



SELF-ADVOCACY NEWSLETTER

Merrick, Inc.



2023 TOY & FOOD DRIVE

Merrick staff and clients, from three main locations of operation, donated 71 Toys and 94.5 pounds of Food for the Vadnais Heights Lions Club 2023 Holiday Toy & Food Drive. Due to these generous donations, along with the other local contributions,

160 children received toys, and 100 Vadnais Heights families received food this holiday season.



UPCOMING EVENT

Merrick's Bowl-A-Thon
Flaherty's Arden Bowl
Sunday April 21, 2024
8:30am-11:30am

Ambassadors for Respect



The 2023-2024 A4R team consists of Self-Advocates Dorie, Sam, Leanne, Cindy, and Christine. They have been creating and practicing their anti-bullying presentation for fourth graders since October 2023. In February 2024, the team presented to its first two classrooms of the school year. Seven more presentations are scheduled so far. Fourth grade students learn about inclusion, person-first language, and advocacy from Ambassadors.



UPCOMING OUTING

Disability Services Day
Minnesota State Capitol
Tuesday March 19, 2024
10am: Rally in the
Rotunda
11am-3pm: Meetings
with Legislators
*Please bring a packed
lunch that does not need
to be cold (beyond ice
pack) or heated.

Interview with Cindy O.

On Tuesday February 13, Self-Advocate Cindy O., interviewed Merrick's Greenhouse Coordinator, Betsy Wolfe.

Q: What Activities will we be doing with you?

A: Horticulture. We'll be growing plants together, studying plants, and visiting community gardens.

Q: What will we learn from you?

A: Horticulture - growing plants from seeds, propagating from cuttings and general gardening. and Phenology- the cycles of nature (plants animals, weather, etc.)

Q: How is the transition going from the work floor to the greenhouse?

A: It's going well. I was on the work floor for four years, and I shadowed Val for awhile. We're on track for the plant sale, which is May 3rd and 4th. I am working on scheduling an outing on the Jonathan Padelford Riverboat.



Q: What do you like about your new job?

A: I love working with plants and clients. And I get to use more of my skills.

Q: Is there anything challenging about your job?

A: Making sure all materials are ordered well ahead of time. Especially if I need to order in bulk.

Interview with Cindy O. (cont.)

Q: Do you garden at home? If not, what are your hobbies?

A: I have a kitchen garden with six beds: tomatoes, cucumbers, melons, peppers, arugula, spinach, and herbs. Next year I'll start a flower garden in the front yard.

Q: What is your favorite plant?

A: Brandywine Viburnum. In the spring, Brandywine Viburnum blooms large white flowers that resemble another of my favorite plants (Hydrangea). In summer, berries form and start off almost white, but quickly change to pink and continue to change color until autumn at which time they turn blue (sometimes you will have all berry shades at once). Then in the autumn, the leaves change to a beautiful shade of rich deep red. When paired with the beautiful blue berries it is glorious!



Photo:<https://www.thetreecenter.com/brandywine-viburnum/>



Photo:

<https://sugarcreekgardens.com/product/viburnum-brandywine-possumhaw-viburnum/>



Photo:

<https://pithandvigor.com/2024/01/types-of-berries/>



Photo:

<https://sugarcreekgardens.com/product/viburnum-brandywine-possumhaw-viburnum/>

MN Legislative Session

Word Search

B Z W O R K C H O I E S H Z A
D I S A B I L I T Y P R I D E
K I Z T E C H X O L V G Y P K
T H R I V S E N A T O R S L C
R E T T E L Y C A C O V D A O
D T Z E R S I N I J I Y G I N
Z N W T P M O Y S H A N P N S
P E C O N U T L S U I Q T L T
L M F U B I L L U T E F T A I
M D I N F M R M E T I O N N T
R N C J Y E F E S E I D A G U
O E F L I R M A T I O O X U E
F M L U D P E T D E C I N A N
E A S S E T L I M I T S I G T
R E P R E S E N T A T I V E S

Issue

Bill

Rally

Solution

Reform

Work Choices

Senators

Amendment

Asset Limits

Constituents

Rep Meeting

Plain Language

Advocacy Letter

Disability Pride

Premiums

Representatives