

Faces of Arion

Monthly Shout Out



Lori Shirk
West Valley Area Supervisor

How long have you been working for Arion and what does your job entail? "I joined the Arion family in May of 2008. I aid families in finding the right providers, I aid providers in finding the right families, I attend ISPs, and help families navigate the DDD system."

What do you love about your job? "I love everything about my job! Each day, I get to help make a difference in the life of a person with a developmental disability. I specialize in behavior modification and enjoy teaching Arion's behavior modification class."

What prompted you to begin working for Arion? "Given my love of psychology, working in this field was not a tough decision! I'm pursuing my doctorate in clinical psychology. Following licensure, I plan to work as a psychologist specializing in developmental disabilities."



Contact Sonia at sdykhuizen@arioncaresolutions.com to nominate your favorite provider. Recipient will receive a \$50 gift card.

Heaven Dykhuizen

does an awesome job of balancing all of Jordyn's Habilitation goals - from fine motor skills to social interactions; we have seen Jordyn grow tremendously in regards to her goals, and we know we couldn't do that without Heaven's special connection with Jordyn. Jordyn was able to be a part of the Diamond Canyon Basketball team with Heaven's guidance. Heaven was recognized by the team with the "Team Mom Award" as her presence impacted so many others. We appreciate Heaven every day and are glad to have her as a part of our family..... "The Braun Family"

Behavior Modification Class

Gluten-free & Casein-free Recipe

Do you work with people who exhibit behaviors that impede their learning? If so, our behavior modification class may help you manage those behaviors. The class offers helpful tips that will make your habilitation session more effective.

Email Lori lshirk@arioncaresolutions.com to RSVP, before the classes fill up!

The April class is being offered on April 10th from 10 am-2pm. Class is also open to parents...so encourage them to come with you!

Class starts promptly on time, late arrivals will not be allowed to attend class...so arrive early! Wear comfortable clothes and bring what you'd like to eat and drink during the class.

A great recipe to try with the whole family.

This fast and easy GFCF (gluten-free and casein-free) strawberry smoothie is thick and luscious. Egg white protein powder adds a high protein dairy-free boost- a great way to start the day.

Prep Time: 5 minutes, **Yield:** 3-4 servings

Ingredients:

- 1 1/2 cups frozen strawberries
- 1 can (14 ounces) organic canned light coconut milk OR your favorite dairy-free substitute
- 1 tablespoon honey
- 1/2 teaspoon vanilla
- 3 scoops vanilla egg white protein powder (see note)
- 2-3 tablespoons ice water

For more GFCF recipes, including this one, go to:
****<http://glutenfreecooking.about.com/od/breakfast/r/GFCFStrawberrySmoothie.htm>****