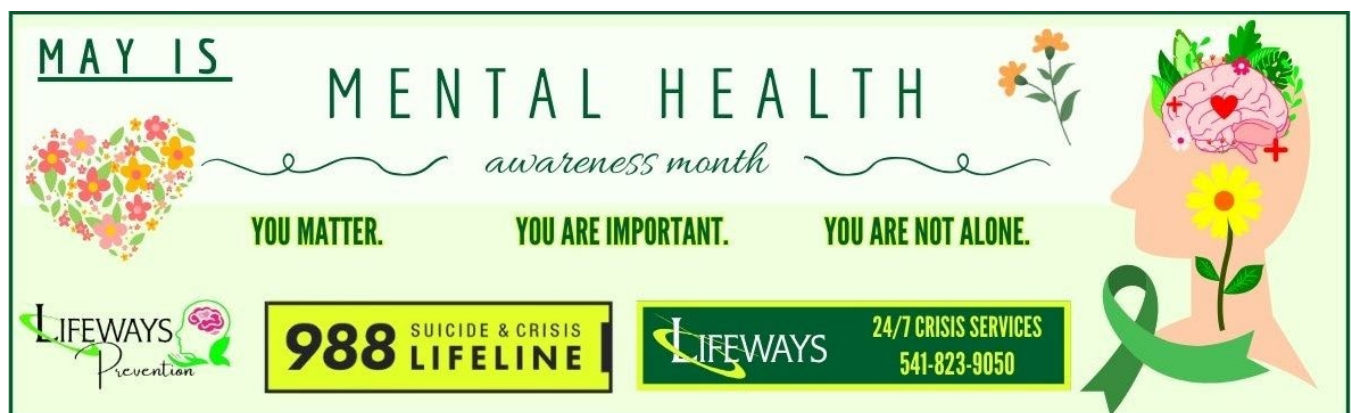


Ontario Peer Center May 2024

Mental Health Awareness Month has been observed in May in the United States since 1949. The month is observed with media, local events, and film screenings. Mental Health Awareness Month began in the United States in 1949 and was started by Mental Health America.

DID YOU KNOW?

The birth flower of May is the Lily of the Valley. The month was named after the Greek goddess Maia. In any given year, no month ever begins and ends on the same day of the week as May does.



Meet A Staff Member

Roberto Escobedo is 41 years old. Some of his hobbies include camping, fishing, spending time with his family, barbecuing, and road trips. Roberto stated his biggest accomplishment is having been elected to the Nyssa city council, allowing him to go to the capital in Salem, Oregon and to Washington, DC, to advocate for the issues Malheur county faces.

Roberto joined Lifeways in January as Peer Support Specialist. He says his favorite thing about working at Lifeways is working with the peers, supporting them in their daily challenges, and watching them leave the Peer Center happy. That is a great feeling. Roberto is an open book: Just ask him and he will tell you. He enjoys working with each of us.



Storing & Reheating Cajun Potato Soup

To store Cajun Potato Soup, first, let the soup come to room temperature. Next, store the soup in an airtight container. For easy-to-grab meals, store the soup in individual-sized portions. Store in the refrigerator for up to 3-4 days. Reheat the soup in the microwave or in a saucepan on the stovetop.

Ingredients

- 1 tablespoon vegetable oil
- 1 ring (13.5 ounces) andouille sausage, sliced into ¼-inch rounds.
- 1 large onion, diced (about 1 cup)
- ½ cup diced celery, about 1 rib
- ½ red bell pepper, seeded, diced,
- 2 teaspoons garlic, minced.
- 1 teaspoon Cajun seasoning
- ½ teaspoon kosher salt
- ½ teaspoon black pepper
- ½ teaspoon paprika
- ¼ teaspoon cayenne pepper
- 4 cups (960 g) chicken broth
- 4 large russet potatoes, peeled, cubed.
- ½ cup (119 g) heavy whipping cream
- 1 cup (113 g) mild cheddar cheese, shredded.
- parsley, chopped for garnish.



