



On My Own Newsletter

May, 2017



Congratulations to the April raffle winners!!

A huge "hats-off" to our exceptional employees who won this month's raffle, which included a \$500 gift card to a grocery store of their choice!

Thank you again to these amazing employees for their hard work, dependability and great attitude: Anna B, Gregory, Anna G., Danielle, Jonathan, Alberta, Christopher, Carolynn.

Stay tuned for next month's prize and winners!

Happy Birthday On My Own!!

On My Own turns 16 years old on May 14th. Thank you to all the

Wonderful employees and clients, past and present, who helped to build our company to the fun, creative, professional, caring company it is today. May there be many more!

Recipe of the Month



4-Ingredient Baked Ziti

- 1** 28 oz. can of tomato sauce
- 1** Bag of penne pasta
- 10** Slices of mozzarella cheese
- 8** Slices of provolone cheese

Directions

- Boil pasta in water and drain
- In a square baking pan, pour in 1½ cups sauce
- Top with drained penne pasta
- Top with remaining tomato sauce
- Stir gently so noodles are covered
- Top with cheeses
- Loosely cover with foil,
- Bake 375 for 15 minutes,
- Uncover and bake additional 15 minutes

Recipe from *On My Own's* new cookbook!

Internet Tools for Special Needs

Technology can be a powerful tool to assist those with any sort of learning challenge, in particular the Chrome web browser which allows users to install a variety of extensions to assist with Internet browsing, regardless of ability level. The link below talks about tools and downloads, that can help those with special needs use the Internet more efficiently, in five main categories: Text to Speech, Readability, Reading Comprehension, Focus, and Navigation. This website is a great place to begin learning and utilizing all the tools and technology available to those with special needs.

www.controlaltachieve.com/2016/10/special-needs-extensions.html



Meet our Accounting Team



Mary Ambrosoli &
Kewana Veal

Mary brings over two decades of progressive accounting and business experience to her role as Accounting Manager. Most recently Mary worked as the Accounting Supervisor/ Payroll Administrator for the California Chamber of Commerce. She graduated with her Bachelor's Degree in Business Administration from John F. Kennedy University. In 2010, she relocated to the Sacramento area to be closer to family, and is enjoying all the great outdoor activities the area has to offer.

Kewana is elated to work in the Accounting and Payroll Department. Kewana has spent the last ten years in banking and accounting. She is graduating from Sacramento State this spring with her Bachelor's Degree in Business Administration with a concentration on Entrepreneurship. Some of Kewana's hobbies are dancing with the Hundred's Unit at Sacramento Kings Games, going on adventures with her friends, and spending quality time with her family.

Meet our Human Resources Team



Jennie Damron,
Misty Dawn Reitz
& Bob Kamrath

Bob, our HR Manager, has experience in the public and private sectors in Human Resource policy, procedure and, program development and execution. He is a member of the Sacramento Area Human Resource Association, The Society of Human Resources Management, and has earned the Senior Professional in Human Resources Certification. Bob served for the US Navy in submarines, surface ships, shore stations and operational positions.

Jennie is our Human Resource Specialist & Recruiter, and has recently obtained her CPR/First Aid Instructor Certification. She graduated from Mira Loma High School and attended American River College. She loves animals, spending time with her family and reading. Her favorite author is Anne Rice.

Misty is our Employee Benefit Specialist. She is currently working on her Master's Degree in Human Resources from St. Mary's University. She graduated from Redwood High School in Visalia, CA. She loves spending time with her friends, going out to concerts and traveling.

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