

INDEPENDENCE

ILP Newsletter



OTHELLO IN PORTLAND!

ONLY A FEW TICKETS AVAILABLE

Inside: *ticket information, need a job?, decorating ideas for small spaces, puzzle pages, and DODGEBALL!*

ILP

Cooking Class!



Last month we cooked and compared different spaghetti sauces for taste and cost.

Banana Cream Pies

Cooking is a lot of fun, but we only have a few spaces available each month.

Please let Fern know right away if you want to join us.

We will be making pies this time. Learn how to make a crust that you can use for dinner pies or dessert pies.

Tuesday, February 23rd at 4:15pm

(Tell your parents the date please!)

I LOVE MY NEW HOME!

It's your first place! You can have friends over whenever you want, decorate in your own style, and relax on your own.

But, the fun of your own place can disappear if the place turns into a cluttered, dirty mess.

Cleaning really isn't that hard and doesn't take too much time if you develop some good habits and routines - especially if you are living on your own in a small apartment.

First, look at your schedule and your own motivation and cleaning style. What will work better for you? Doing a big one hour cleaning every Saturday or spending 10 minutes each day on a different chore?

www.flylady.com has some great tips and a regular cleaning routine with daily emails and motivation. She also has some great methods for getting rid of clutter - which can be great to do BEFORE you haul a bunch of mess into your new place. She has a special section for kids too to help you develop good habits now (with only your bedroom) so that you are ready to go when you move out on your own - look for the Riley challenges.



January Birthdays

Happy Birthday!

Steve, Kirsten, & Paytton

Your new place is great, but a little small? Keep it neat and organized with these tips!



Always ask your landlord before doing anything!

Hooks! Put hooks on the backs of every door. And along any empty wall space that you can.

In the bathroom they are great for hanging towels and robes. If you don't have the floor space for a hamper - hang a large bag from a hook on the back of the door for dirty laundry.

In the kitchen hooks can be used for pots and pans, potholders, aprons, even for coffee cups in the cupboards!

In the bedroom hooks are great for hanging belts, scarves, hats, purses, backpacks and setting out your clothes for the next day.

Hanging organizer bags (travel shower bags) from walls or inside closet doors is a great way to keep things organized in a small space. Use it for first aid items, crafts, or stamps and envelopes!

Design Tips for Small Places:

(Your first apartment or your bedroom or dorm room.)

1. Keep it open! If you have more things than will fit neatly, try to get rid of anything that is not necessary. The less cluttered a room is the bigger it will feel.
2. Find a theme. Pick a theme that will work throughout your home and stick with it. If you do each room in a different style, your place will look disorganized and tiny. Let the rooms flow into each other so your whole apartment becomes one big space.
3. Keep your windows clean - more light looks like more space!
4. Make it look like home, not a hotel room - put up pictures of friends, family, and pets.
5. Paint - lighter colors give the illusion of more space.
6. Get smaller pieces of furniture and make sure to place them out of walkways - bigger items along bigger walls.



Spare sheets can go under your mattress and winter clothes can go under the bed during the summer. Try an under-bed shoe organizer too!



Need shelves? Ask if you can put up some boards with shelf brackets around the edges of each room, about 13 inches from the ceiling.



Did you set an exercise goal last month? How is it going? Do you need a boost?

Talk to Fern today about how you can get recharged! Or ask her about classes you can take - yoga, swimming, dance, and more!

Need a Job?

Are you looking for a part-time job? Here are a few tips that may help:

- Dress up - even when you are just picking up an application. This could be the first impression you give.
- Ask an adult to review your application and cover letter (and resume if you have one) before you hand it in. Make sure it makes you look great and is truthful about your skills and experience.
- When you drop off an application, ask for the manager and hand it directly to him or her - look them in the eye, shake hands, and introduce yourself. Tell how interested you are in the position and thank them for taking a minute to meet you, then leave.
- Got an interview? Keep your eyes up and on the person you are talking to. Speak clearly and not fast. Be honest and enthusiastic. Do not pick at your scabs or fidget.

FEBRUARY COMMUNITY ACTIVITIES

Othello



Wasco County Parks and Rec presents a trip to Portland to see a live performance of Othello. ILP has a few tickets available. The

first people to call will get them! Transportation is provided to the theatre and back to The Dalles - you will need a ride home from The Dalles. Friday, April 9th at 5:30pm



Dodgeball

\$1 Dodgeball every Monday at The Dalles Armory!

This is a Parks and Rec event; ILP will not be providing transportation.

For more information call Anya at: 541-296-9533



Geocamp

Parks and Rec in The Dalles will be showing you how to use a handheld GPS and then you will hunt for geocaches around town!

Not an ILP event. Call Anya for more information: 541-296-9533 - Bring your friends and family too!

February 26th at 10:00 at The Dalles City Park **\$15 (includes pizza)**

Swimming

Hood River Aquatic Center has open swimming in their heated pool every Friday night from 6:30 - 8:00 for only **one dollar!**

All ages welcome!

This is not an ILP event, so no transportation will be provided.

Call 541-386-1303 for more information.



SET A TIMER FOR 10 MINUTES AND GET DONE WHAT YOU CAN!

Cleaning Tips!



Toilets

Fill a pretty vase or jar with a little bleach cleaner and some water. Store your toilet brush inside right next to the toilet. Every morning, quickly swish the brush around the inside rim of the toilet bowl and you will never have to scrub out a gross toilet again.

Sinks

In the bathroom, use a rag or cloth to wipe the sink every morning right after you get ready for the day. This only takes about 10 seconds and keeps your whole bathroom looking clean and fresh!



In the kitchen, empty your sink each night before bed - make sure no dirty dishes are sitting in it. Then shine it up and you will wake up to a great morning when you step into the kitchen instead of feeling overwhelmed by the mess as your start your day.

Floors

First, set a timer for 10 minutes. Then run through your house and pick up everything off the floors as fast as you can. Take an empty laundry basket with you and throw everything into - you can put things away where they belong later. Next, vacuum the middles - don't move large furniture, just vacuum everywhere you can get to. Finally, do a quick mop of the hard floors and your house looks good!

Girl's Only!

Women's self-defense class.
Feb. 20th and 27th from
9:00am - 1:00pm.

This is a very special opportunity - learn hands-on skills in a fun workshop.

Transportation is provided.



Dress comfortably,
so you can move!

Taught by Jenny Maier,
who has over 15 years
experience teaching self-defense.



This is a great dish to make when you are on a budget - it makes enough for leftovers, tastes great the next day, and uses up old veggies from your fridge or sale veggies from the farmers market or grocery store.

RECIPE OF THE MONTH

Baked Pasta

1 pound pasta (any kind works)
1 jar spaghetti sauce
veggies (whatever you have - mushrooms, broccoli, zucchini, eggplant, tomatoes, even potatoes!)
1 bell pepper
1 onion
3/4 pound mozzarella cheese
1 cup cottage cheese
fine breadcrumbs (plain)
salt and pepper (after serving)

1. Cook pasta al dente (firm)
2. Chop veggies, mix with cottage cheese.
3. Toss veggie mix, sauce, and pasta together.
4. Put in baking dish, sprinkle grated mozzarella on top; then sprinkle bread crumbs to just cover the top.
5. Bake at 350 degrees for 30 or 40 minutes. (Top should be browned and sauce bubbling.)

Independent Living Program

1005 W. 6th Street, The Dalles, OR. 97058

To: