

Portraits of Progress

Winter 2016 Newsletter



Save the environment, save a tree, and save the company cost by requesting to have your copy of "Portraits of Progress" sent to your own personal email address. If interested, please send an email to the address listed below:

life-skills@life-skillsinc.org

We thank you in advance for your continuous support!



From the desk of Executive Director: *J. Thomas Amick*

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Well here we are in 2016, HAPPY NEW YEAR! I sincerely hope that this will be a positive and healthy new year for everyone.

Welcome to all of the new individuals and staff joining Life-Skills since our last quarterly newsletter. I hope that your experience with Life-Skills is a positive learning and growing experience, and we are excited to welcome you. We have added several new businesses where individuals enrolled in our vocational programs are earning minimum wages and are on the payroll of the respective businesses.

In December of 2015 we were surveyed by the Commission on Accreditation of Rehabilitation Facilities for our Day Habilitation services and have received our 11th 3 year certification! Congratulations to all of the staff and management that have allowed us to continue to receive the highest survey results possible. This level of achievement is only possible because of the high level of service and attention to detail that each of you bring to your jobs.

We are in the process of completing a new and very comprehensive safety program across the corporation's programs that will continue to ensure the integrity of our safety systems, vehicles, and programs. We are also adding a coordinator for our Positive Behavior Supports initiative. I am pleased that we are well underway in our efforts to train all of our staff and have a number of programs who are being monitored and are enthusiastically embracing the values and principles of the Positive Behavioral Supports.

Congratulations to Willard Hutton, Clinical Director and his staff of Behavior Specialists who have developed a successful methodology for safely assisting an individual at Life-Skills with Smith-Magenis Syndrome to cope with her behavioral episodes. Willard has been invited and received a sponsorship grant to present "An Alternative to Physical Restraint for Management of Unsafe Grounding Behavior" at the PRISM's 8th Smith-Magenis Research Symposium in Houston, Texas.

Continued on page 2

From the desk of Executive Director: *J. Thomas Amick*

Continued from page 1

Day Habilitation programs are continuing to add new furniture, paint and partitions that will enable some of the programs to put on a new face and to provide for more discrete and defined learning and therapy areas. The changes that are on-going are exciting and going to work in a pleasant and accommodating atmosphere is positive for everyone.

At this point in time it appears that we might have a relatively mild winter in Central Massachusetts, no record breaking snow totals thus far and it seems there are none on the horizon. This is positive because it moves us continuously closer to the demolition of the old annex at 44 Morris Street and a much needed upgrade of our parking lot.

If you are a fisherperson please keep in mind that the spring Bass Tournament is scheduled for Sunday April 10th. If you are interested in sponsorship and/or fishing please contact Tony Yeulenski at 508-943-0700 ext. 2105 or email tyeulenski@life-skillsinc.org. The East Meets West Business Bonanza is scheduled for Saturday, April 30th at Bartlett High School Gymnasium. The Fourteenth annual Golf Tournament will be held on Friday June 10th at the Woods of Westminster Golf Course. Reminders will be forthcoming so watch your mail.

There are a great many things happening currently with many more to follow, it is a very good time to be a part of the Life-Skills family of programs.

Highlights from:

Human Resources

By: Eileen Beringer

E-Mail Us! New Year, new resolutions. For those of us trying to become healthier in 2016, let your health plan give you the inspiration you need. If you are enrolled in Fallon Health, check out the "It Fits!" benefit where you can earn up to \$400 annually for activities such as gym memberships, entry fees for races, golf lessons, and in-home exercise equipment, just to name a few. Take a look at their member page to get the details on this program. Another benefit is "Healthy Health Plan" where you can fill out a health assessment and following their instructions, earn up to \$200 each year. Not bad! If you're not a member of Fallon Health, most other health plans offer benefits for being healthy so don't forget to take a look at what they have to offer. If you ARE a Fallon Health member and you aren't sure how to access these benefits, send us an e-mail or give us a call and we'll walk you through it.

