:00pm  
SAGE Learning Kitchen



## Stress Class 2022

Thursdays with Juan  
5:00pm-6:00pm  
SAGE 2nd Floor



## Fitness Club

Saturdays with Joy  
In the community  
10:00am-11:00am



## Photo Talent Club

Wednesdays with Ronnie  
Zoom  
6:00pm-7:00pm



## Social Fun Hour

Thursdays after Stress  
hosted by Rockin' Ron  
6:00pm-7:00pm

To join our SAGE Wellness Activities, please email/text SAGE Activities Director, Danny at: [activities@sageservices.org](mailto:activities@sageservices.org) or (805) 218-1773.  
For questions or training on our new Zoom virtual activities, reach out to Joy!



SAGE is proud to welcome our new recovery group!

1317 Del Norte Road, Suite 200  
Camarillo, CA 93010  
Phone: (805) 755-8302

**SAGE/SBS Peer to Peer Group**  
Every Monday 3:00pm-4:00pm

**SAGE/SBS Individual Personalize Counseling Available as Needed**  
Call to Schedule NOW!



# SAGE BRAIDED SERVICES



## WE ARE HIRING

### JOIN OUR TEAM

**Empowerment. Growth. Creativity.  
Community. Individuality. Choice.  
Self-Determination.**

- WEEKDAY DAY PROGRAM POSITIONS
- NEW ADMIN ROLES
- NEW DIRECT CARE POSITIONS
- NEW LEADERSHIP CAREERS
- CONEJO VALLEY AREA INCENTIVES
- **Flex Schedules**
- **No Experience Required**
- **Meaningful Opportunities**
- **Benefits & Advancement**
- **Diversity Celebrated!!**

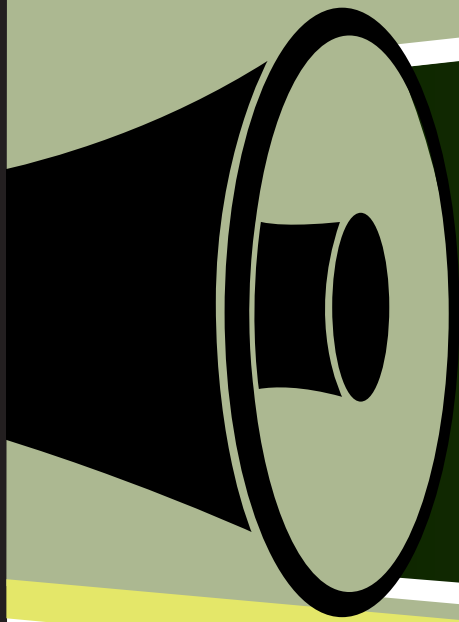
**Apply NOW!**

[www.sageservices.org/employment](http://www.sageservices.org/employment)

[apply@sageservices.org](mailto:apply@sageservices.org)

(805) 701-9802





# WE'RE HIRING



**Empowerment. Growth. Creativity.**  
**Community. Individuality. Choices.**  
**Self-Determination.**

## Employment Opportunities

- ALL NEW Conejo Coach Cash
- ALL NEW Admin Roles
- ALL NEW Direct Care Roles
- ALL NEW Leadership Roles

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Complete our online application NOW & set up an interview:

**\$300 to \$800**

**Referral & Sign On CASH**

**Click Here to Apply**

or visit  
[sageservices.org/employment](https://sageservices.org/employment)



# SAGER Danny Alvarez

## SAGE Community Coach Accepts New Position As SAGE Activity Director!!!!



SAGE is excited to build our whole new Activity Department with an experienced and loyal member of the team, Danny Alvarez.

Danny has been in the field since 2006, as a job developer, program director, case manager, and brings a diverse background to the SAGE team. We are looking forward to new developments in our activity department and will keep you posted on all new developments.

Please be sure to stop by and say hello to Danny in his office on the first floor!

Talk to Danny at (805) 218-1773  
or [Activities@sageservices.org](mailto:Activities@sageservices.org)



# August Birthdays 2022

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



## Our Mission

“Our mission is to serve all people with developmental disabilities in their communities, as individuals, with services tailored to their needs, honoring choices and empowering people to enhance life quality.”

<b>01</b> Casey P. Veronica C.	<b>02</b> Marilyn P. Michael K. Veronica C. Daniela G.	<b>03</b> Erica V. Christina G. Jesus H.	<b>04</b> Alicia P. Deborah M.	<b>05</b> Sahjid A. Jamison B.	<b>06</b> Nikolay S. Rebecca N.	<b>07</b> Evan A. Andrea M. Jennifer P. Kerry H.
<b>08</b>	<b>09</b> Philip A. Marie B. Veronica G. Sayda A..	<b>10</b> Ashley H. Christine S. Dana T.	<b>11</b> Kayla S.	<b>12</b> Isaac V.	<b>13</b> Ryan C. Stefany G. Esthela O.	<b>14</b> Cody T. Luis C. Eddie R.
<b>15</b> Janet E. Karina G.	<b>16</b> Max B. Darrin M. Camile A.	<b>17</b> Wagner V.	<b>18</b> Seime G.	<b>19</b> Jason M. Bruce S. Matthew T. Irene V.	<b>20</b>	<b>21</b>
<b>22</b> Christina B. Craig R.	<b>23</b> Adrian R.	<b>24</b> Matt F. Leonard C. Joshua F. James L. Maverck R.	<b>25</b> Christopher L. Patricia M. Jessica K.	<b>26</b> Kelan V. Dale B.	<b>27</b> Esmeralda G. Angel G. Dylan C.	<b>28</b> Joni P.
<b>29</b> Alex L.	<b>30</b> Chris B. Rosa L. Alejandro G.	<b>31</b> Geraldo H. Jonah M. Thomas A..				

@sageservices     
 805-654-9814  
 @sageservices2006     
 info@sageservices.org  
 @sageservices.org     
 sageservices.org



# SAGE

Service to Achieve Growth & Empower

September 2022

Volume 15, Issue 9

# COOL NEWS

## Ventura County Fair ~ Looking Back

### 2 SAGER Adventures

Mike T. & Monica G. Explore California Together

### 3 SAGE Activities

ALL NEW Activities Coming Your Way!

### 4 SAGE Summer Hero

Luis G. Shares How He Got His Citizenship

### 5 SBS & Cool Resources

Thomas and Max enjoy fun in the sun!!

### 6 SAGE Careers

SAGE ALL NEW Career Opportunities

### Activity

### 7 Sign-Up Form

Now available online and printed - Due by the 16th!

### Activity &

### 8 Resource Day

Learn how to sign up and get involved!

### 9 September Calendar

September Birthdays

The Ventura County Fair offered many fun activities, delicious food, fun rides, great artwork and awesome concerts!!! SAGERS had the opportunity to pet animals at the petting area and check out the pig races. The concerts were a blast and the free shuttle rides made it easy to attend!!

[\[Click Here for Activities Sign Up Form\]](#)





# SAGER Adventures w/ Mike & Monica



Mike and Monica had the opportunity to visit the historical gold rush mining camp, now named Angels Camp. Home of



the famous Frog Jump Races in Northern California. They checked out the little shops, went to the jumping frog jubilee, the Mining and Ranching Museum, they panned for fool's gold, went swimming and and took a jacuzzi in the evening.

