



The latest news and events at Mother Lode Rehabilitation Enterprises Inc.

more *than* **NEWS**

Full Inclusion For All People

MARCH 2023

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**Art, Wine and
MORE holds a
successful in-person
event at the county
Fairgrounds.**

On January 14, 2023, MORE celebrated with our Art and Wine Annual Fundraiser. Due to the pandemic, this was the first time in three years that we were able to hold the event live. This year's theme was "The Roaring 20's" and attendees were encouraged to come dressed accordingly.

As in years past the event also included a raffle, live and silent auctions, and original art by MORE's artists, with art sale proceeds going directly to the artists themselves.

The event itself was a huge success and many community members came to celebrate what has become a traditional January event in Placerville. ■

ART & WINE

A GREAT SUCCESS!



Above: Guests enjoy the art, wine and food offerings at Art, Wine & MORE 2023.

**We would like to thank the following vendors
without whom this event would not have been possible:**

- | | | |
|-----------------------------------|-------------------------|-----------------------------|
| • Boeger Winery | • Jose's Wine Cave | • Powell's Steamer Pub & Co |
| • Bumgarner Winery | • Lava Cap Winery | • Shadow Ranch Vineyard |
| • Element 79 | • Madroña Vineyards | • Sierra Vista Winery |
| • Frank Vilts Cakes | • Medeiros Family Wines | • Solid Ground |
| • Gold Hill Vineyard | • Nello Olivo | • Sweet Pairings |
| • Golden Leaves Vineyard & Winery | • Old Town Grill | • Tahoe Blue |
| • Holly's Hill Vineyards | • Ponte Palmero | • Wofford Acres Vineyards |
| • JoJos Bakery | • Poor Red's | |



Above: Service with a smile—chef, John Sanders from Old Town Grill was just one of the many caterers at this year's Art & Wine.



Above: Randy R demonstrating his illustration technique at Art and Wine.

TIBETAN MONKS VISIT MORE

MORE was recently blessed by a visit from a group of Tibetan Monks. These monks come from a

monastery in Tibet where they have dedicated their lives to study and religion. The visit to Placerville marks the 20th anniversary that monks from this monastery have made trips to the area, and MORE was lucky to have been chosen as one of their destination points.

During the visit, the monks performed a long musical, meditation chant intended to purify our building, staff, and clients by making offerings to divine forces and protectors. The

blessing ritual was performed by five Geshe—monks who have studied for more than 25 years. The ritual lasted for close to 50 minutes as the monks intoned chants accompanied by occasional ringing of bells and cymbals and the playing of a gyaling, an instrument similar to an oboe.

After the chant the Monks joined us for lunch and conducted a tour of the building and the Garden Plaza, where each area was blessed. ■



Above: Emmeret, Jared and Susie along with guests and monks from the Gaden Shartse Norling Monastery.



Above: A letter of Appreciation from the Gaden Shartse Norling Monastery.

more

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Clients and staff enjoyed a fun Valentine's day party. There was great food, music and dance, but the highlight of the event was the much-loved, *The Dating Game!*

CHEF JOHN SANDERS RECEIVES COMMUNITY SERVICE AWARD

On Thursday January 19th at the 98th Annual El Dorado County Chamber Installation dinner at Cameron Park Country Club, Susie Davies CEO of MORE surprised Chef John Sanders and his bride, Debbie with the 2023 Community Service Award.

Susie commented that this year the Chamber got it right, because John's life is all about community service. He received a standing ovation from the over 150 guests, most of whom were leaders from all sectors of the County. ■



John Sanders receives his Community Service Award

HAPPY TAILS ZOOM IN TO MORE

MORE recently celebrated our partnership with Happy Tails by hosting a zoom party. During the party MORE staff and clients shared stories about their own dog's experiences. The Healing Partners therapy dogs were also introduced to Happy Tails staff. The Happy Tails staff shared how their products were designed and what they are intended for, and the dog owners that had the opportunity to have their pups taste the treats provided testimonials.

Happy Tails is a new division of an existing company (Au Terre Inc.) that is committed to environmental health and environmentally friendly science. The firm now has 6 divisions. The Happy Tails division primary focus is to create higher standards for dog food. They make dog treats and supplements that are advancing canine nutrition. They are also promoting stories about how dogs help humans lead better lives.

Their long-term plans include opening theme parks and restaurants specifically designed for dogs. Happy Tails fully appreciates MORE's motto of 'full inclusion for all people' and embraces our efforts to improve the lives of others. There is similarity in what we do and what they do in that human relationships with dogs also serve to improve and enhance lives. ■

Deanne B enjoyed meeting Charles the spaniel.



"May the road rise up to meet you.
May the wind be always at your back."
—Irish Blessing

NEW CALFRESH COURSE

More is pleased to announce that we are expanding our relationship with CalFresh. CalFresh is part of the University of California Agriculture & Natural Resources Extension Program. They will be starting a food preparation and cooking program specifically designed for our clients.

Every lesson and curriculum has been approved by the University staff. The course will include learning how to follow basic recipes, safe food handling, food preparation, use of kitchen appliances, and basic cooking.

At the end of the course, clients should be able to obtain their food handlers certificate and gain an understanding of what it would be like to have a career in culinary arts. The idea is to promote positive self-esteem while developing decision making skills and promoting acceptance of

responsibility and teamwork. MORE will serve as a testing ground for the program with hopes of eventual distribution to other adult day programs in the state. The five-week course will consist of a series of hands-on lessons designed to teach basic life skills needed in preparing food. ■



Caiun McLaughlin and Diane Henderson of CalFresh

WONDERFUL WATERCOLORS



Above: Christina W enthusiastically shares her watercolor landscape.

On Thursday mornings if you came into the Creative Arts studio you would likely see a small group of clients having fun learning the ins-and-outs of painting in watercolor.

Using a painting by the French Artist, Claude Lorrain as reference, the clients have been learning how to paint a landscape that has a sense of depth. This is accomplished by using light washes in the distance and stronger colors in the foreground of the painting.

Watercolors can be a challenging medium, but that has not stopped

the clients from diving-in and trying techniques such as painting a graduated wash (a wash of color from dark to light) or using a natural sponge to create texture and the illusion of foliage.

Painting in any medium is a great form of creative communication. As Georgia O'Keeffe said, "...I could say things with color and shapes that I couldn't say any other way...."

This class, gives the clients some new tools, enabling them to express their own creative voices in the time-honored medium of watercolor. ■

"...I could say things with color and shapes that I couldn't say any other way...."
—Georgia O'Keeffe