Help for the Winter Blues: According to our meteorologists, we should experience a milder winter than last year. But any day that it snows or is exceptionally cold is a reason to stay in...and then wonder what to do. In past articles, we've made suggestions on how to spend your time indoors when being outdoors is not the best option. But this might be one thing we haven't thought of: research a charity. There are so many

needy organizations in the area who could use a little extra help. It might be children at risk, teenagers who need a mentor to keep them on the right path, abused women who have left their homes with nothing but the clothes on their backs, disabled men and women who need a helping hand to get back on their feet, and of course the elderly. What can you do on a snowy winter day to help? You can search the internet for local organizations and see what they need, and then see what you have that you can share. This might be a great opportunity to clean out your drawers, closets, and cabinets to see what you might not be using anymore (or never used at all) that you could donate to someone in need. Handbags with a few toiletry articles might mean the world to a woman in a shelter. A gently used book so someone can read a young child a bedtime story might be the beginning of a lifetime of reading. And if you don't have anything to donate, there's always that jar of change that can be turned in to make a cash donation. Or you can donate your time. Guaranteed it will make you warm inside when it's cold outside.

Winter is the season in which people try to keep the house as warm as it was in the summer, when they complained about the heat. ~Author Unknown

Supervised Apartments

By: Melissa Hurstak



Supervised Apartments Annual Thanksgiving Dinner is something I look forward to year after year. And thanks to crockpots it has also been easier to pull it all together. This year's event was absolutely wonderful. It gave an opportunity to reflect on what we're grateful for and to connect with old friends.

A special thanks to Deanne, Pam, Martina and Frank. They were a great help in bring it all together and it could not have been so great without them!



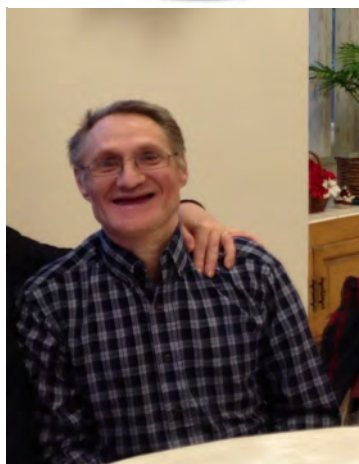
Francis Ave.

By: Jennifer Jarmulowicz & Team



In loving Memory of Scott "Scottie" Strickland

1/30/1958-1/14/2014



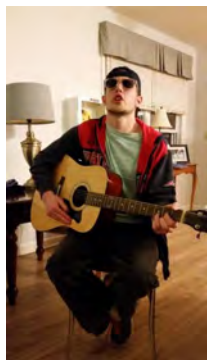
We would like to dedicate this article in remembrance of our beloved Scottie. On behalf of his loving wife Sharon Strickland, Beth Hodgerney, Crystal Ettis, Kathryn Fulginiti, Beverly Andrews, Loretta Kelley and your support team at Francis Ave.

It has been two years since you have passed and we find it hard to believe how the time has gone, as it feels just like yesterday. We find ourselves bringing you up in conversation, smiling looking at pictures of you in your younger years, at your wedding and outings that you've enjoyed. We all share wonderful memories of you, and are able to laugh remembering your great sense of humor.

"It has been said, 'time heals all wounds.' I do not agree. The wounds remain. In time, the mind, protecting its sanity, covers them with scar tissue and the pain lessens. But it is never gone." — Rose Kennedy

Arland Drive

By: Michelle Wright & Team



Jeff celebrated his 24th birthday on the 8th of November. He had the pleasure of guests from Chestnut Hill, Gorski Ave and McGovern Lane who all came bearing gifts. Most of the guys took turns passing Jeff his gifts to open, they made it so much fun! Jeff gave a mini concert, playing guitar and singing, Nick tried his hand at playing guitar as well. There were a lot of smiles, laughter and a general all around good time. Happy Birthday Jeff and a big thank you to all who came and celebrated with him.



