



Tidal Times

March-April 2025

March 2025

***Butch Cassidy and the Sundance Kid (1969)-
Saturday March 1st, 7:30PM @ 7th Street Thea-
tre, Hoquiam, WA***

***Gabriel Rutledge Comedy— Friday, March 7th, 8-
9 PM @ Raymond Theatre, Raymond, WA***

***Messy Art-Friday, March 14th , 3:30-4:30 PM @
Naselle Timberland Library, Naselle Timberland
Library***

April 2025

***Drop In @ Ilwaco Artworks—Saturday April 5th ,
2-6PM @ Ilwaco Artworks, Ilwaco, WA***

***Bricks & Sips Adult Lego Night –Tuesday, April
22nd, 6-7PM @ Willapa Brewing Co., South
Bend, WA***

***Long Beach Peninsula Razor Clam Festival-Sat.
Apr. 26-Sun. April 27 @ Veterans' Field, Long
Beach, WA***

Hello
March

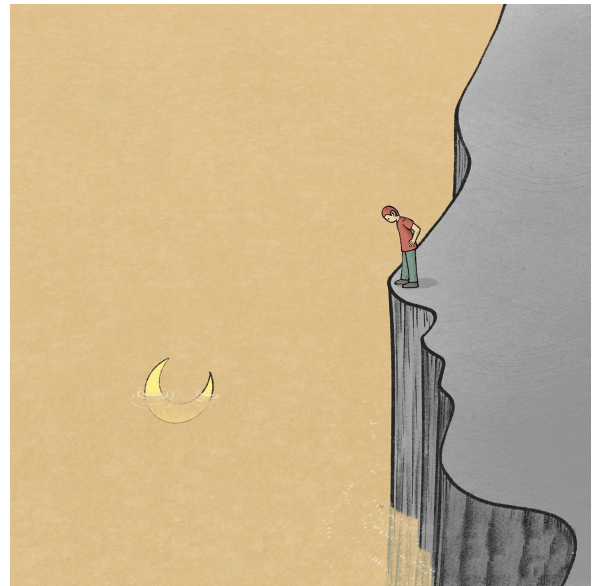


In This Issue

- Page 2– Interview
- Page 3– Social Rec
- Page 4– Info Page
- Page 5– Recipes

Marie Swanson Interview

1. **What is your job and what does it entail?** I am a job coach/community inclusion specialist with Coastal Community Action Program. I assist clients with getting and keeping jobs as well as keeping them included within the community.
2. **Was your current job your dream job growing up? If not, what was?** No, I dreamed of being an executive in a high rise building. This job is much more fulfilling.
3. **If you could go anywhere in the world, where would it be and why?** I would go to Ireland. I really want to go to the Cliffs of Moher.
4. **What is your least favorite household chore?** Dishes, I do not use a dishwasher, so that is by far my least favorite.
5. **What do you like to do outside of work?** I like to visit friends and family of course but I'm also in a Zumba class that I really enjoy.
6. **How would your friends describe Marie Swanson?** I believe they would describe me as friendly and funny. My closest friends would say I am goofy in certain situations.
7. **Name one thing you are good at and one thing you are bad at.** I am good at diamond painting and horrible at cooking.
8. **What is your favorite food?** Picking one is not easy. I love Italian food, all of it.
9. **What's your perfect day?** Waking up to hot coffee on a beach somewhere warm. Having nothing to do all day but walk the beach and find sand dollars.
10. **If you could meet anybody in history, who would it be?** Albert Einstein, I would like to talk to him about how he came up with his ideas.



March 2025– Movie at the Neptune Theatre

On Friday March 21st, We will be heading to the Neptune Theatre/Movie House in Long Beach, WA. We will meet up at the South Bend Health Department at 12:15 PM to head out towards Long Beach. The Neptune Theatre/Movie House opens at 1:30 PM so we should be there in time for the movie. Depending on length of the movie, we should be back at the South Bend Health Dept. parking lot at or around 4:30-5 PM. Please bring at least \$20 (\$12 deal for admission, small popcorn, and small drink, \$8+ for extras). Please RSVP as car seats are limited and have transportation set up to and from South Bend Health Department parking lot.



April 2025–Raymond Sticker Day

On Friday April 18th, We will be doing a Raymond Sticker Hunt. We will be searching for Pacific County Health Department stickers in certain areas and businesses around Raymond. We will first meet up at the Northwest Carriage Museum at 10:00 and divide into groups. We will then follow the handed-out clues to find the stickers and then will meet up at the park next to the Raymond Timberland Library to check the results. The first group to finish will get to choose from various prizes, after which we will head to C & C's for lunch.

2/3/25, 8:46 AM

A message from the Washington state Developmental Disabilities Council

We only use cookies that are necessary for this site to function to provide you with the best experience. The controller of this site may choose to place supplementary cookies to support additional functionality such as support analytics, and has an obligation to disclose these cookies. Learn more in our [Cookie Statement](#).