The famous writer Mark Twain based his short story "The Celebrated Jumping Frog of Calaveras County" on a story he claimed to have heard at the Angels Hotel in 1865 in the city of Angel's Camp.

The event is commemorated with a Jumping Frog Jubilee each May at the Calaveras County Fairgrounds, just East of the city. Because of this, Angels Camp is sometimes referred to as "Frogtown."



The City of Angel's Camp California Historical Landmark #287.



# September Wellness & Activities Now on Zoom & In Person!



### Activity Sign Ups

Thursday, September 8th  
1:00pm-6:00pm  
Learn How to Sign Up



### Cooking Class 2022

Tuesdays w/SAGE Host  
5:00pm-6:00pm  
SAGE Learning Kitchen



### Peer Group

Thursdays with Juan  
5:00pm-6:00pm  
SAGE 2nd Floor



### Stretch Your Health

Saturdays  
In the community  
10:00am-12:00pm



### Photo Talent Club

Wednesdays with Ronnie  
Zoom  
6:00pm-7:00pm



### Social Hour

Thursdays after Stress  
hosted by Rockin' Ron  
6:00pm-7:00pm

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## MEET SAGE HERO

# Luis G. Citizenship



👉 How does it feel to have your US Citizenship?

It feels good because I can now travel!

👉 Can you tell us what some of the challenges you had to overcome were?

The questions at the interview and the idea of being deported were very scary.

👉 Can you share a little about how you came to SAGE?

Tri-counties regional center referred me and came to my house and asked me if I wanted to make new friends. Then they got me a personal staff.

👉 Who are some of your heroes and why?

I don't have any personal heroes but there are people that I admire.

👉 What are some things that you are looking forward to as a US Citizen?

To getting more help and being able to travel.

👉 Where did you receive your citizenship?

I went to Los Angeles.

👉 How long did it take to apply and receive your citizenship?

It took about a month from when I applied.

👉 How did you learn about SAGE's resource department?

My mom took me to the office and Gonzalo helped me.





# SAGE BRAIDED SERVICES

After having lunch at Nancy Bush Park, Thomas satisfies his love for a good time by swinging with his friend Max and listening to the sounds of Selena Gomez.

SBS loves sharing our moments together in the community with good friends and invites you to follow their recipe for a good time by enjoying sunshine, friends, & music!



# COOL RESOURCES

Recipients of Government Funded Programs like Cal Fresh, Section 8 Housing, Medi Cal, WIC, EBT, and/or Social Security Income qualify to receive a FREE Sky Tablet!!!!

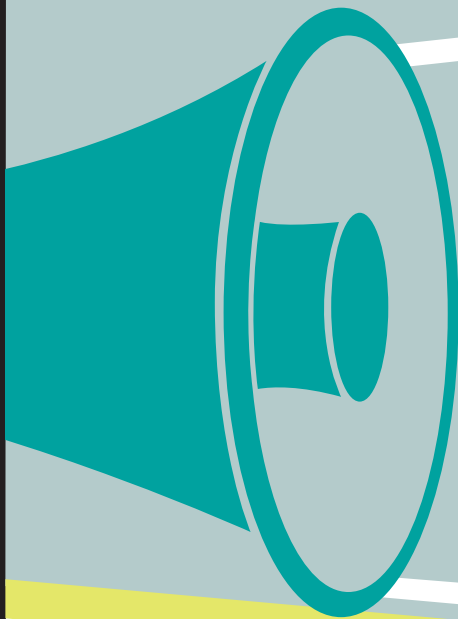
There is an \$11.00 co-pay up front to have it shipped/delivered to you. Once received, the tablet will provide FREE WiFi (When it is being used consistently. If you do not use the WiFi for over 1 month, it will be turned off.)

Each tablet is a T-Mobile Sky Tablet that has 4G and 25 gigs of space on it.

If you are interested in receiving one, simply have proof of your benefits and call or email David Valdez at (805) 212-1179 | [davidvaladez92@gmail.com](mailto:davidvaladez92@gmail.com)







# WE'RE HIRING



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**Community. Individuality. Choices.**  
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- ALL NEW Conejo Positions
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**\$300 - \$800**

**Referral & Sign On CASH**

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or visit  
[sageservices.org/employment](https://sageservices.org/employment)

## SAGE Services Activity Sign Up Form ~ October 2022

Day of the Week	Activity or Course	Times	Locations & Links	Dates (Host/Co-Host)	Attend In Person	Attend Virtually
Monday	Game Night	5:00pm-6:00pm	<a href="https://bit.ly/SAGEGames2022">https://bit.ly/SAGEGames2022</a>	10/03/22 10/10/22 10/17/22 10/24/22 10/31/22	Not Available	Classes Cancelled This Month
Wednesday	Cooking Class	5:00pm-6:00pm	SAGE Learning Kitchen OR <a href="https://bit.ly/SAGECooking2022">https://bit.ly/SAGECooking2022</a>	10/05/22 10/12/22 10/19/22 10/26/22	10/05/22 10/12/22 10/19/22 10/26/22	
Wednesday	Photo Talent Club	5:00pm-6:00pm	<a href="https://bit.ly/SAGEPhotos2022">https://bit.ly/SAGEPhotos2022</a>	10/05/22 10/12/22 10/19/22 10/26/22	Not Available	
Thursday	SAGE Peer Group	5:00pm-6:00pm	SAGE Learning Academy Training Room OR <a href="https://bit.ly/SAGEPeer2022">https://bit.ly/SAGEPeer2022</a>	10/06/22 10/13/22 10/20/22 10/27/22	10/06/22 10/13/22 10/20/22 10/27/22	
Thursday	SAGE Social Hour	6:00pm-7:00pm	SAGE Learning Academy Training Room	10/06/22 10/13/22 10/20/22 10/27/22	10/06/22 10/13/22 10/20/22 10/27/22	Not Available
Friday	SAGE Movie Night	5:00pm-7:30pm	SAGE Learning Academy Training Room OR <a href="https://bit.ly/SAGEMovies2022">https://bit.ly/SAGEMovies2022</a>	10/07/22 10/14/22 10/21/22 10/28/22	10/07/22 10/14/22 10/21/22 10/28/22	
Saturday	SAGE Fitness Club	10:00am-12:00pm	Community Meet Up Announced Week Of	10/01/22 10/08/22 10/22/22 10/29/22	10/01/22 10/08/22 10/22/22 10/29/22	Not Available
<b>Special Events – Costs &amp; Must Be Paid for by September 15th</b>						
Ghoulsh Goblin Mini Golf	Golf N Stuff	5:00pm-8:00pm	5555 Walker Street, Ventura	\$19.00 per person	Saturday 10/15/22	Payment Due by 09/16/22
Haunted House Dance Party	SAGE Spooky Shipwreck Halls	7:00pm-9:00pm	1305 Del Norte Road, Camarillo	\$5.00 per person	Thursday 10/27/22	Payment Due by 09/16/22

# SAGE ACTIVITY AND RESOURCES LEARNING DAY

- LEARN HOW TO GET INVOLVED IN SAGE ACTIVITIES
- LEARN ABOUT NEW UPCOMING SAGE ACTIVITIES
- LEARN ABOUT HOW TO GET A FREE PHONE
- LEARN ABOUT HOW TO GET A FREE TABLET



SO  
MUCH  
FUN



\*Note: If you are interested in learning about a FREE phone or tablet, bring ID, & proof of receiving Government Assistance

**WHEN: THURSDAY,  
SEPTEMBER 8TH**

**TIME: 1:00PM-6:00PM**

**WHERE: SAGE OFFICE**

**1ST FLOOR TRAINING ROOM**





# September Birthdays 2022

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



## Our Mission

“Our mission is to serve all people with developmental disabilities in their communities, as individuals, with services tailored to their needs, honoring choices and empowering people to enhance life quality.”

