

# RCE Newsletter

WESTERN OREGON UNIVERSITY

## SPECIAL POINTS OF INTEREST:

- The Road Less Travelled
- Recipe of the Month
- Class of 2012 Profiles
- 2nd Year Student Updates
- Self-Care Corner



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The Newsletter Committee is always looking for Ideas, Comments, and Suggestions. Feel free to email us: [tdooley09@mail.wou.edu](mailto:tdooley09@mail.wou.edu)

## REHABILITATION COUNSELING: THE ROAD LESS TRAVELLED

In just these past few months, the class of 2014 has learned a great many things about the field of rehabilitation counseling, including its specialized focus on disabilities.

In assessing our cohort's small size and the complex nature of the job, our class has found a fitting theme, The Road Less Travelled illustrated by Robert Frost, to be a fitting description of our endeavor.

We would like to share Frost's poem with you as we begin our journey down this lightly travelled road. We are thankful for all your support and look brightly towards our future as Rehabilitation Counselors.

~ Class of 2014

### The Road Not Taken

Two roads diverged in a yellow wood, /And sorry I could not travel both, /And be one traveler, long I stood /And looked down one as far as I could To where it bent in the undergrowth;



"Two roads diverged in a wood,, and I, /I took the one less traveled by"

Then I took the other, just as fair, /And having perhaps the better claim /Because it was

grassy and wanted wear, / Though as far that the passing there /Had worn them really about the same,

And both that morning equally lay /In leaves no step had trodden black /Oh, I marked the first for another day! /Yet knowing how way leads on to way /I doubted if I should ever come back.

I shall be telling with a sigh / Somewhere ages and ages hence: /Two roads diverged in a wood, and I, /I took the one less traveled by, /And that has made all the difference.

~Robert Frost

## RECIPE OF THE MONTH CRANBERRY STREUSEL PIE

Pie Crust (1/2 Package only)  
2 cups fresh or frozen cranberries  
1/2 cup sugar  
1/4 cp brown sugar  
1/2 cup chopped walnuts  
1/2 tsp. cinnamon

Stir cranberries and following 4 ingredients and spoon into pie crust.  
1 egg  
1/4 cup of melted butter  
1/2 cup chopped walnuts  
2tbsp. Flour

Whisk egg with next 3 ingredients and pour over cranberry mixture.

This is a delicious recipe that is sure to delight your holiday guests.

~ Teresa Ruderman

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# CLASS OF 2014

## RCE STUDENT PROFILES

The class of 2014 is a proud family of 12 students. In this first issue, the class would like to briefly introduce themselves and their personal self-care methods.

### Destree Rudolph

Destree wears many hats. She is a mother of two school aged children, a behavior specialist, a spiritual seeker, and artist. In the future, she would like to become a Mental Health Therapist and

eventually obtain an LPC license.

To manage self-care, Destree takes an eclectic approach which includes regular massages, a mostly vegan diet, lots of coffee, painting with mad abandon, mental health days, and drinks with friends.

### Brett Manfrede

Brett was originally born in Orlando Florida. He moved to Oregon in 2005 and received his Bachelor's Degree

in Human Development and Family Services from OSU.

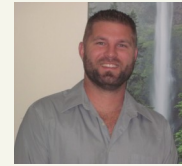
He has been a massage therapist for 10 years and is currently working at a therapeutic boarding school for troubled teens.

In order to maintain self-care, Brett receives regular massages he calls, "me time" and spends much of his free time with family.

Brett currently serves as the RCE Student Representative.



Destree Rudolph



Brett Manfrede



*"The miracle is not that we do this work, but that we are happy to do it"*

~ Mother Teresa



## RCE STUDENTS FROM ABROAD

### Teresa Ruderman



Teresa came to America in 1981 from a small village in Poland. She earned her

Bachelor's Degree in Nursing from Northern Illinois University and practiced as a nurse for over 25 years. She looks forward to working as a VR

Counselor. Teresa finds that spending time with family, baking, and walking are some of the best stress-reducing activities in her life.

### Sammy Aggro



Sammy came to this country from Ghana, Africa. He comes to

this program with years of experience in working with the Deaf community in Ghana. After graduation from this program, Sammy hopes to serve as a disability advocate back in his home country.

Sammy is also a recent graduate from Western Oregon University.

## THE RCD COHORT

### Cheryl Fleck



Cheryl is unsure of her future career goals, but leans towards working as a VR Coun-

selor for the Deaf. Cheryl finds that spending time with family and friends brings

balance to her busy life. She has a loving cat that provides her with free massages and enjoys activities at the gym and off road driving to vent stress.

### Pv Jantz

Pv describes himself as a Willamette Valley Deaf Native with a passion for Deaf/

disability advocacy. Pv currently has no set career goals and is excited to see where this academic journey leads.

Pv enjoys spending time with family, playing video games, and tearing up the track on his motorcycle.

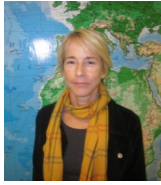
Pv currently serves as the RCD Student Representative.