The ladies and gentleman from many of our residential programs and supervised apartments practiced very hard to perform a song at the Christmas Party this year. They sang with joy and pride from their hearts, The 12 days of Christmas. They came to each practice with a smile and put in great effort learning the words and the tune. They also practiced at home with staff, by themselves and even made an effort to sing in a public forum before the party. They each wore either a red or green shirt with the day of Christmas they chose, on the front. The pins and jewelry and hats were all additions of their own. Thank you so much to all of you guys and gals, it was a blast and made my heart happy to get to know you. Special thanks to Bob for playing the organ and trying to keep us in tune and on the right day.

This year at Arland drive our goal is to increase our happiness by living healthier active lives. We will make better food choices, smile more often and learn about how caring for and giving to others can you bring more peace and happiness.

Our Motto and Mantra for 2015 we will keep, and add another:

I feel Healthy!

I feel Happy!

I feel Terrific!

We will be choosing our favorite from the following list this year:

Be Better than YOU were Yesterday

***Be the Type of person
YOU want to Meet***

***Good Actions give strength to
ourselves and Inspire
Good Actions in others***

***Know YOUR limitations
and DEFY them***

At Arland Drive we would like to thank all of the relief staff and staff from other programs who willingly come fill in, cover and/or assist in times of need.

And the stars of our show hailed from.....

Arland Drive: Southbridge, MA

Jeffrey Moffat

Nick Draper

Ryan Giguere

Gorski Ave: Webster, MA

Alex Jones

McGovern Lane: Webster, MA

Jim Dyson

Gary Norcross

Bryan Fantasia

Auburn: Auburn, MA

Charlie Paul

Delaney: Dudley, MA

Miranda Arnold

Supervised Apartments: Webster, MA

Pat Matthieu

Candy Davis

Kathy Jewell

Bob McMahon

Delaney Ave.

By: Nancy Hill & Team



Ashley Smith from Delaney Ave with her parents Ed & Sue Smith at the agency xmas party



Colleen Sherman and Peggy Ziehl decorating Christmas cookies at Delaney Ave



Ashley Smith from Delaney Ave decorating cookies



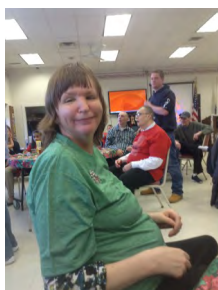
Ashley Smith, Maranda Arnold, Colleen Sherman and Peggy Ziehl at the agency xmas party

This Holiday season, the lovely ladies of Delaney Ave. did many wonderful activities with their staff members. They enjoyed a peaceful night driving through Bright Nights in Springfield, MA while listening to Christmas music as it coincided with the beautiful light displays. As a household, they made Christmas cookies to leave for Santa on the fireplace and everyone did a great job making their own masterpieces. Ashley made a couple of "SEARS" cookies, Peggy made a blue #3 with eyes, Maranda enjoyed decorating her Christmas tree cookies with sprinkles and red hot hearts, and Colleen took her time making sure her cookies were as perfect as can be. The ladies each had their own mini gingerbread house, and decorated with such

care and couldn't wait to eat them. The ladies and their staff also spent a quiet Friday night decorating the house and Christmas tree for their annual family Christmas party. For Christmas all the ladies received personalized aprons as a Christmas gift that we hung along a wall in the kitchen to help with their household goal for the New Year. Our major goal for 2016 is to help the ladies become more independent by helping make their dinner. We have decided that one night a week, we will gather everyone in the kitchen and put our aprons on and get cooking! The wonderful Holiday season at the house has led us into a great start to the New Year!



Maranda Arnold from Delaney Ave at the agency X-Mas party



Colleen Sherman from Delaney Ave at the xmas party



Peggy Ziehl from Delaney Ave at the agency Xmas party



Brodeur Ave.

By: Diane Mioduszewski & Team

The individuals have had a festive holiday season sharing them with their families. As we look to the new year, we are preparing to get through the winter months with Fun activities and a healthy lifestyle.

We would like to welcome Denise Wong Kam to the Brodeur Ave program.