@sageservices

805-654-9814

@sageservices2006

info@sageservices.org

@sageservices.org

sageservices.org

**01**  
Jenny M.  
Patti M.

**02**  
Susanna A.  
Ryan R.

**03**  
Regina S.

**04**  
Rosa B.  
Erika M.  
Susana F.  
Flavio V.

**05**  
Kyle P.  
Brooke L.

**06**  
Andrea T.  
Cassandra L.  
Alyssa S.  
Kristine L.

**07**  
Antoinette R.  
Christian S.

**08**  
Susan D.  
Ramone D.  
Jeanette G.  
Robert C.

**09**  
Alejandra R.

**10**  
Jacob G.

**11**  
Jessica L.  
Norman A.  
Dillon L.  
Rhonda S.

**12**  
Guadalupe E.

**13**

**14**  
Mike G.  
Kaylee S.  
Tad E.  
Kristi K.

**15**  
Michelle J.

**16**  
Jose G.  
Caleb J.

**17**  
Hyrum S.  
Ruby A.  
Joshua F..

**18**  
Keith G.  
Frank S.  
Ana J..

**19**  
Noemi M.  
Andrew M.

**20**

**21**  
Samantha L.  
Juan G.  
Jaelyn B.  
Christian C.  
Desney H.

**22**  
Augustus W.

**23**

**24**  
Louis S.  
Michelle G.  
Tariq M.

**25**  
Shaun P.  
Christopher C.  
Mark C.  
Jose V.

**26**

**27**  
Fernando M.

**28**  
Daniel A.  
Rosa G.  
Alex G.

**29**  
Jennifer D.  
Skylla H.

**30**  
Xavier B.  
Valerie V.



# SAGE

Service to Achieve Growth & Empower

October 2022

Volume 15, Issue 10

## COOL NEWS

### 2 Amazon Smile

Join SAGE in adding Amazon Smile to your Amazon account

### 3 SAGE Activities

Boo! So many things to do!

### 4 SAGE Hero of the Month

Jazmin P. Shares Her New Role in Independence!

### 5 SAGE Wellness Hero

David E.'s Wellness Journey

### 6 SAGE Halloween Dance Party

Ghouls & Goblins Costume Dance Party

### 7 Halloween Bash & Trunk or Treat

Trick or treat with friends

### 8 Activity

### Sign-Up Form

Now available online and printed - Due by the 16th!

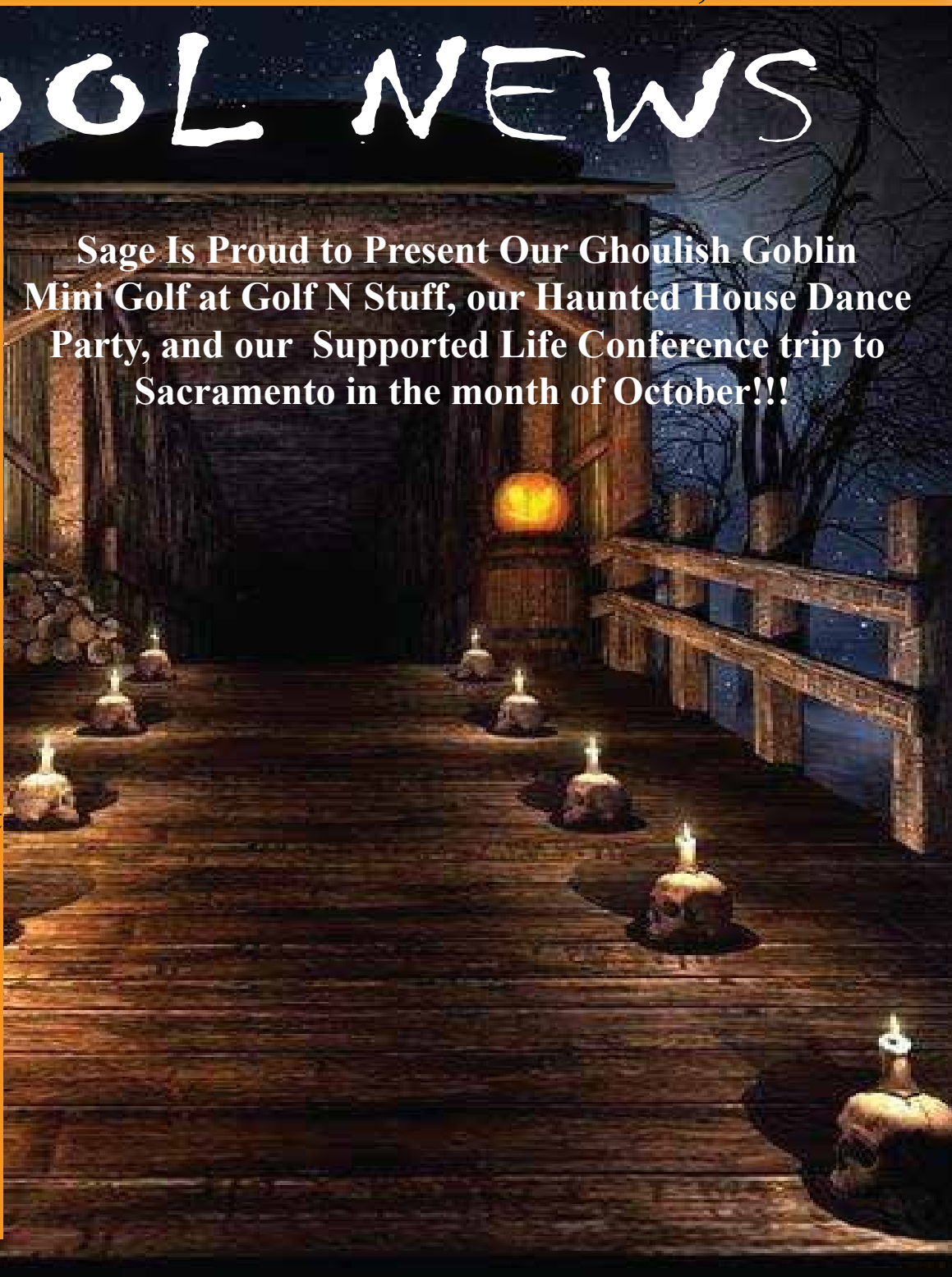
### 9 Cool Careers

New Leadership Careers

### 10 October Birthday Calendar

Celebrate our Libra and Scorpio friends in October

Sage Is Proud to Present Our Ghoulish Goblin Mini Golf at Golf N Stuff, our Haunted House Dance Party, and our Supported Life Conference trip to Sacramento in the month of October!!!





# Help The Santa Effect Give More to Our Community & Friends

Do you have an Amazon account?

That's all you need! Your everyday purchases automatically add a donation!!!! Yay, thanks!