A message from the Washington state Developmental Disabilities Council

Department of Social and Health Service's Developmental Disabilities Administration sent this bulletin at 01/30/2025 03:36 PM PST

[View as a webpage](#)

Developmental Disabilities Administration

January 30, 2025

2/3/25, 8:46 AM

A message from the Washington state Developmental Disabilities Council

Developmental Disabilities Council Survey

The Washington State Developmental Disabilities Council is gathering feedback to better understand the barriers and challenges faced by people with intellectual and developmental disabilities and their families in Washington state. This input will directly influence the Council's [5 Year State Plan](#).

We need your help to ensure voices from all communities are heard, especially those in underserved or underrepresented areas. Here's how you can support this effort:

- **Take the survey** – Share your own insights and experiences by completing the survey here: [ly/WADDCSurvey](#).
- **Share the survey** – Help spread the word by sharing our posts on [Facebook](#) and [LinkedIn](#) with your networks.
- **Distribute the flyer** – Share the PDF flyer in your newsletters, social media pages, or community meetings, available here: [5 Year State Plan Survey \(flyer\)](#).
- **Direct people to our website** – More information is available at [DDC 5 Year State Plan Survey | WADDC](#).

The survey closes on July 21, 2025, and is available in multiple languages to ensure accessibility for diverse communities. We encourage you to share it widely, so all voices can contribute to shaping the future of intellectual and developmental disabilities services and advocacy in Washington State.

Your outreach is vital in reaching individuals who may not otherwise have access to this survey. Together, we can ensure that all voices are heard and represented in our work to build a more inclusive and supportive Washington.

[Survey](#)

Stay Connected with DDA

[Manage Subscriptions](#)

Chicken and Dumplings Recipe by Alyssa Rivers**Ingredients**

- 1 small yellow onion, minced
- 1 stalk celery, thinly sliced
- 2 medium carrots, peeled and diced
- 3 tablespoons unsalted butter
- 1/4 cup all-purpose flour
- 2 cups chicken broth
- 2 cups cooked chicken, diced
- 1/3 pound green beans, trimmed and cut into 1 inch pieces
- Salt and pepper to taste

For the dumplings:

- 1 cup all-purpose flour
- 1 tsp. baking powder
- 1 teaspoon coarse salt
- 2 tablespoons fresh chopped parsley
- 2 tablespoons cold unsalted butter, cut into cubes
- 1/2 cup whole milk

Instructions:

1. In a large saucepan over medium heat, melt butter and add onion, celery, and carrots. Cook, stirring occasionally, until onion is translucent, about 4 minutes.
2. Add flour and cook, stirring, for 1 minute. Slowly add broth, stirring, for 1 minute. Slowly add broth, stirring constantly, and bring to a boil.
3. Reduce heat and simmer 5 minutes. Stir in chicken, green beans, and salt and pepper to taste.
4. In a large bowl, make the dumplings by mixing together the flour, baking powder, coarse salt, and fresh parsley. Cut in butter until evenly distributed throughout the flour and stir in milk. Drop heaping spoonfuls of dumpling batter on top of chicken mixture.
5. Cover and simmer until dumplings are cooked through, about 12-14 minutes. Garnish with additional chopped parsley before serving.

Carrot Cake Cupcakes by Amanda Holstein**Ingredients**

- 1 1/3 cups (about 5 3/4 oz.) all-purpose flour
- 1 1/2 tsp. ground cinnamon
- 1 tsp. baking powder
- 1/2 tsp. kosher salt
- 1/2 tsp. ground allspice
- 1/4 tsp. ground ginger
- 1 cup packed dark brown sugar
- 1/2 cup vegetable oil
- 1/3 cup sour cream, at room temperature
- 1 1/2 tsp. vanilla extract
- 2 large eggs, at room temperature
- 1 1/2 cups shredded carrots (from 2 medium (5 oz. carrots)
- 1/2 cups chopped, toasted walnuts, plus more for garnish

Cream Cheese Frosting or Creamy Glaze**Directions**

1. Preheat oven to 350 degrees F. Line a 12-cup muffin tray with paper liners. Whisk together flour, cinnamon, baking powder, salt, allspice, and ginger in a large bowl.
2. Whisk together brown sugar, oil, sour cream, vanilla, and eggs in a medium bowl until smooth.
3. Add sugar mixture to flour mixture; whisk just until combined. Add carrots and walnuts; fold in with a spatula or wooden spoon until evenly dispersed.
4. Divide batter evenly among prepared muffin wells (about 1/4 cup per well).
5. Bake in preheated oven until tops are golden brown and a wooden pick inserted in centers comes out clean, 20 to 25 minutes. Transfer muffin tray to a wire rack, and let cool completely, about 45 minutes.