



### MESSAGE FROM THE EXECUTIVE DIRECTOR: BILL PENNY

On behalf of the Board of Directors and myself, welcome to Options Mississauga's first edition Newsletter.

Creating this newsletter is an important part of our plan to establish a better connection with our customers and diverse stakeholders. The newsletter will be published monthly and will be available on our website as well as through email and hard copy at our retail outlet.

We want to provide the reader with news – current events relevant to individuals who have an intellectual disability, discussion of new products and services we plan to offer our hundreds of customers, changes to our programs – and perhaps most importantly, ideas about how to continue to innovate in the area of employment and employment training for intellectually disabled adults.

Of course a really good Newsletter is fun to read and should always leave the reader thinking “I really enjoyed that”.

So...enjoy the premier issue of our Newsletter and let us know how you like it.

### BUSINESS NEWS WITH SHERRY JONES

As a brief introduction, I would like to take the opportunity of our first newsletter to give a little background of my experience. This year marks my 25th year in the printing industry.

I started with Options as a volunteer and joined the team in June 2018 as the new Business Manager.

As many of you know, my first order of business was to give Options a ‘fresh’ look and a new ‘flow’ for the business. This made working and training at Options much easier for our Co-workers. The positive feedback from our customers about our new look, has been very encouraging.

2019 is shaping up to be a very exciting year. Please check our website for our calendar of events.

The biggest excitement for the future of Options is our new Promotions and Incentives Division. This division will be handled mostly by our co-workers. If you are planning a golf tournament this year, let our co-workers pick the appropriate and innovative items for your golf giveaway bags. You set the budget and WE do the SHOPPING. Alternatively, you can shop our extensive list of items on our website.

Drop by our store and say hello. In addition to our great quality print and office services, we always have a warm welcome and a big smile for our customers.



## PROGRAM UPDATES BY KIM CHO

As the Program Manager at Options Mississauga. My role is to evaluate and assess the needs of individuals with intellectual disabilities and how Options can meet those needs. Our core-training program is the Employment Training Program, which is held in a non-traditional outside the classroom setting. This program offers hands-on experience interacting with real customers in a fast-paced retail environment.

For those individuals that want something a little different, we have two other programs that are not only creative, but have potential for independent income.

### Outside the Lines Art Program

This Program is designed to offer a creative outlet for our students. They will work both independently and as a team depending on the season and project. Mediums that are covered are vast including paint, sketch, crafts, photography.....

Our students do make income from selling their artwork at Options and at various community art fairs. Check out our website for Art for Sale.

### Options in the Kitchen Program

This is a culinary program designed to introduce individuals with intellectual disabilities to the food services industry. We will also run a catering service as part of the training program where the students will help to organize and run catering functions and in doing so, gain experience on the job while also earning money through profit sharing. This valuable hands-on experience will provide more encouragement and confidence to apply for similar jobs in the industry.

For more information on the Options Training Programs, please contact:  
Kim Cho | kimcho.options@gmail.com

## RECIPE OF THE MONTH: GARLIC & CHEDDAR BISCUITS

### INGREDIENTS

- 2 cups flour
- ½ tsp salt
- ½ tsp garlic powder
- 1 ½ tsp baking powder
- ½ tsp baking soda
- 1 cup shredded cheddar
- 5 tbsp butter
- 1 cup Buttermilk
- ¼ cup chopped chives



### COOKING INSTRUCTIONS

1. Preheat oven to 400 degrees
2. Combine flour, salt, garlic, baking powder and baking soda in a bowl. Add cheddar to the mixture to coat cheese
3. Mix in the butter with your hands until it resembles oatmeal with some lumps still in it
4. Add buttermilk and chives and mix until rough dough is formed. Turn out onto a lightly floured surface and knead about 10 times, just until it holds together
5. Roll out until dough is about ½-1 inch thick and cut with about a 2 inch cutter (or the rim of a glass). Gather up the extra dough and repeat
6. Place the rounds on an ungreased baking sheet (or lined with parchment paper). Bake for about 18 minutes, until lightly brown on top and golden brown on bottom
7. Remove biscuits to a cooling rack.