Simply go to:  
[smile.amazon.com](https://smile.amazon.com)

and choose your charitable organization:  
**Santa Effect**



**Your current charity**

Change charity

**Santa Effect**  
Location: Ventura, CA



Support your favorite charity at no extra cost when you shop at [smile.amazon.com](https://smile.amazon.com).

**GIVE THROUGH**  
**amazon smile**

Or just click to donate directly to The Santa Effect

**DONATE**



SAGE Services is a proud sponsor of The Santa Effect



# October Wellness & Activities Now on Zoom & In Person!



**Thanksgiving Fun**

Thursday,  
November 24th  
11:00am-2:00pm  
FREE!!! to attend



**Mini Golf Goblins**

Saturday, Oct 15th  
5:00pm-9:00pm  
\$19.00 per person  
Includes pizza!



**Peer Group**

Thursdays with Juan  
5:00pm-6:00pm  
SAGE 2nd Floor



**Fitness Club**

Saturdays  
Community Meet-Up  
10:00am-12:00pm



**Halloween Dance Party**

Thursday FREE!!!  
October 27th  
7:00pm-9:00pm

November Sign Up Form



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Camarillo, CA 93010  
Phone: (805) 755-8302



## MEET SAGE HERO

Jazmin P.



What made you decide to get married and live independently??  
 As soon as my husband asked me I did not hesitate to say yes.

What were some of the challenges in situating your living situation?  
 After we received our voucher, we had to look for a place and Gonzalo, and my mom helped us..

How does it feel to live independently?  
 Before I moved into my own place, I was ok but after I moved in, I became very nervous but as time has moved on, I realized that we can do it and so far it has been going good for us.

How long was the planning process to move out and into your new home?  
 We applied for the Section 8 voucher in 2016 and we recently got in February of this year.

When were you able to move into your place???  
 I was able to move into our new place in May of this year.

What are some things that you are looking forward to in the future???  
 I'm looking forward to bulding our family and building our home from the ground up.

How did you find out about SAGE services??  
 My mom was the one that told me about it.

SLS Resources



ILS Resources



A graphic with a light pink background and red flowers. It contains the text: "SAGE Resources can help you apply for Section 8 housing!". Below the text is a red button with "CLICK HERE" and a right-pointing arrow. To the right is the SAGE logo, which features a tree and the text "SAGE" above it and "SAFE • ACHIEVE • GROW • SERVE" around the bottom.

## MEET SAGE WELLNESS HERO ~

David E.

David several people mentioned that you have lost alot of weight...

Yes I have. I feel alot better.

What motivated you to start losing weight?

I went to several clinics who told me that I was Diabetic and became fearful as I know that it can be very dangerous. They told me that in some cases they have had to cut off limbs.

How much weight did you lose?

I used to weigh 280 pounds and now I weigh 200 pounds. My pant size was 42 and now I use 32.

Are you still Diabetic?

No I am no longer Diabetic.

What made the biggest difference in your weight loss?

I now eat smaller portions and my staff would take me for walks. I changed the way I eat. I used to drink alot of soda but now I walk and run and stay active.

What advice do you have for others that are looking into losing weight ?

Don't give up because anyone can do it.





## GHOULS & GOBLINS HAUNTED HOUSE DANCE PARTY Thursday, Oct 27th

At The Temple Grandin Training Room

7:00pm-9:00pm

Boo, SAGERs!

Come get the spooks at our haunted house and at the end of your creepy adventure, dance the spiders off at our creepy Ghouls and Goblins costume dance party!

**FREE to Attend!!**  
**DJ Music**  
**Food & Drinks**  
**Costume Contest**  
**Prizes and more!**





INTEGRATION WORKS, INC.  
OCTOBER 19, 2022

# HALLOWEEN BASH

MUSIC, DANCE, GAMES, COSTUME CONTEST

*\$3.00 PRE-SALE  
BY OCT 10!*

DOOR OPEN AT  
**4:30PM**

**LIVE DJ  
PERFORMANCE**

**\$5.00  
ENTRY**

Oxnard Performing Arts Center, 800 Hobson Way - RSVP Text 805-978-8331



**Join**

# INDUSTRY HORROR

**for our annual Inclusive Trunk-or-Treat**

Sunday October 23rd  
12pm-3pm  
FREE EVENT  
O'Learys Tavern  
Parking lot  
6555 Telephone Road  
Ventura, Ca 93003

*Free Facepainting  
Free Bounce  
Houses  
Shop local vendors  
Costume Contest  
at 2pm*

**Brought to you by an Autism employment  
based company**

Enter your car  
for Trunk-or-Treat  
\$5 and have candy or non food items  
email Jenna White or call/text

Vendors wanted please contact  
Jenna White @  
805-830-3147 or  
missionofamomma@gmail.com



# Activity Sign-Up Form November

**Sign up for November activities by October 15th**  
**Complete either online form or printed -**  
**Just submit one form.**

**Use the QR code here with your camera to sign up!**  
**Thanks!**



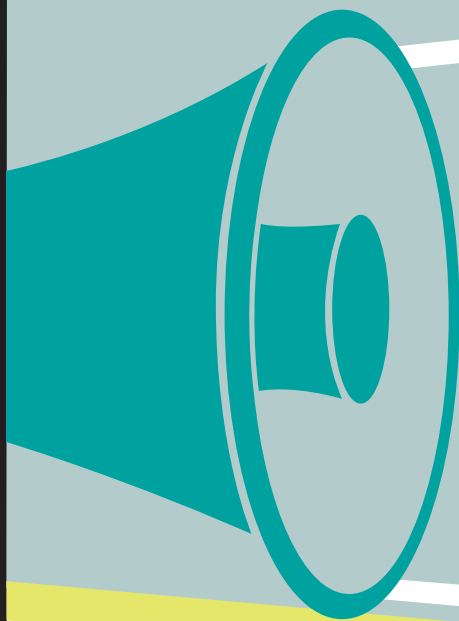
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Wednesday	Cooking Class	3:00pm-6:00pm	SAGE Learning Kitchen OR <a href="https://bit.ly/SAGECooking2022">https://bit.ly/SAGECooking2022</a>	11/02/22 11/09/22 11/16/22 11/23/22 11/30/22	11/02/22 11/09/22 11/16/22 11/23/22 11/30/22	
Wednesday	Photo Talent Club	5:00pm-6:00pm	<a href="https://bit.ly/SAGEPhotos2022">https://bit.ly/SAGEPhotos2022</a>	11/02/22 11/09/22 11/16/22 11/23/22 11/30/22	Not Available	
Thursday	SAGE Peer Group	5:00pm-6:00pm	SAGE Learning Academy Training Room OR <a href="https://bit.ly/SAGEPeer2022">https://bit.ly/SAGEPeer2022</a>	11/03/22 11/10/22 11/17/22 11/24/22	11/03/22 11/10/22 11/17/22 11/24/22	
Thursday	SAGE Social Hour	6:00pm-7:00pm	SAGE Learning Academy Training Room	11/03/22 11/10/22 11/17/22	11/03/22 11/10/22 11/17/22	Not Available
Friday	SAGE Movie Night	5:00pm-7:30pm	SAGE Learning Academy Training Room OR <a href="https://bit.ly/SAGEMovies2022">https://bit.ly/SAGEMovies2022</a>	11/04/22 11/11/22 11/18/22	11/04/22 11/11/22 11/18/22	
Saturday	SAGE Fitness Club	10:00am-12:00pm	Community Meet Up Announced Week Of	11/05/22 11/12/22 11/19/22 11/26/22	11/05/22 11/12/22 11/19/22 11/26/22	Not Available

