

Faces of Arion: Alex Dykhuizen

Alex Dykhuizen moved to Arizona eight years ago after growing up in Morrison, IL. Alex has played basketball all of his life and, has helped coach summer camps. During Alex's senior year in 2010 he led his high school team to victory in winning their first



Alex's different positions with Arion have allowed him to discover his true passion in serving children and their families. Alex was promoted in October as supervisor for the North Valley area. Alex met his wife, Heaven during his senior year of high school and they were married in 2011. This past November, there was much to be thankful for as Alex and Heaven celebrated the birth of their daughter, Brooklyn Grace. Alex states he is most looking forward to the opportunity to meet with each of the families he serves and assist them with their ISP's, staffing needs etc.

EMERGENCY PREPAREDNESS INFORMATION

Arion Care Solutions hosted a "Parent University" night in partnership with Highlands Church in November. The featured speaker was Ray Morris, founder and CEO of Dads 4 Special Kids. He shared with parents an Emergency and Disaster Preparedness Guidebook.

If you would like a copy of the guidebook, please contact Alison Walker at awalker@arioncaresolutions.com. We are scheduling another parent night with Ray in January at the North Valley office. Look for more information soon!

Monthly Shout Out: Matt Demars

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



I would love to nominate **Matt Demars**. Matt has been with us for at least 6 years and has been such a good friend and mentor to my son, Tim Van Riper. Matt has a dedicated interest in teaching Tim good habits, social skills, academic, exercise and independence. Tim started college this year and Matt stepped in to help make it a successful experience for him. He continues to think of ways to help Tim become the best he can be and hopefully live independently one day. Most importantly they have developed a wonderful friendship and the fun they have together. Matt is an extraordinary young man with a heart of gold. I truly believe that Matt prides himself with the things that he helps Tim be successful at and the greatest asset is that Matt believes in Tim and puts no limitations on him. Thanks Carla Van Riper

Gluten-free & dairy-free Cookies

Ingredients:

- 1 cup sorghum flour
- 3/4 cup potato starch (not potato flour)
- 1/2 cup almond flour
- 1 teaspoon xanthan gum
- 1 teaspoon sea salt
- 1 teaspoon baking soda
- 1 1/2 cups light brown sugar
- 3/4 cup expeller-pressed organic canola oil
- 2 large organic free-range eggs, beaten
- 1 tablespoon bourbon vanilla extract
- Rounded 1/2 cup vegan dark chocolate chips

Whisk together the sorghum flour, potato starch, almond flour, xanthan gum, sea salt, baking soda, and brown sugar. Add in the oil, eggs and vanilla extract. Beat the dough for two minutes, until it is sticky and smooth. Add in the dark chocolate chips; and stir by hand to combine.

Bake at 350°F for 14 minutes

<http://glutenfreegoddess.blogspot.com/2012/10/gluten-free-chocolate-chip-cookies-new.html#ixzz2FQGqotAw>