Instructions

To a large pot and over medium heat, add the oil. Once hot, add the sausage and cook, stirring occasionally until browned, about 3-4 minutes. Remove the sausage from the pan and set aside on a plate or in a bowl while you prepare the rest of the soup. To the same pot over medium heat, add the onion, celery, and bell pepper. Cook until softened, about 5-8 minutes. Add garlic and cook for 1 more minute. To the pot, add Cajun seasoning, salt, pepper, paprika, cayenne pepper, chicken broth, and potatoes. Reduce heat. Simmer for 20-25 minutes, or until the potatoes are fork tender. Return the sausage to the pot and add in heavy cream and shredded cheese. Let the soup simmer for an additional 5 minutes, or until everything is heated through and the cheese is melted. Garnish with parsley. Serve warm.



May 2024

SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	1 9 AM-3 PM	2 9 AM-3 PM Outing: 10 AM-12 PM	3 CLOSED	4
5	6 CLOSED	7 CLOSED	8 CLOSED	9 CLOSED	10 9 AM-5 PM	11
12 9 AM-5 PM	13 9 AM-5 PM	14 9 AM-3 PM	15 9 AM-3 PM	16 9 AM-3 PM	17 9 AM-5 PM	18
19 9 AM-5 PM	20 9 AM-5 PM	21 9 AM-3 PM	22 9 AM-3 PM	23 9 AM-3 PM	24 9 AM-5 PM	25
26 CLOSED	27 CLOSED	28 9 AM-3 PM	29 9 AM-3 PM	30 9 AM-3 PM	31 9 AM-5 PM Blackout Bingo: 2 PM-2:45 PM	1

May 05 Cinco de Mayo May 12 Mother's Day May 27 Memorial Day

LIFEWAYS ONTARIO PEER CENTER
2032 SW 4TH AVE ■ (541)823-3250

Lifeways Ontario Peer Center May 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00-9:00	*CLOSED*	*CLOSED*	*CLOSED*	*CLOSED*	*CLOSED*
9:00-10:00	Current Events / Coffee	Current Events / Coffee	Current Events / Coffee	Pool with Frank	Current Events / Coffee
10:00-11:00	Hobby Group	Jewelry Making	Board Games		Self-care with Brianna
11:00-12:00	Group with Charlotte	Piñata Group			Drop-in
12:00-12:30	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
12:30-1:00	D&D with Bonnie	Karaoke	Drop-in	Topics Group	Strengths Group
1:00-2:00		Beading	Freestyle Art	Karaoke	Art
2:00-3:00		Drop-in	Drop-in	Drop-in	BINGO
3:00-4:00	May still be fighting dragons	*CLOSED*	*CLOSED*	*CLOSED*	Drop-in
4:00-5:00	Drop-in	*CLOSED*	*CLOSED*	*CLOSED*	Drop-in

Outside Groups

Gym Group: Monday, 9:30 AM -10:30 AM @ The Gym; Cost: \$45 a month (insurance may cover fee)

Yoga: Tuesday 12:15 PM-1:15 PM, Thursday 9:15 AM-10:15 AM @ River Bend Community Center

Library Group: Tuesday, 2:30 PM-3:30 PM @ Ontario Community Library, Ontario OR; Cost: Free

Art in the Park: Tuesday, 3:30 PM-4:30 PM @ Lions Park, Ontario OR; Cost: Free

Coffee Group: Wednesday, 9:15 AM-10:15 AM @ Jack Henry Coffee House, Ontario OR; Cost: \$3-\$8 (depending on your order)

Food Boxes: Wednesday, 12:00 PM-12:30 PM, Payette Nazarene Food in a Pinch, 1980 7th Ave. N., Payette ID; 208-642-3139. We can deliver.

Cooking Group: Thursdays, May 2nd, 15th, and 29th, 3:30 PM-5:30 PM, Lifeways Sunset Clinic Group Room 'C'; Cost: Free

Monthly Peer Event: Thursday, May 2nd, 10:00 AM-12:00 PM, Four Rivers Cultural Center; Cost: Free

Bowling Group: Monday, May 13th, 1:30 PM-3:00 PM, Cost: Free

Swim Group will resume in May. The pool is being prepared for the summer season.

**Lifeways Ontario Peer Center
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