**Special Events – SAGE is making our November activities FREE to attend! Sign up now!!!!**

Sugar Skull Crafting	SAGE Día de Muertos	4:00pm-6:00pm	1305 Del Norte Road, Camarillo Temple Grandin Training Room	FREE per person	11/02/22	Payment Due by 10/15/22
Giving Thanks Meal	SAGE & TSE Meal Program	11:00am-2:00pm	1305 Del Norte Road, Camarillo	FREE per person	11/24/22	Payment Due by 10/15/22





# WE'RE HIRING



**Empowerment. Growth. Creativity.**  
**Community. Individuality. Choices.**  
**Self-Determination.**

## Employment Opportunities

- **ALL NEW Conejo Positions**
- **ALL NEW Admin Roles**
- **ALL NEW Direct Care Roles**
- **ALL NEW Leadership Roles**

### • What is SAGE? •

SAGE Services is an organization throughout Ventura County, who provides Independent Living, Supported Living, Respite, Braided Day Services, and ABA Services.

We offer full-time and part-time employment, flexible schedules, health packages, and paid time off. We are excited to hear from you!

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Ready to make a positive impact, gain new experiences, and provide the highest quality of supports?  
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**\$500 Employee Referral &  
 New Employee Sign-On  
 Incentive**

Click Here to Apply  
 or visit  
[sageservices.org/employment](https://sageservices.org/employment)

# October Birthdays 2022

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



## Our Mission

“Our mission is to serve all people with developmental disabilities in their communities, as individuals, with services tailored to their needs, honoring choices and empowering people to enhance life quality.”

01  
Yesenia J.

02  
Jazmyn L.

03  
Chad B.  
Guillermo G.  
Lilam G.

04  
Rosita B.  
Isabel E.  
Silvia A.  
Miguel A.

05  
Steven N.

06  
Carrie S.

07  
Teresa C.  
Jose A.

08

09  
Laura R.

10  
Mark B.  
Malinda S.  
Rafael T.  
Jesse V.  
Jose L. C.

11  
Lee P.  
Gregory C.

12  
Antonio T.

13  
Livi W.  
Sandra Q.

14

15

16  
Delia D.  
Jeri B.

17  
Jessica D.

18

19  
Hunter M.

20  
Andrew G.  
Olivia G.

21  
Matthew S.  
Hubence A.

22  
Max V.  
Tanya R.  
Alexis B.  
Erin W.

23  
Joyce K.

24  
Jordan N.

25  
Evangalina S.  
Warren C.

26

27  
Alan R.

28  
John B.

29  
George A.  
Diane E.

30  
Ryan W.  
Cody A.  
Jerri T.

31  
Michael W.  
Melenie S.

@sageservices

805-654-9814

@sageservices2006

info@sageservices.org

@sageservices.org

sageservices.org



# SAGE

Service to Achieve Growth & Empower

November 2022

Volume 15, Issue 11

# COOL NEWS

Enhancing and Supporting the Lives of Our Community!!!!

## 2 Supported Life Conference

Learn about what the Conference Is all about

## 3 SAGE Activities

Exciting New Activities!

## 4 SAGE Hero of the Month

Meet Long Time SAGER Paul Santiago!

## 5 SAGE Wellness Hero

Fatima T. Making It Happen!!

## 6 Bowling Party

Bowling Party at Buena Lanes

## 7 Activity Sign-Up Sheet

Sign Up for Your Favorite Activities

## 8 Cool Careers

Join SAGE or Refer a Friend!!

## 9 November Birthday Calendar



*Haunted Halloween Party*



*Ghoulish Goblin Mini Golf*



*Supported Life Conference in Sacramento*

Click Here to Sign Up For Activities

[CLICK HERE](#)



## SAGER's Participate in the Supported Life Conference in Sacramento!!!!



SAGER's represented Ventura County in the two day Supported Life Conference in Sacramento California in the month of October. The event took place at the Doubletree Hotel with participants from all over California in attendance. With guest speakers such as Nancy Bargmann who is the Director of the Department of Developmental Services and Andy Imperato the Executive Director of Disability Rights California, the conference proved to be a valuable learning experience for all who attended.

The event was broken down into four groups throughout the day where various speakers discussed topics such as Deepening Inclusion, Transitioning for Employment from School and Building Community Partnerships. The attendees were able to select the sessions of their choice and sign language interpreters were made available for staff and participants.

SAGER's departed from our offices and were transported via shuttle bus to Santa Barbara municipal airport. The plane landed in Sacramento in about an hour's time. From there, a shuttle transported the group of 11 staff and persons served to the Doubletree Hotel where the event was held. Funding for the event was provided by Tri-Counties Regional Center and the purpose behind the event was to enhance the lives of participants and community partners through inclusion, accessibility, community integration and inter-agency collaboration. All in all, the event was meaningful and a lot of fun!!!



# November Wellness & Activities Now on Zoom & In Person!



Thanksgiving Brunch

Thursday,  
November 24th  
11:00am-2:00pm  
FREE!!! to attend



Sugar Skull Event

Wednesday Nov 2nd  
4:00pm-6:00pm  
\$5.00 per person



Holiday Fun Day

Saturday Dec 24th  
11:00am-12:00pm  
Movies & Games



Winter Wonderland

Coming January 13th  
5:00pm-8:00pm  
FREE to attend!!



Bowling Party

Saturday Dec 12th  
5:00pm - 7:00pm  
Snacks and drinks!!

December Sign Up Form



To join our SAGE Wellness Activities, please email/text SAGE Activities Director, Danny at: [activities@sageservices.org](mailto:activities@sageservices.org) or (805) 218-1773 or questions or training on our new Zoom virtual activities, reach out to Danny!



**SAGE/SBS Peer to Peer Group**  
Every Monday 3:00pm-4:00pm

**STAGES offer remote supports outside of group times.**  
**Call to Schedule Remote Supports NOW!**

1317 Del Norte Road, Suite 200  
Camarillo, CA 93010  
Phone: (805) 755-8302





# MEET SAGE HERO

## Paul Santiago



Paul I hear that you have been at SAGE for quite some time.

Yes, I've been with the company from the very beginning...since 2006.

What is your current role in the company?

I pretty much have taken on a lead staff position which means that I am in charge of upkeep with the medications, going to quarterlies and ensuring notes are being done properly among other tasks.

I hear that you have been very supportive of the participants that you currently work with.

I try to be as flexible as I can be when it comes to scheduling. I feel like the people that I support are like family to me.

What challenges have presented themselves that you have been able to overcome?

A few months ago there was a circumstance where the individual required much more care than usual which included hospitalization. It was a challenging time for everyone and even some managers came to support to help cover some shifts.

What keeps you going or what drives you to provide the level of support that you provide?

Being with my individuals for so long and seeing what they're going through and also they become like a second family.

What recommendations would you have for new staff which are just starting off?

This job is definitely not repetitive and everyday is different. This job requires that we have empathy for others and that we care about the people we serve.



## MEET SAGE WELLNESS HERO ~

Fatima T.

