



A QUARTERLY PUBLICATION FROM OAKS OF HEBRON, INC.

## Planned, Part I

Oaks of Hebron, Inc. exists to honor and glorify our Lord Jesus Christ by providing services to persons with developmental disabilities.



Eric loves music, playing guitars, hot sauce and spending time with his family. He especially enjoys time with his niece. Eric's path to independent living is a success story. It's also an example of learning to let go and the value of planning.

Eric lives in Cotati, has three housemates, and he's very happy. His dream for independent living came true several years ago when he moved out of his parent's home into a shared living situation. In his teen years, Eric participated in an after school activity club with Oaks of Hebron, and it was during this time that his parents, Leo and Adele Barclay, learned about what's possible. The Barclay's saw a model of independent living that resonated with them, so they started planning. Adele said that Oaks helped them a lot by providing resources, process and staff, so they did not have to "reinvent the wheel". This started the process in motion.

Eric's track for independent living really took traction after the passing of his grandparents. The Barclay's saw how hard it was for them to work through this difficult time and they did not want their daughter to have to "figure out" care for Eric, so they stepped up planning for his future. Shortly after, Eric moved out with housemates to a home in Santa Rosa. Eric admits that he was nervous at first, and it took some adjusting living with new people, but he's glad he made the move and can't imagine his life any better. A few years later, Eric moved into his very own house and brought in housemates.

The Barclays recognized that it was not easy letting go, and they were concerned that no one would care for Eric like they do. Letting go is harder when your child needs specialized care. The Barclay's said that this is where "support from Oaks was very valuable. Knowing that Oaks was very experienced with supported living situations and had quality staff really put us at ease". In addition to Oaks making this transition easier, the Barclay's really benefited from their support network.





The Barclay's have a large support network of family and friends. A network that they know will be there to listen, guide, and help with any practical needs. The Barclay's also know that this network is also there for Eric as well. This network gave them the courage needed to let go. They recognize that not everyone has a large network and their encouragement to others is to use the support network they have, no matter the size, and start the process. "It's a natural tendency to not want to let go, but do what's best for your kid. Your child will always be your child and you want to let them fly; you want them to be successful", says Adele.

There have been many benefits to Eric living on his own and working with Oaks. Leo especially appreciates that Eric utilizes his staff, so he can be dad. There is a big relief knowing that life events can be handled by staff, so he does not have to

jump in and be house manager.

Eric, Leo and Adele, each briefly described Eric's path to independent living:

- Eric: "a terrific journey"
- Leo: "a growing process"
- Adele: "a success!"



### FAMILY AND FRIENDS

Stay tuned on plans for Family and Friends.

We hope to hold this beloved annual event this summer, however, COVID-19 is keeping us from setting a date at this time.



### WAYS TO GIVE

#### Online

You can give to Oaks online through our website: oaksofhebron.org

Your gift is tax deductible. We will send a receipt for your records.



Amazonsmile- log onto Smile.Amazon.Com and designate Oaks of Hebron as your charity and Amazon will donate 0.5% of the purchase to Oaks of Hebron, Inc.

Financial contributions may be sent by mail. Make checks payable to: Oaks of Hebron, Inc. 6950 Commerce Blvd. #7 Rohnert Park, CA 94928

# LIFE ON THE FARM

Life on the farm is not all fun and games, but sometimes it is. This time of year, we are working hard cultivating the soil, planting and setting the growing process in motion. This year, we are adding a new hoop house and 15 raised planter boxes. Soon we will have produce coming out our ears, so get ready to place your orders.

Working the land is very rewarding and knowing our produce has meaning gives us a high level of satisfaction and confidence to continue growing.



**Oaks is looking to sell produce to restaurants and would love referrals. Please contact us if you know of a restaurant looking for local, fresh, organic produce.**

**We can grow to order.**



How high does mustard weed grow? It can grow up to 6 feet. Mustard weed is used in farming to bring nutrients to the soil. Farmers let it grow and then mulch it into the soil. As it decomposes, it adds nutrients.

## GROWING TOGETHER

Now is the time to subscribe for Community Supported Agriculture (CSA) baskets. CSA baskets are a popular way for consumers to buy local, seasonal food directly from the farmer. Oaks of Hebron started offering CSA baskets over 10 years ago and they have been a hit. When you sign up for a subscription, you will receive 2 baskets (half or full) of produce a month. Each basket includes seasonal produce, eggs and for an extra special touch, a bouquet of flowers.

Farmer to you. Organic, fresh and fantastic!

**Half Basket: \$15.00 monthly**

**Full Basket: \$30.00 monthly**



## VICTORY GARDENS

Spring is here! Are you ready to grow your own fruit and vegetables? Imagine walking to your garden to harvest tomatoes, green beans, lettuce, blueberries, or ? You can plant whatever you like. You'll save a trip to the grocery store and you'll know you are doing something healthy. The growing season is now, so don't delay, order today!

**6 feet by 4 feet = \$95.00**

**Custom sizes = call for pricing**

**4 feet by 4 feet = \$75**

**Top Soil = call for pricing**

We used reclaimed lumber when requested.

**Send your order for CSA Baskets or Raised Garden Bed to:**

**[growingtogether@oaksofhebron.org](mailto:growingtogether@oaksofhebron.org)**

**Or call Laisenia "Lai" Qarase at 707-795-5927 ext. 107**

## OAKS OF HEBRON, INC.

### SERVING PERSONS WITH DEVELOPMENTAL DISABILITIES

#### SERVICES PROVIDED

Supported & Independent Living Services: Lori Fox, Program Director

Growing Together: Adult Development Farm Program: Laisenia "Lai" Qarase, Coordinator

Tailored Day Services: Eric Martin, Executive Director

We are available to assist individuals and families with needs pertaining to developmental disabilities. Please feel free to call our office or visit our website for information.