SC Residential Annual Christmas Party



South Central Residential held its "Annual Christmas Party" on December 5th at the Auburn Senior Center.

This was our best party ever!!

Along with our usual great food and visit from Santa, we had a fantastic performance of the "12 days of Christmas" by several individuals from our houses; and we had a DJ and Karaoke which added so much cheer to the festivities.

A **BIG THANK YOU** to all those who donated to make this great time possible! This event is paid in full by all of your generous donations. Without your support, this party would not be possible; so again our sincere

THANKS!

Written By: Nancy Marlborough, SC Residential Director

MSDH

By: Tony Yeulenski,
MSDH Program Manager



Life Skills Inc. and the Salvation Army completed the 2015 campaign with an employee recognition by Emily Mew, Salvation Army Massachusetts field representative. Six individuals were hired for this two month campaign to raise as much money as possible for those most in need for the Town of Webster. Life Skills employees and Salvation Army volunteers Tony Yeulenski, Service Unit Coordinator and Tiffany Krasnecky, Outreach Director for the Webster Salvation Army

Unit appreciate all of the volunteer hours and support from the MSDH and FRS teams. The overall partnership raised over \$10,000 during the kettle campaign at Price Chopper.

A special thank you to everyone that donated as the Salvation Army offers food, clothing, medicine, assistance with fuel bills and other aid to area residents in financial distress.



By: Robert Carey

Recently, an employee at Life-Skills had the opportunity to work as a “paid staff on the books” for Meacham Propane in Charlton. Meacham is a well known company within the community and decided to use our skilled staff members to assist with organizing the hundreds of products within their very busy warehouse. Tasks included numerical categorizing, remembering specific parts numbers for later use, cleaning and completely re-organizing their filter store house, hazardous material

documentation, filling the trash and cardboard compactors, sweeping, dusting, use of personal ventilators as needed, double-checking inventory – this could go on, but I feel as though this suffices. Our program member (CA) enjoyed the work and is excited to go back and continue to excel at tasks given. Even the president of the company is very impressed by the dedication to tasks-at-hand and swift, thorough completion of any job that has been given to our member. Win for Life-Skills!

By: Raimee Demars

It was a successful Holiday season at Closet Classics. With the hard work of all of the staff and individuals, we were able to sell all of our Christmas inventory that was donated throughout the year. With that being said, a New Year comes with a new look for the store. Our focus is on maximizing retail space and making room for the new inventory that has consistently been coming in. Come check out the new layout and take advantage of our great deals!

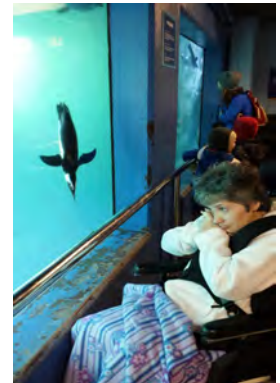
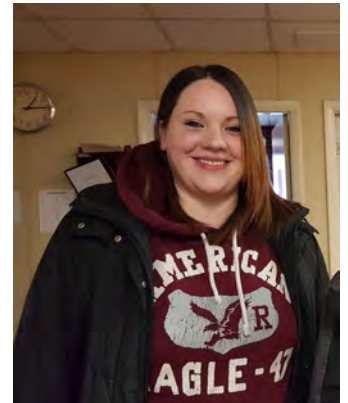
FRS

By: Mary Ledbetter & Team

The past few months at FRS have been fun, fun, fun! The staff here have been working hard to be constantly decorating the program according to the holidays and themed parties/free meals we do each month. Our Thanksgiving party was great, we then held a rocking Christmas Party and was able to get our friends from Center of Hope to come and carol for us! Our upcoming theme for February we are currently working on decorating for is Super bowl! Our staff have started a small list for the themed parties following that and included on that list is a "Country Hoedown". It should all be lots of fun!

Some of the outings that we've been able to do this past quarter are the Festival of Trees located in Southbridge that we try to go to each year as the Christmas trees there are always so creative and beautiful! We've also been to the Mystic Aquarium, Purgatory for lunch, and Bay Path for lunch. We've been pretty busy!