- ☞ Fatima you are a staff member as well as a participant for SAGE is that correct?

Yes I work for the Activities Department.

- ☞ What made you decide to become a staff member?

Because I want to make a difference and try new activities with participants.

- ☞ How long have you been a staff member with SAGE?

I started in the Activities program in April so it's been about 6 months.

- ☞ How many different participants have you supported?

I have worked with about 10 different participants.

- ☞ What would you say to participants that have never signed up for activities or that don't know about your program?

I would encourage them to sign up because you can have fun, try new things and meet new people. I'm looking forward to the upcoming events in the future and being a part of that.

- ☞ Where do you foresee yourself in the future ?

I see myself helping others, and supporting them in their goals. I would like to help others in learning Spanish, taking trips, and other fun things.



A close-up photograph of several bowling balls in various colors (green, red, orange) and bowling pins, arranged in a way that suggests a bowling lane. The lighting is warm and focused on the balls.

*Bowling  
Party*

**Buena Lanes**

**Saturday December 10, 2022**

**5pm - 7 pm**

1788 MESA VERDE AVENUE VENTURA CALIFORNIA 93003

*RSVP by  
November  
15th*



# Activity Sign-Up Form December

7



**Sign up for December activities by November 15th**  
**Complete either online form or printed -**

**Just submit one form.**

**Use the QR code here with your camera to sign up!**

**Thanks!**

## SAGE Services Activity Sign Up Form ~ December 2022

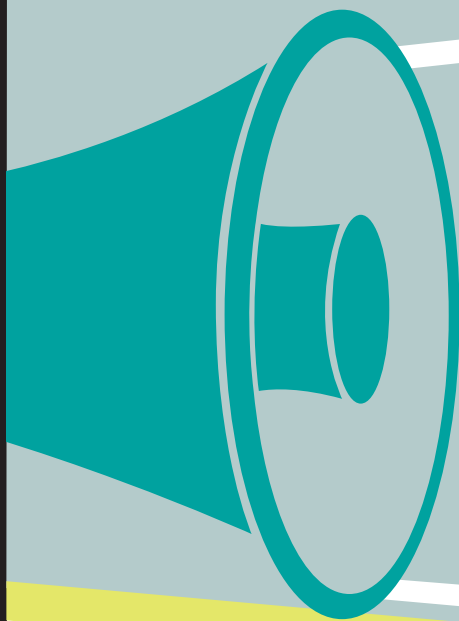
Day of the Week	Activity or Course	Times	Locations & Links	Dates (Host/Co-Host)	Attend In Person	Attend Virtually
Monday	Game Night	5:00pm-6:00pm	<a href="https://bit.ly/SAGEGames2022">https://bit.ly/SAGEGames2022</a>	12/05/22 12/12/22 12/19/22 12/26/22	Not Available	
Wednesday	Cooking Class	3:00pm-6:00pm	SAGE Learning Kitchen OR <a href="https://bit.ly/SAGECooking2022">https://bit.ly/SAGECooking2022</a>	12/07/22 12/14/22 12/21/22 12/28/22	12/07/22 12/14/22 12/21/22 12/28/22	
Thursday	SAGE Peer Group	5:00pm-6:00pm	SAGE Learning Academy Training Room OR <a href="https://bit.ly/SAGEPeer2022">https://bit.ly/SAGEPeer2022</a>	12/08/22 12/15/22 12/22/22 12/29/22	12/08/22 12/15/22 12/22/22 12/29/22	
Thursday	SAGE Social Hour	6:00pm-7:00pm	SAGE Learning Academy Training Room	12/08/22 12/15/22 12/22/22 12/29/22	12/08/22 12/15/22 12/22/22 12/29/22	Not Available
Friday	SAGE Movie Night	5:00pm-7:30pm	SAGE Learning Academy Training Room OR <a href="https://bit.ly/SAGEMovies2022">https://bit.ly/SAGEMovies2022</a>	12/09/22 12/16/22 12/23/22 12/29/22	12/09/22 12/16/22 12/23/22 12/29/22	
Saturday	SAGE Fitness Club	10:00am-12:00pm	Community Meet Up Announced Week Of	12/03/22 12/10/22 12/17/22	12/03/22 12/10/22 12/17/22	Not Available

**Special Events – SAGE is making our November activities FREE to attend! Sign up now!!!!**

Bowling Party	Buena Lanes	5:00pm-7:00pm	1788 Mesa Verde Ave, Ventura, CA 93003	\$14.00 per person	12/10/22	Payment Due by 11/15/22
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[Bit.ly/3yGI7i1\\_SAGE\\_DecemberSignup](https://bit.ly/3yGI7i1_SAGE_DecemberSignup)





# WE'RE HIRING



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**Community. Individuality. Choices.**  
**Self-Determination.**

## Employment Opportunities

- SLS Supervisor Positions
- ILS Coordinator Opportunities
- Weekend Warrior Roles
- Community Coaches & more...

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**\$500 Employee Referral &  
New Employee Sign-On  
Incentive**

Click Here to Apply  
or visit  
[sageservices.org/employment](https://sageservices.org/employment)

# November Birthdays 2022

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



## Our Mission

“Our mission is to serve all people with developmental disabilities in their communities, as individuals, with services tailored to their needs, honoring choices and empowering people to enhance life quality.”

01

Georgina O.  
Javier A.  
Jenevieve G.  
Alicia L.

02

03

04

Jessica S.  
Zack L.

05

Jesse M.  
Esteban N.

06

Maricruz  
Marquez,  
Shawn  
“Chan-an” P.

07

Nena A.  
Sam A.

08

Alysha R.  
Dominguez,  
Isabel G.C.  
Estrada,  
Fatima T.

09

10

Yolanda  
Arias,  
Enrique E.  
Teresa C.

11

Debby M.  
David M.  
Jorge A.  
Dennis T.  
Michael E.

12

Seth M.  
Joel T.  
Brandon A.  
Veronica F.  
Lindsay B.

13

Tom V.

14

Amanda D.  
Cody K.  
Tom V.

15

Chelsea G.

16

Ben B.  
Diane M.,  
John V.

17

Sundae S.

18

Eric K.

19

20

Natalie M.  
Jeremy H.

21

Juan F.  
Alejandra R.

22

Austin C.

23

24

Thomas H.

25

Raiven W.  
Elizabeth M.

26

Melissa Z.  
Robert O.  
Abram R.

27

Roy D.  
Luis F.  
Parker S.

28

Noemy G.

29

30

Cameron G.  
Miguel M.



@sageservices



@sageservices2006



@sageservices.org



805-654-9814



info@sageservices.org



sageservices.org



# SAGE

Service to Achieve Growth & Empower

December 2022

Volume 15, Issue 12

# COOL NEWS

## 2 Cool News!!!

Learn about Community Resources in Your Area

## 3 SAGE Activities

Exciting New Activities!

## 4 SAGE Heroes of the Month

Meet SAGE's Maintenance Crew!

## 5 SAGE Wellness Hero

Eric P.'s Community Service!!

## 6 Community Events

Exciting Christmas Events!

## 7 Jordan's Journey

Read about Jordan's Personal Life Journey

## 8 Activity Sign-Up Form

Join SAGE or Refer a Friend!!

## 9 Cool Careers

Join SAGE or Refer a Friend!!

