



# Tidal Times

*May-June 2025*

## May 2025

**Loyalty Days Parade-Sunday May 4th-Long Beach, WA**

**The Greatest Showman (2017)- Saturday May 17th, 7:30PM @ 7th Street Theatre, Hoquiam, WA**

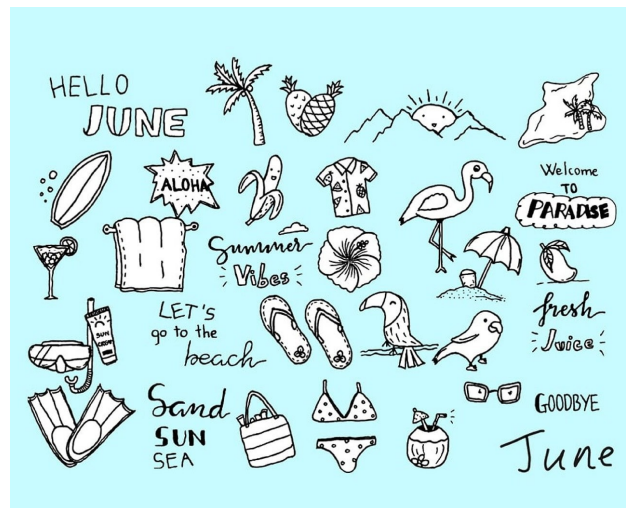
**Tides & Timbers Festival-Saturday May 24-Monday May 26th-South Bend, WA**

## June 2025

**Columbia Pacific Farmer's Market begins-Friday June 6th, 10:00AM-7:00PM- Long Beach, WA**

**Drumming & Storytelling with Javoen Byrd-Thursday June 12, 10:30-11:30AM- Raymond Timberland Library, Raymond, WA**

**Ocean Beach Hospital Heart Walk- Saturday June 21, 9:30-11:30AM @ 237 Howerton Ave SE Ilwaco, WA**



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## Resources

Developmental Disabilities  
Administration



### Waiver Videos: Supported Employment and Community Inclusion Services

Do you want to work in your community or connect to your community? DDA Supported Employment and Community Inclusion services can help you achieve your work and community connection goals.

[Supported Employment services](#) will connect you with a job coach who will help you identify your career goals and the skills you need to find a job that best suits you, providing personalized support for your success.

[Community Inclusion services](#) will connect you with a consultant who will help identify your skills, preferences, and interests to enhance your participation in the community. The goal is to support your contributions and relationships with people.

Check out our [YouTube](#) for more videos on on other DDA Home and Community Based Waiver services.

## Declan Reed Benenati Foundation

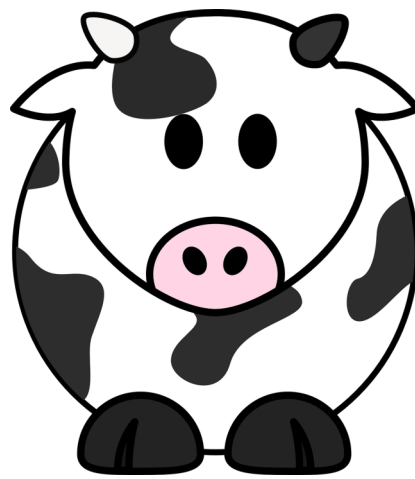
There is a new resource for DDA clients in Pacific County. It is called the Declan Reed Benenati Foundation. Their programs include Declan's Rainy Day Fund, a program which helps provide funds for individuals with intellectual and developmental disabilities. Please go to [declanrbfoundation.com](http://declanrbfoundation.com) or email @ [declanrbfoundation@gmail.com](mailto:declanrbfoundation@gmail.com) for more information on this and other programs.

## May 2025– Astoria Day

On Friday May 16th, We will be heading to Astoria. We will meet up at South Bend Health Department at 9:00 AM to head towards Astoria. Once there, we will head to the Columbia River Maritime Museum to explore everything they have to offer. Next, we will be heading out for lunch near the museum. We will choose from options including food trucks, Custard King, and Bowpickers Fish and chips, and then explore downtown Astoria. We will start heading back to South Bend at 2:00 which should get us back around 3:00. Please bring at least \$20 for lunch and possible extras and please have transportation to and from South Bend Health Department. Clients' admission to the Maritime Museum will be covered, job coaches or caregivers should plan to pay their own admission.

