



Volunteer-to-Work

We believe in motivating our individuals to want and achieve more independence through our volunteer program. Individuals are encouraged to volunteer out in the community, understand responsibilities of work ethics and have a meaningful life.



Summer Time Taco Recipe

Ingredients:

- Corn Tortillas
- Ground Beef
- Lettuce
- Tomatoes
- Cheese
- Sour Cream (optional)

Directions:

Cook ground beef, Add salt & pepper to taste. Once cooked, warm tortillas then top tacos with remaining ingredients.



Fun in the Sun!

This month at PBMC we entered with exciting activities in mind. We made sure to create various activities that would complement this warm month. Community program and Site Base program both enjoyed a variety of outings from Hometown Buffet to bowling. Each program had a great time this July because they stayed active and looking forward to more.

Bringing in this "SUN" filled month our community took a trip to Hometown Buffet where they were able to have a wide selection of delicious foods to choose from. They also enjoyed a Summertime BBQ at Stephen Sorenson Water Park. They indulged in hamburgers, hot dogs and other snacks. Yummy! Our community program was excited about their monthly outings and all of the great foods that came along with it.

Our site base program enjoyed a day out by taking a trip to Brunswick Bowling Alley to "Strike" up some fun! Site base also had a picnic at Marie Kerr Park where they enjoyed their delicious meals and played games in celebration of Jesse Gutierrez's birthday. Over this lovely sunny month site base participated in tons of water play just to keep cool. They spent a day at Lake L.A Water Park enjoying the parks amenities and they also spent a day at Manzanita Park enjoying water balloon play. What a cool summer!



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We realize more and more that intellectually disabled consumers are hopeful to enter or re-enter into the workforce. That is the goal we have set for our community program that shows great effort and improvement daily.

PBMC greatly appreciates the volunteer work they do out in the community. We work hard to encourage them to keep it up!

See page 4 for more images.



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Congratulations to Anastasia Rodriguez for being July's volunteer of the Month. PBMC recognizes that Anastasia has shown tremendous growth and improvement over the last few months.

Anastasia has demonstrated her helpful nature very well to PBMC by being very attentive to assigned activities and stepping up to help out, even if she wasn't asked. Anastasia is very pleasant and friendly. By engaging in most activities and assisting her peers Anastasia has shown her leadership skills and strengths to PBMC. Terrific Job! We are very proud to have you with us!



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PBMC
 POSITIVE BELIEF MOTIVATES CONFIDENCE
 43437 GADSDEN AVENUE
 LANCASTER, CA 93534
 661-951-7200
 Office Hours: 8:00 am - 3:30 pm
 Program/Transportation: 8:00 am - 4:00 pm
 We Provide Curb-to-Curb Transportation
 On Site Walking Track
 Proudly Serving The Developmentally Disabled
 Site/Community Service

Who we are
PROGRAM PHILOSOPHY
 The overall philosophy of PBMC for its service is to increase our individual's capacity for greater independence, enhance self-responsibility, improved communication skills and improved overall health. Personal growth in all these important areas will result in the individual being productive members of society to the best of their abilities.
COMMUNITY VOLUNTEER:
 We believe in motivating our individuals to want and achieve more independence through our volunteer program. Individuals are encourage to volunteer out in the community, understand responsibilities of work ethics and have a meaningful life. Our individuals are trained in communication, organizational skills, money management, decision making, socialization, mild behavior management, and job preparation. Our volunteers are taught to be team players and are encourage to become independent and part of society. Through positive belief our individuals will increase confidence to succeed.



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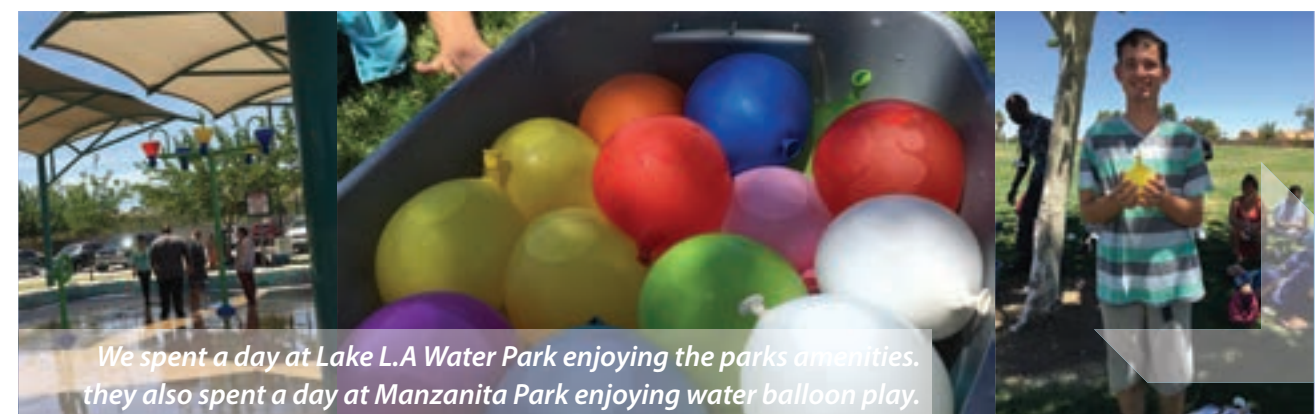
Our site base program enjoyed a day out by taking a trip to Brunswick Bowling Alley to "Strike" up some fun!

COMMUNITY OUTINGS FOR JULY

Brunswick Bowling • Marie Kerr Park • Sorenson Water Park (BBQ)
 Manzanita Park • Hometown Buffet • Apollo Park • Antelope Valley Mall

We also enjoyed a Summertime BBQ at Stephen Sorenson Water Park where we indulged in hamburgers, hot dogs and other snacks. Yummy! Our community program was excited about their monthly outings and all of the great foods that came along with it.

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