## 10 December Birthdays



*Activities Sign Up Page*

[Click here](#)



# Manna

## Conejo Valley Resource for All

Located at 95 N. Oakview Drive  
Thousand Oaks



Manna Conejo Valley Food Bank is a fabulous resource, free and centrally located for all in the Conejo valley. Many SAGE persons served already make this their go-to for food including hot cereal, cold cereal, spaghetti, pasta sauce, condiments, drinks, like coffee, tea, hot chocolate), and personal care necessities including toothpaste, shampoo, and soap.

MANNA is in a new location! After years of operating out of an old house in Thousand Oaks, MANNA is now in a huge and modern new building adjacent to what was a church on Oakview Drive and near Conejo School Road. The facility is close to the Shadows apartment where many SAGER's reside.

This new site resembles more of a supermarket than a food co-op which is really neat!!! Greg C. recently told us "I really appreciate being able to get food and other things." Manna Executive Director Leanne Portzel stated, "We serve 1,400 people a month and our holiday distribution programs serve over 20,000." Westlake Village Sunrise Rotary Club held a food drive for MANNA, with Cisco's and Julio's restaurants which was a big success.

MANNA's mission is "To feed the hungry people in the Conejo Valley", which stretches from Calabasas area to the Conejo Grade.

Written by: SAGE Newsletter Blogger, Gordo

# December Wellness & Activities Now on Zoom & In Person!



**Bowling Party**

Saturday Dec 10th  
5pm - 7pm  
at Buena Lanes



**Movie Nights**

Fridays  
5pm-7:30pm  
Upstairs-Sage Offices



**Holiday Fun Day**

Saturday Dec 24th  
11:00am-12:00pm  
Movies & Games



**Winter Wonderland**

Coming January 13th  
5:00pm-8:00pm  
FREE to attend!!



**Peer Group**

Thursdays  
5pm-6pm  
Sage Office

January Sign Up Form



To join our SAGE Wellness Activities, please email/text SAGE Activities Director, Danny at: [activities@sageservices.org](mailto:activities@sageservices.org) or (805) 218-1773 or questions or training on our new Zoom virtual activities, reach out to Danny!



**SAGE/SBS Peer to Peer Group  
Every Monday 3:00pm-4:00pm**

**STAGES offer remote supports  
outside of group times.  
Call to Schedule Remote  
Supports NOW!**

1317 Del Norte Road, Suite 200  
Camarillo, CA 93010  
Phone: (805) 755-8302



# MEET SAGE HEROES

## SAGE's Maintenance Crew!



What are the names of the employees that are on the SAGE Maintenance Crew?

We have Jude, Melody, Maria and Joe.

What does the SAGE maintenance crew do?

Maria said, “We clean the hallways, we clean the restrooms, vacuum, clean windows, offices, restrooms and you name it, we do it!”

Who do you report to or who is your supervisor?

The team told us, “Our supervisor is Ryan Williams. He is the one who tells us what needs to be done.”

How long have you been on the crew?

“I started on July 6, 2022,” said Melody.

How will you use your experience in the future?

Melody stated, “I am learning teamwork which I can use in the future because Teamwork makes the Dreamwork”.

What kind of methods do you use to complete your work?

Melody smiled and told us, “I strategize on tasks and it helps me to complete my work quicker so in the future I will be better.”

What is the best part of having a job?

“The best part of having a job is being part of a team. We work as a team to get the job done,” said Melody.

Jude added, “It’s a great learning experience and I enjoy being independent.”



## MEET SAGE WELLNESS HERO

Eric P.

☛ SAGE heard about the great work you are doing with a local food bank, care to share about it with us?

Yes I have been doing it pretty much my whole life.

☛ Which food bank is it?

The food bank is at Bethel Ame Church in Oxnard.

☛ How long have you been a volunteer there?

I have volunteered there for a long time...since I was a kid.

☛ What do you do as a volunteer?

I put the food in the bags and we hand out diapers and wipes for families that are in need.

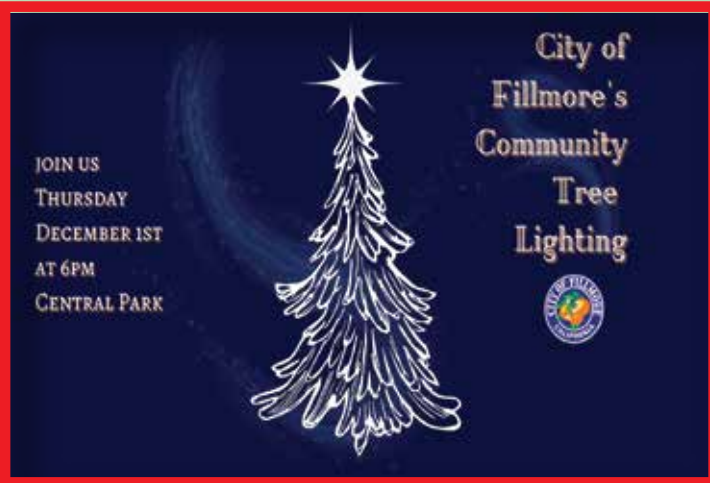
☛ Why do you like to help at this food bank?

I really enjoy helping people. I love it man.

☛ How often do you go?

We give out food and supplies every third Thursday in the mornings and whenever they need me really. They just pick me up and I go and help.





*Festival of Trees*  
 Thursday December 1st 2022  
 The Oaks Mall  
 350 W. Hillcrest Drive  
 Thousand Oaks, CA

City of Fillmore's  
 Community Tree Lighting  
 Ceremony  
 Thursday December 1st  
 Central Park at 6pm



Free Christmas Concert  
 at Camarillo's Constitution Park  
 December 12th at 7:00pm



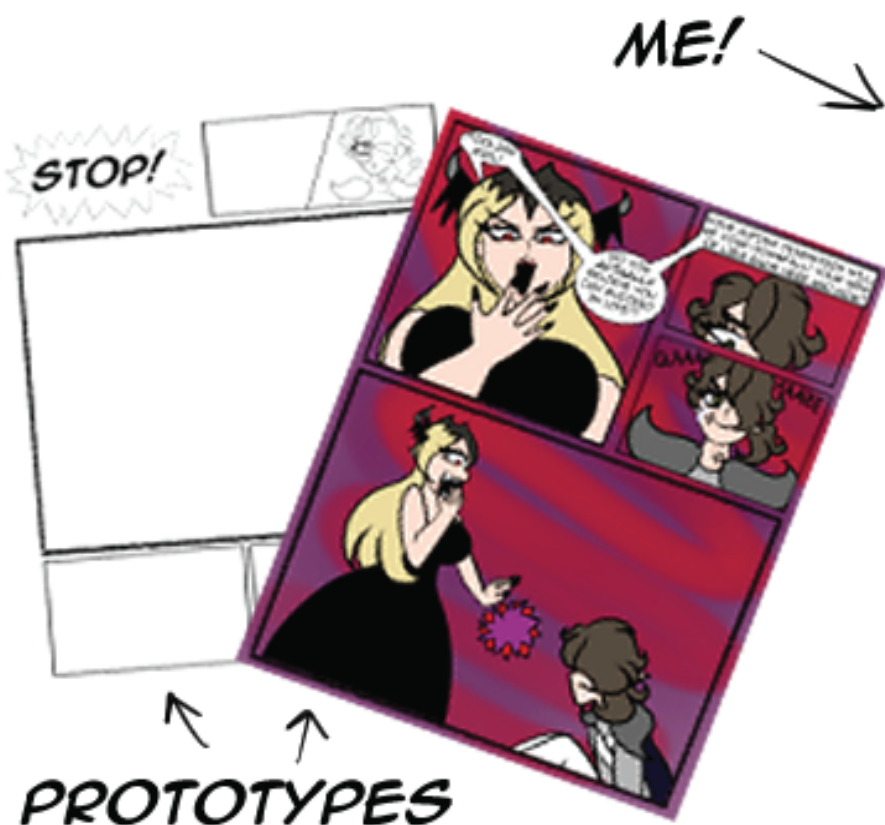
Ventura Harbor Parade of Lights  
 Free Event Friday & Saturday,  
 December 16th & 17th at 6:00pm

