



# WINTER BARN BULLETIN

Safe Haven Farms Family Newsletter, February 2021

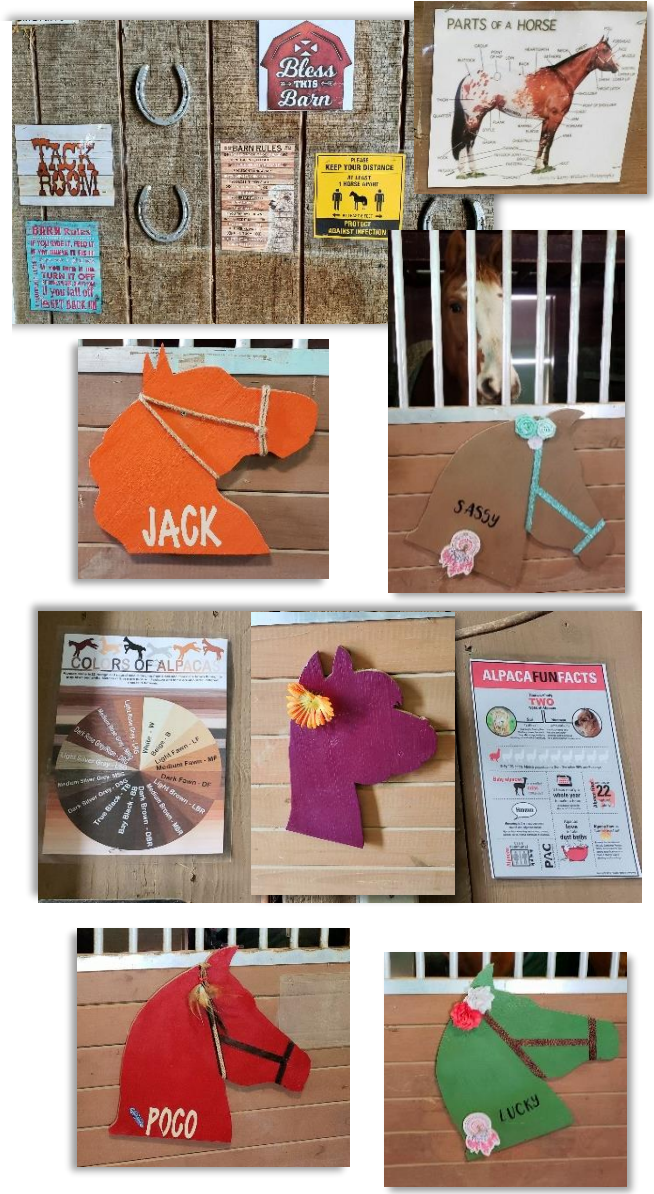
Janie Cochran  
Executive Director

## HORSE BARN MINI-MAKEOVER

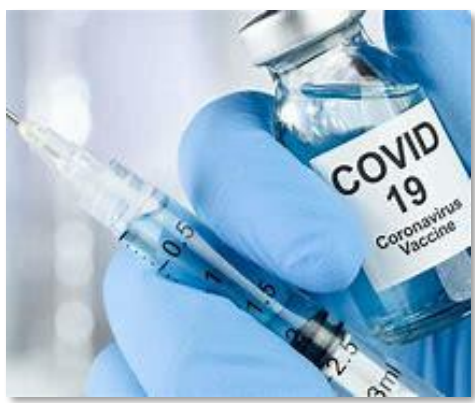
Perhaps some of the unsung heroes at Safe Haven Farms are those who regular care for our animals – every day, night, weekend, and holiday. With our therapeutic equestrian program still on hold, our horses, alpacas, dog, cats, and chickens continue to need appropriate food, water, bedding, and regular vet care.

During the day our farmers and Choices staff take excellent care to fulfill the needs of our animals, but it is the nighttime and weekend animal care contractors who go the extra mile. Tosha Sargent, SHF Animal Care Coordinator, and her young staff of assistants – Noah, Dakota, and Cheyanne, don't just feed/water the animals, but also clean, maintain, and spruce up the barn every evening and weekend to provide a pleasant environment for all of our furry and feathered friends. Additionally, Tosha provides regular training and education opportunities to her young helpers with several new and helpful signs strategically placed throughout the barn as a reminder of daily duties, helpful hints, or just fun facts about the animals we love. Tosha even added her own artistic flair to our stall signs – painting each one and giving each horse and alpaca sign a little personality.

A big **THANK YOU** to all who work to care for our animals, especially during these cold winter months. Looking forward to warmer temperatures and a safe return to our therapeutic equestrian program.



## VACCINE UPDATE



By mid-March all of our SHF residents will have received both doses of the Covid-19 vaccine and a majority of the staff members.

Vaccines for the residents and staff were administered under the direction of the Butler County Health Department with assistance from local Fire/Rescue Departments including our own Madison Township Fire Department. The farm residents handled their vaccinations like real troopers and were actually excited to go on the special road trip to the Butler County Fairgrounds.

A special **THANK YOU** to Stacy Roberts, Choices Deputy Director, for coordinating the shots and the transportation.

## WINTER WARM-UP

### MEATBALL SOUP

2 Tbsp. olive oil  
1 medium onion chopped  
2 large carrots - diced  
3 stalks celery chopped  
1 ½ cups cut green beans  
1 ½ tsp, dried parsley  
½ tsp. of each dried basil, garlic powder, onion powder

1 tsp. dried oregano  
6 cups low sodium beef broth  
8 oz. tomato sauce  
14.5 oz fire roasted tomatoes  
1 ¼ lbs fresh or frozen meatballs  
¾ cup Mini Farfalle pasta



*In a large heavy stockpot heat olive oil over medium heat. Add the chopped onion, carrots, celery and green beans. Cook for 7-8 minutes or until slightly soft and fragrant. Add parsley, oregano, basil, garlic powder and onion powder. Cook for 2 minutes; stirring constantly. Pour in beef broth, tomato sauce, fire roasted tomatoes and meatballs; simmer for 7-10 minutes. Add the pasta and cook for an additional 10 minutes; serve promptly.*

### JANUARY/FEBRUARY BIRTHDAYS

Jake Norris – SHF Resident  
Patrick O’Lenick – SHF Resident  
Noah Cornett – Animal Care  
Zach Stacy – Farm Manager  
Janie Cochran – Executive Director

Happy  
Birthday  
Jake &  
Patrick!



## HELP US FILL OUR POT OF GOLD!

No, we haven’t been kissing the blarney stone - we are just hoping for a little Irish luck this March. Safe Haven needs your donations to continue our mission of serving adults with developmental disabilities.

Look for this postcard to be arriving soon in the mail announcing our upcoming 🍀 “St. Patrick’s Day” themed fundraiser. Many thanks to our generous Safe Haven donor who will match donations 2 to 1 up to \$10,000.

Our annual “Share the Love” dinner, traditionally hosted in February, is being tentatively rescheduled for early this summer. Keep a look out for more details about this always popular event in the coming months!

### AS GOOD LUCK WOULD HAVE IT

*William Shakespeare*

Safe Haven family & friends we are asking for your help to earn our own “pot of gold.”

A special Safe Haven supporter will match all donations during the month of March, 2 to 1, up to \$10,000. A \$100 donation will become \$300 with the donor match.

It is our hope that with your gift and a little Irish luck, we can reach this goal by March 31st.





WARM UP YOUR HEART WITH A SMILE...



love



With love, the residents & staff of Safe Haven Farms!