**Pv Jantz on motorcycle with friends and colleagues from the RCDHHA conference**

RCE COHORT CONTINUED

**Theresa Kollars**



Theresa has worked for the state of California for 12 years. In addition, she has volunteered as a case manager for St. Francis Homeless Shelter in Salem, Oregon advocating for the homeless.

Theresa graduated from California State University in 1990 with a Bachelor's Degree in Government, and recently received a Post-Baccalaureate

Certificate in Addictions Counseling from Chemeketa. She enjoys running and yoga to keep a positive outlook and release stress.

**Thomas Dooley**



Thomas was born and raised in the State of Oregon. He received two Bachelor's Degrees in Psychology and Philosophy from WOU,

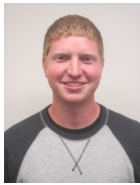
graduating June of 2011. Thomas is proud of his Catholic roots and even

spent two years at Mount Angel Seminary.

To reduce stress, Thomas regularly schedules a weekend retreat at Mount Angel Abbey. He describes these retreats as a change to get away from pressures of everyday life and rediscover one's self, especially between academic terms. In addition, he enjoys reading, listening to music, and playing computer games.



**Jordan Hufendick**

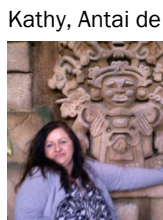


Jordan is also a graduate from WOU, having received his Bachelor's in Psychology this past winter.

He grew up in the small town of Sandy, Oregon and enjoys playing sports, working out, and riding his street bike. Jordan also enjoys outdoor

activities such as golfing, snowboarding, and fly fishing whenever he gets the chance.

**Kathy Deeds**



Kathy, Antai de sol Blue Dragonfly Azul of the Tarahumara tribe, is a core group member of the Salem's First Nations Gathering worshipping in dance and drum.

She has worked with high risk youth and with women supporting life change for over 9 years.

Kathy obtained her Bachelor's Degree in Social Science from WOU this past June. After graduating from this program, Kathy would like to work with Veterans and Tribal needs. She feels very honored to be a part of this program and feels it is the highlight of her academic career.

*"We inhabit a universe that is characterized by Diversity."*

*~ Desmond Tutu*



**Janelle Sutter**

Janelle graduated from WOU with a Bachelor's in Psychology with a minor in Health. She has had training in working with people with dementia and has a passion to work with this population, those with criminal backgrounds, and underserved populations.

Janelle has found different

stress-relief and coping activities finding that massages, scented oils, spiritual time, and having a balanced perspective are beneficial in addition to a good cup of coffee.

**Tony Smouse**

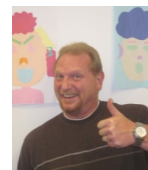
Tony received his Bachelor's Degree in Psychology from Marylhurst University. After graduation from the RCE pro-

gram, Tony plans to work with for the Veterans Administration in Vocational Rehabilitation.

To maintain self-care, Tony spends quality time with his wife, eats healthy, exercises, and plans trips around the world. Tony also has many hobbies and stays very active in his local community. He feels it is important to give back and help others.



Janelle Sutter



Tony Smouse

## R C E P R O G R A M

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For more information about the RCE program at Western Oregon University please visit the following link

**[http://www.wou.edu/provost/graduate/msrc/msrc\\_about.php](http://www.wou.edu/provost/graduate/msrc/msrc_about.php)**

## Second Year Student Updates Internship Placements

Janine DePaz - Eugene OVRs  
Alison Hemry - in process  
Chris Johnson - Alabama DRS  
Sarah Klaja - North Seattle DVR  
Sue McClure - McMinnville OVRs  
Julie Reis - (split internship) LIFE Program/Eugene OVRs  
Landon Ross - in process  
Lisa Van Eaton - Springfield OVRs  
Lorelei Walthall - Colorado Springs Independence Center  
Jonathan Whitby - Marion Polk OVRs

## S E L F - C A R E C O R N E R

This newsletter marks the end of the first term of the first year of the RCE class of 2014. In order for students and rehabilitation counselors to stay healthy, it is important for them to kick back, relax, and take a moment to themselves.

This Self-Care corner is intended to be a resource for RCE students and newsletter readers to counter the stressful and busy lives they live. It is our goal to provide the recipes so that everyone can create a Self-Care Cook Book to meet the needs of any potential stressor.

In a profession where we spend a fair amount of time taking care of others, it

is important that we remember to take care of ourselves. Profession does not matter, everyone needs to find the time to take a break and rejuvenate.

One simple way to create this environment is to soak in a tranquil bath. The recipe for this consists of warm water, Epsom salts, and a locked door. To spruce up the experience scented oils such as Lavender and Sandalwood can be added to enhance the calming effects.

You will be amazed at how much a basic soak can do in rejuvenating the body, mind, and soul.

Brett is a licensed massage therapist and an adamant promoter of self-care

practices.

If you have any comments or suggestions, please send them to the editor of the Self-Care Corner, Brett Manfredre

[bmanfrede12@mail.wou.edu](mailto:bmanfrede12@mail.wou.edu)



**"You will be amazed at how much a basic soak can go in rejuvenating the body, mind, and soul!"**