MY NAME IS JORDAN, I'LL BE 22 ON DECEMBER 14TH, AND THIS IS MY SUCCESS STORY. WELL, AN OVER-THE-TOP FANTASY ANIME AND MANGA INSPIRED RETELLING OF IT.

SAGE KINGDOM TAKES PLACE IN, WELL, SAGE KINGDOM. A PLACE WHERE ANYONE CAN ACCOMPLISH ANYTHING NO MATTER WHO THEY ARE. STARRING: A RUNAWAY PRINCE NAMED JORDAN TRYING TO BETTER THEIR LIFE AND OVERTHROW THE DARK EMPRESS BUFF ORC LADY NAMED LYVONNE WHO MENTORS THE PRINCE AND GIVES THEM THE STRENGTH AND COURAGE THEY'VE ALWAYS WANTED, AND A WHITE MAGE NAMED VERONICA WHO HEALS BATTLE SCARS BOTH INSIDE AND OUT.

ALONG THE WAY, THESE THREE WILL JOIN FORCES, AND TEAM UP WITH TRUSTED ALLIES TO DEFEAT THE GREATEST EVIL OF ALL: ABLEISM AND ITS DASTARDLY MISCONCEPTIONS!

WILL OUR HEROES SUCCEED?! YES! THAT'S THE WHOLE POINT OF THIS STORY. BUT PLEASE, BY ALL MEANS, FOLLOW ME ON MY JOURNEY TO SHARE MY SUCCESS STORY TO EVERYONE AND SHOW THAT YOU TOO, CAN ACCOMPLISH THINGS IF YOU PUT YOUR MIND TO IT!





# Activity Sign-Up Form January

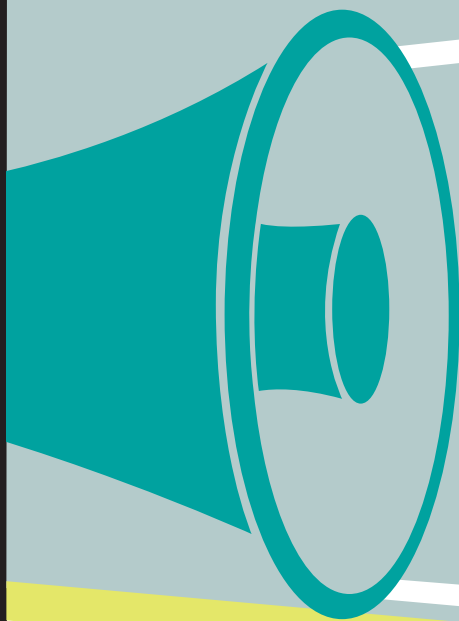
8



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**Complete either online form or printed -**  
**Just submit one form.**  
**Use the QR code here with your camera to sign up!**  
**Thanks!**

## SAGE Services Activity Sign Up Form ~ January 2023

Day of the Week	Activity or Course	Times	Locations & Links	Attend In Person
Tuesday	Game Night	5:00pm-6:00pm	SAGE Learning Academy Training Room	<input type="checkbox"/> 01/03/23 <input type="checkbox"/> 01/10/23 <input type="checkbox"/> 10/17/23 <input type="checkbox"/> 01/24/23 <input type="checkbox"/> 01/31/23
Wednesday	Cooking Class	5:00pm-6:00pm	SAGE Learning Kitchen OR Join FACEBOOK LIVE	<input type="checkbox"/> 01/04/23 <input type="checkbox"/> 01/11/23 <input type="checkbox"/> 01/18/23 <input type="checkbox"/> 01/25/23
Thursday	SAGE Peer Group	5:00pm-6:00pm	SAGE Learning Academy Training Room	<input type="checkbox"/> 01/05/23 <input type="checkbox"/> 01/12/23 <input type="checkbox"/> 01/19/23 <input type="checkbox"/> 01/26/23
Thursday	SAGE Social Hour	6:00pm-7:00pm	SAGE Learning Academy Training Room	<input type="checkbox"/> 01/05/23 <input type="checkbox"/> 01/12/23 <input type="checkbox"/> 01/19/23 <input type="checkbox"/> 01/26/23
Friday	SAGE Movie Night	5:00pm-7:30pm	SAGE Learning Academy Training Room	<input type="checkbox"/> 01/06/23 <input type="checkbox"/> 01/13/23 <input type="checkbox"/> 01/20/23 <input type="checkbox"/> 01/27/23
Saturday	SAGE Outing Day with Danny	11:00am-1:00pm	Community Meet Up Announced Week Of	<input type="checkbox"/> 01/07/23 <input type="checkbox"/> 01/14/23 <input type="checkbox"/> 01/21/23 <input type="checkbox"/> 01/28/23
<b>Special Events</b>				
Winter Wonderland Festival	SAGE Offices Friday, January 13 <sup>th</sup>	5:00pm-8:00pm	1305 Del Norte Road Camarillo, CA 93010	<input type="checkbox"/> 01/13/23



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**Community. Individuality. Choices.**  
**Self-Determination.**

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- **ILS Coordinator Opportunities**
- **Weekend Warrior Roles**
- **Community Coaches & more...**

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**\$500 Employee Referral &  
New Employee Sign-On  
Incentive**

**Click Here to Apply**  
or visit  
[sageservices.org/employment](https://sageservices.org/employment)

# December Birthdays 2022

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



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@sageservices

805-654-9814

@sageservices2006

info@sageservices.org

@sageservices.org

sageservices.org

01

02

03  
Jon G.

04  
Vera H.

05  
Jason A..

06  
David M.

07  
Joseph B.

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09  
Sarahi O.  
Brandon C.

10  
Maria L.

11  
Daniel M.

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Brent S.

14  
Agustin A.  
Saylor G.  
Sylvia W.

15  
Claire H.M.  
Christina E.  
Trevor E.

16  
Christine B.  
Lorena M.  
Ian W.T.

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Edgar DLC.

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19

20  
David Z.  
Josh B.  
Tyler F.  
Kayla W.

21

22  
Angel D.L.

23  
Greg W.  
Dusty L.  
Robert M.

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Brian L.

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Fidel C.

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Lyvonne K.  
Jamie G.  
Lizbeth B.  
Bryan D.  
Kai K.  
Virginia R.

29

30  
Thomas D.  
Mary S.  
Caitie T.

31  
Elvia S.  
Guadalupe M.  
Josue J.  
Marc J.