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 traveled road. We are thankful for all your support and look brightly towards our future as Rehabilitation Counselors.

~ Class of 2014

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 cup 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
truderman12@mail.wou.edu
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.

Cheryl Fleck
Cheryl is unsure of her future career goals, but leans towards working as a VR Counselor 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.

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 miracle is not that we do this work, but that we are happy to do it”
~ Mother Teresa

~ RCE Student Profiles ~

The RCD Cohort

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

**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 program, Tony plans to work with 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.
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 Manfrede
bmanfrede12@mail.wou.edu

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