The staff FRS chose to do a close-up for is Stephanie Penniman! Steph has been working as a 1:1 for an individual here at FRS for about a year now but employed at Life-Skills for 2 years. She begun working as a residential counselor and then transferred over, spending the last year having lots of fun and really enjoying her position. Some of things she enjoys most is to help the individual she serves reaching goals and pursue the things that they're interested in. One of her favorite parts of working at Life-Skills is the individuals and staff here at FRS. The staff here at FRS would have to return the compliment as we thoroughly enjoy having her here, making great strides with the individual she works with every day and helping wherever else she may be needed. She really makes a difference! Thank you Steph!



McGovern Lane

By: Maryanne Cann & Team

The gentlemen enjoyed all of their holidays from Halloween to New Year's. They enjoyed spending time with their friends, family, and staff. They attended the Halloween party at the Auburn House and enjoyed dressing up in costumes. Everyone in the house shared a thanksgiving meal together at the local church supper and together in their home before independently sharing the meal with their families. Gary, Jim, and Bryan enjoyed practicing for the Christmas skit that was performed at the annual Christmas party. On Christmas they woke to find their gifts wrapped and under the tree. They enjoyed opening their gifts with each other. On New Years we had some baked good and stayed up and watched the ball drop before saying goodnight and good bye to 2015.

Jim also celebrated his 52nd birthday in November. He has really been enjoying his new android tablet that he received from his sister. He enjoyed going to Foxwoods casino, out to eat, and Mario's with his one to one staff. Jim also shared cake and ice-cream at his house with all of his housemates.

As we enter into 2016 we are starting to discuss upcoming vacations for the gentlemen.

We want to thank all the staff for their hard work and dedication to the Program. However we want to send a *special* thank you to Michael Giguere and Ziarty Tobo for welcoming Gary into your homes on Thanksgiving and Christmas, and making him feel like part of your family when his family was unavailable- so again: *Thank You!*



By: Kim Lapworth

It's safe to say that since Life-Skills began providing employment services through Ticket to Work in 2001, the program has had its ups and downs.

Over the years the Ticket to Work program and its operations manager, Maximus, has made so many changes in staff and general operating procedures it's been difficult to keep up. While our passion and expertise is to work directly with disabled individuals to create and implement an effective plan to participate in competitive employment, it has been necessary to spend many valuable hours learning and relearning updated procedures and doing community outreach to promote the program itself.

Fast forward to 2016. In an effort to streamline many of the cumbersome operating procedures, SSA's Ticket to Work and Maximus have created an interactive Portal designed to allow Employment Networks like Life-Skills a way to quickly and efficiently complete general operating tasks. As much as I wanted to go into more detail about some of the procedures that can be completed efficiently through the portal, the site seems to be down and only responds with a *"The service is temporarily unavailable. Please try again later"*.

...well, it's a work in progress.

In spite of the glitches on SSA's end, it is safe to say that through it all, our ability to provide exceptional, individual employment services has been unwavering. We have seen an increase in the number of ticket holders reaching out to Life-Skills and have been able to help more people with disabilities to reach their employment goal than ever before.

Along with the outreach Life-Skills has done, through posting ads, emailing and visiting other human service agencies, mailing flyers, updating directories, advertising in newsletters, visiting libraries, Social Security is also, finally increasing exposure of the program.

After doing away with using an actual "Ticket", individuals who qualify for Ticket to Work employment services have now begun receiving letters from the Social Security Administration telling them about the Ticket to Work program and giving them instructions on how to find an Employment Network that will meet their needs.

I am proud to say that although Ticket to Work has had its up and downs and the program operations for Employment Networks has come with many learning curves, Life-Skills has consistently been a leading provider in the Southern Worcester County area and we continue to offer individuals between the ages of 18 through 64 who receive SSDI and/or SSI benefits the individual supports they need to find their place in the local workforce and increase financial independence.