## June 2025– Dairy Farm Day

On Friday June 20th, We will be heading out to a dairy farm just outside of Raymond. We will first meet at South Bend Health Department at 9:45 AM and head out towards the Dairy Farm. Once there, we will see everything that makes a dairy farm work. We will then head to a picnic area for lunch and yard games. We will start heading back to the Health Department at 2:00 PM which should get us back around 2:20 PM or so. Please have transportation to and from South Bend Health Department. Box lunches from Dylan's Cottage Bakery will be provided for clients. Job coaches or caregivers should plan to bring their own lunch or contact Brianne Cline at 360-642-9349 to make arrangements to purchase a lunch from Cottage Bakery.



## Gracie Minks Interview

1. **What is your job title and what does it entail?** I am the Director of the Pacific County Health & Human Services Department. I oversee all department functions and am the liaison between our department and the Board of County Commissioners. Each day looks different, which I thoroughly enjoy. I have a fantastic management team who serve as subject matter experts in their respective fields. I am lucky to be surrounded by such inspiring people who enhance my learning each day.
2. **Growing up, was your current job your dream job? If not, what was?** This was not my dream job. I wanted to be Oprah. I wanted to learn about people and their lives and find ways to enrich the world. I guess in a way, I get to do some of that now-just in a public health focused capacity.
3. **Name one thing you are good at and one thing you need to improve on.** I am great in the kitchen! I love to bake and cook and try new recipes. I often spoil my friends and family (and coworkers) with baked goods. However, I need to improve my patience. When I see an exciting recipe, I will dive right into making it without always checking if I have all the ingredients first!
4. **What is your least favorite household chore?** Laundry. It never ends :(
5. **If you could be any animal, what would it be and why?** A sea otter. They spend a lot of time with their families and lounge around in the sun.
6. **If you could go anywhere in the world, where would it be?** I love to structure my vacations around food, so it would be fun to do a food tour through Western Europe: Germany, Spain, Italy, and France. Essentially, any place that can offer a lot of baked goods!
7. **What do you like to do outside of work?** Outside of work, I spend time with my family. We love to do yard work, go to the beach, bike rides, and explore. Additionally, I love to ski!
8. **How would friends describe Gracie Minks?** I hope my friends would describe me as empathetic, passionate, funny, and loyal.
9. **Are you a morning person or night owl?** Morning person. Bedtime at my house is 8:45 P.M.
10. **What is your favorite food?** Such a tough question! My perfect food combination is a cup of coffee with a fresh baked pastry. If not that, then probably really good pizza (the best is the Jaca at 10 Barrel Brewery in Bend, OR!).



**Pull Apart Pizza Bread by Kimber Matherne****Ingredients**

- 16 frozen rolls
- 1/2 cup marinara sauce
- 1 1/2 cups shredded mozzarella cheese
- Pizza toppings (optional)
- 16 pepperoni slices
- 1/3 cup Italian sausage, cooked and crumbled
- 1/2 bell peppers, diced
- 1 ounce black olives, sliced
- 1/2 teaspoon Italian seasoning

**Instructions**

1. Grease a 9x13 inch baking dish. Place 16 frozen roll dough balls in the dish. Cover with plastic wrap and set in a warm spot to rise. Let rise 2.5-4 hours, or until they are doubled in size.
2. Preheat oven to 375 Degrees F.
3. Once the rolls have risen, poke them down with the tips of your fingers and work the rolls together to create a solid base for the pizza.
4. Then spread the marinara sauce over the crust and top with mozzarella cheese.
5. Add your choice of toppings then sprinkle the Italian seasoning over the top of the pizza.
6. Bake for 18-24 minutes or until the cheese is melted, the edges are golden, and the rolls are cooked through.
7. Once done, use a spatula to carefully slide the pizza out of the dish, it will be hot! Then just pull the rolls apart to serve each slice of pizza.

**Easy Chocolate Zucchini Bread by Shanna****Ingredients**

- 3 cups all-purpose flour
- 1/4 cup unsweetened cocoa powder
- 1 tablespoon ground cinnamon
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1 teaspoon salt
- 2 cups white sugar
- 3 large eggs
- 1 cup vegetable oil
- 2 teaspoons vanilla extract
- 2 cups shredded zucchini
- 1 cup chopped walnuts
- 1 cup semisweet chocolate chips

**Instructions**

1. Preheat the oven to 350 degrees F (175 degrees C). Lightly grease two 9x5 inch loaf pans.
2. Combine flour, cocoa, cinnamon, baking soda, baking powder, and salt in large bowl; mix well. Combine sugar and eggs in a separate bowl; beat until well blended. Add oil and vanilla; beat until combined. Stir in zucchini. Add flour mixture; stir just until moistened. Stir in nuts and chocolate chips. Spoon evenly into prepared loaf pans.
3. Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 55 to 60 minutes. Cool bread in the pans for 10 minutes, then transfer to a wire rack to cool completely .