



“You don't have to love cooking to cook, but you have to do more than love baking to bake. You have to bake out of love.”

- Tom Junod

“Baking makes me focus. On weighing the sugar. On sieving the flour. I find it calming and rewarding because, in fairness, it is sort of magic - you start off with all this disparate stuff, such as butter and eggs, and what you end up with is so totally different. And also delicious.”

- Marian Keyes

Welcome to the final newsletter of 2021! What a year it has been! We kicked off the year with feelings of hope and anticipation as everyone waited to become vaccine eligible.

GORP members were first in line, and with relief, began asking when we could return to in-person sessions. It looked promising in the summer, however, with the Delta variant emerging, we remained virtual. That puts us at a total of 22 virtual sessions since March 2020!

In this issue of the quarterly edition, we invite you to learn more about how we celebrated *National Caregiver Appreciation* month in November. Last be sure to check out the final page for a heart-breaking note from one of the GORP member's grandchildren.



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“I bake because my grandma baked.” - Happy grandchild

November is National Caregiver Appreciation month, and although we celebrate the GORP members throughout the year, the month of November is a special time to celebrate them with more intention.

Throughout the years we have traditionally catered meal, hired message therapists to offer optional shoulder and neck massages, and surprised GORP members with other tokens of our appreciation. Similar to last year, we had to pivot and accommodate the virtual environment.

In 2021, we started preparing a month ahead of time. During the

October session, we invited GORP members to share their favorite childhood recipes. We heard stories of sweet treats and memories baking with beloved relatives.

Inspired by their stories, we invited GORP members to submit their name for selection. The lucky winner then submitted their recipe for everyone to bake for the upcoming session.

In between sessions, we delivered gift cards to local grocery stores so everyone could purchase the ingredients. We have included the chosen recipe so you can enjoy it with your loved ones, just like we did!

## Cranberry Pecan Cowboy Cookies

1/2 c. soft butter

1/2 c. shortening or lard

1 c. sugar

1 c. packed brown sugar

2 eggs

1 tsp. vanilla

2 c. quick oats

2 c. flour

1/2 tsp. baking powder

1/2 tsp. baking soda

1/2 tsp. salt

1 c. dried cranberries (Mariani are very good)

1 c. chopped pecans (not too small)

Mix as usual for cookies. Cream fats. Add sugars, beat till light and fluffy. Stir in eggs and vanilla. Mix in oatmeal. Then add dry ingredients, sprinkling the powder, soda, and salt over the flour. Mix well. Fold in cranberries and pecans. \*\*A note about the fats: Choose the fat based on how you want your cookie to look. Butter gives delicious flavor and a nice color to cookies. Shortening will keep the cookies from spreading and will be thicker. Lard acts more like butter. The cookies will spread a little more and result in a flatter cookie. The cookies in the picture were made with butter and shortening. Bake on light colored cookie sheets at 350 degrees F for 10 minutes. Allow to cool on pan for a minute. Remove and place on foil or cooling racks. Yields about 4 dozen cookies.

\*\*if using dark pans, reduce cooking time by 1--2 minutes



**SPEAKER'S  
CORNER**

Two GORP members found this touching note waiting for them. It was written by one of their grand children. With their permission we are publishing it here.

*You're the best  
When I'm mad or sad,  
you turn that around.  
You're the best, the best I've ever seen.  
When something is wrong you notice.  
You ask me.  
You care.  
I love you so much.  
You are special.  
I've never met anyone like you.*

**-J.L., 9 years old**



**January**

Group Support

**February**

Group Support

**March**

Group Support

**April**

Group Support

**May**

Group Support

**June**

Kristi Baker  
The Law Center, S.C.

**July**

Group Support

Families Like Mine  
Virtual Conference  
July 19th, 2021

**August**

Group Support

**September**

Group Support

**October**

Group Support

**November**

Caregiver  
Appreciation Month

**December**

Group Support

Dr. Ryan Herringa &  
Murray Kappel



## THE RAINBOW PROJECT, INC.

### CHILD & FAMILY COUNSELING & RESOURCE CLINIC

#### The Rainbow Project Vision

A safe, healthy and nurturing world for children and families

#### Mission

The Rainbow Project provides restorative healing and hope for young children, and their families who have experienced trauma, building a foundation for the mastery of life sustaining skills.

#### Values

**Respect** Philosophy of interactions with others. . .internally, consumers, other professionals and the community

**Growth** Desire to inspire, support, and foster others. . . consumer, families, colleagues, team members and the community

**Compassion** Recognition, empathy and support for individual differences. . .including, but not limited to life experiences, culture, background and abilities

**Collaboration** Interactive roles as part of a larger whole

**Excellence** Commitment to quality, integrity, leadership, professionalism and thoughtfulness

#### RESOURCES

Want to join the group or learn more about community resources and referrals? Contact below!

Referral & Community Programs Coordinator  
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