



Your guide to CHI news, information and events.

SPRING  
2023

# CHAMBERLIN HOUSE EXPRESS



We our  
DSPs!

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We are respectful  
We have fun  
We love what we do  
We work hard and smart  
We do great things  
We communicate and listen  
We are helpful  
We stay positive  
We strive for excellence  
— We are a TEAM —



"Our fingerprints don't fade from the lives we touch." — Judy Blume

***A message  
from the  
Wheelhouse***



To enrich the lives of adults  
experiencing intellectual and  
developmental disabilities by  
providing housing and  
opportunities to learn,  
experience and achieve. ♥

**Dear CHI Family,**



**I am happy to announce that Powell passed  
licensing with flying colors.**

**The licensing team was tough!**

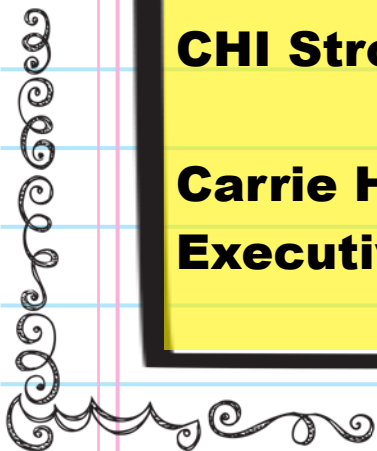
**Huge Kudos to Alli and Gina on a job well  
done and in maintaining Powell Place to the  
highest standard.**

**I am very proud of the Powell Place team and  
of the excellent services provided to the  
ladies of Powell.**

**Congratulations to all!**

**CHI Strong ♥**

**Carrie Howell  
Executive Director**





# let's PARTY!!!



**Friday, March 17<sup>th</sup> was  
our March birthday  
celebration.**



**Born day blessings to  
the following CHI VIPs:**

**Vern - Sander**

**Mike - Sander**

**Cheryl - Mitchell**

**Cody - Goode**



**"As you share your hearts with one another, May they always be loyal  
and true, and friendship be between you in all that you do."**





**Friday, April 14<sup>th</sup> was our April birthday celebration.**



**Warm birthday wishes to the following CHI VIPs:**

**Alton – Chapman**

**Christel - Mitchell**

**David – Sander**

**Judi – Chapman**

**Col – Nancy's**







# save THE DATE!

Activity Center happenings!

**BIRTHDAYS  
ACTIVITIES  
FRIENDSHIP  
CELEBRATIONS  
AND SO MUCH MORE!**

# BINGO

**WHERE?**

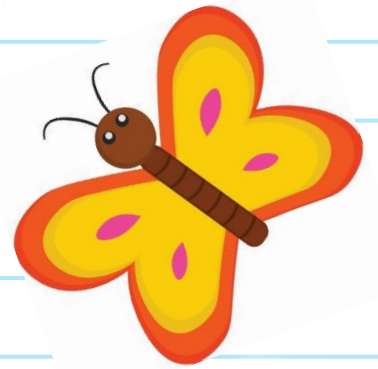
*Activity  
Center*

**WHAT TIME?**

**2:00 - 4:00PM**

**Friday, MAY 26<sup>TH</sup>**

spreading  
**sunshine**



**"What sunshine is to flowers; smiles are to humanity. These are but trifles, to be sure; but scattered along life's pathway, the good they do is inconceivable." – Joseph Addison**

# every day, a little fun!



## Strawberry Festival – Cheadle Lake Park

Thursday, June 1st

Whether it is watching the Saturday night fireworks display, enjoying a complimentary piece of the World's Largest Strawberry Shortcake, taking in a parade, or just sitting back and relaxing on the lawn to watch some entertainment on the main stage, the Strawberry Festival offers something for everyone and every budget.

## Albany Pride Rally & March

Saturday, June 24<sup>th</sup>

The Albany Pride Festival will be held in downtown Albany in front of the Linn County Courthouse. Included in the activities will be a rally, march, live performances, music, several booths, food, and other activities.

## Albany Farmer's Market

With spring in full swing, get ready to enjoy the growing bounty of produce and other items, as well as some new vendors, at the Albany Farmers' Market.

Some of the activities at this year's market include:

<https://locallygrown.org/>

## 136<sup>th</sup> Linn County Pioneer Picnic – Brownsville

June 17<sup>th</sup>, 18<sup>th</sup> & 19<sup>th</sup>

The Linn County Pioneer Picnic has been a local staple since 1887 when it was created as a reunion for the early homesteaders. Since the first event, the annual event has never been cancelled, which makes it the longest continuously running celebration in the state of Oregon. Admittance is and always has been free for attendees.

## What's Cooking?!



### *Sheet Pan Sausage & Veggies*

This recipe makes for the best simple, filling, and nutritious dinner with virtually no cleanup! Toss this killer seasoning blend with your favorite veggies & smoked sausage and then roast to perfection. Top with freshly grated Parmesan and enjoy as is or over a cooked grain or stuffed in a pita.

#### INGREDIENTS

- 2 cups diced red potato
- 3 cups trimmed and halved green beans
- 2 cups broccoli florets
- 1½ cups chopped bell pepper
- 13 ounces smoked sausage (turkey, chicken, beef or vegan is fine) sliced into ½ inch thick "coins"
- 6 tablespoons olive oil
- 1/4 teaspoon red pepper flakes, optional (leave out if you don't like heat!)
- 1 teaspoon paprika
- ½ teaspoon garlic powder
- 1 tablespoon EACH: dried oregano, dried parsley
- Salt & pepper
- Freshly grated Parmesan

#### INSTRUCTIONS

- Preheat oven to 400 degrees. Line an extra-large sheet pan with parchment paper.
- Toss the veggies & sausage with olive oil, herbs, and spices.
- Spread onto prepared sheet pan and season with salt and pepper. Ensure everything is spaced out and not overlapping.
- Bake for 15 minutes, then remove from oven and toss mixture. Return to oven and bake for another 10 to 15 minutes or until vegetables are crisp-tender.
- Sprinkle with freshly grated Parmesan and fresh chopped parsley.
- Serve over rice or quinoa or in a toasted pita, if desired.