Are you ready to get serious about finding work?!

**If you are currently receiving
Disability Benefits
You may qualify for free
employment services**

For more information: please contact:

Since 1970	
	Kim Lapworth Employment Directions
Address: 44 Morris Street Webster MA 01570	
Phone: 508-943-0700 X2171	
Fax: 508-949-6129	
Email: voctrainer@life-skillsinc.org	
Website: www.life-skills.org	

Check us out!

9th Annual

East Meets West



Saturday, April 30, 2016

11:00 a.m.—3:00 p.m.

Bartlett High School Gymnasium

52 Lake Parkway

Webster, MA 01570

SAVE
THE
DATE!

HEALTH FAIR & Business Bonanza



to benefit adults with developmental disabilities

Conventional and Holistic Vendors & Local Businesses Featured

Blood Drive!
FREE Admission!
Free Raffles!
Free Screenings!
Demonstrations!
Free Giveaways & MORE!



Something for everyone!

If you're interested in being a
vendor or sponsor, please call or email:

(508) 943-0700 x2130—Tammy
frs@life-skillsinc.org

or

(508) 943-8895—Jean or Chelsea
marketing@pagechiro.com

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lifeskills
INC

&



Gorski Ave

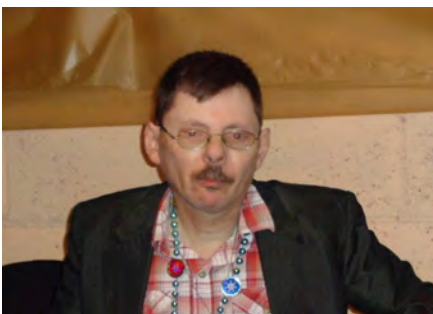
By: Jennifer Ruane & Team

My My!!!! The Gorski Program has been very busy this quarter... Many friends gathered at Gorski to help Richard celebrate his milestone birthday: the big 6-0! The party turned road trip to favorite clubs and ended with an awesome concert and Dinner with his family. Jeff G. also blew out candles in October, he opted for smackdowns-attending WWE wrestling matches at the DCU center.

All the residents found the energy to maintain busy schedules which included attending Octoberfests, clowning around at the Circus and tearing up all the dance floors they could find including Point Breeze, the KasBar, and Center of Hope!

As the Holidays were approaching CA and AJ moved from the dance floor to the gym floor to up their exercise routine at the YMCA, and Chris has begun basketball practice for the Special Olympics. In addition, AJ & CA continued their search for nice wheels by attending car shows wherever they can find one. ****Whew!

The Gorski team would like to welcome new staff Garrett Shelley!



Richard's 60th birthday celebration



C.A. & A.J. attending a car show





44 Morris Street
Webster, MA 01570
(508) 943-0700
www.life-skillsinc.org

Hooked on Life-Skills, Inc.

5th Annual Charity

ICE BREAKER

**1st Place
\$1000**

Guaranteed based on 25 boat field.
Payout will be adjusted higher or lower
depending on number of participants.

TOURNAMENT



**Sunday, April 10, 2016
8 am - 4 pm**

Memorial Beach (Webster Lake)

Webster, MA 01570

**Entry Fee: \$110 per team
(Includes Parking)**

Register Early—Payment order will determine launch order



Phone: (508) 943-0700 x2105

Email: tyeulenski@life-skillsinc.org

Please make checks payable to Life-Skills, Inc.

Registration forms at: www.life-skillsinc.org. Click on "Events".

**Lunker Pool
Small & Large Mouth**

****Proceeds benefit adults with intellectual/developmental disabilities****

Greenfield Day Hab

By: Kim Austin-Morin & Team

Private Christmas Concert

Not only do our individuals have talent, but our support staff does as well.

On Tues Dec. 15th, Justine (behavioral specialist) and Kevin (OT) provided the individuals with a holiday concert. Kevin is an amazing guitar player, and Justine has a powerful and beautiful voice. They sang many of the standard Christmas Carols, encouraging audience participation. It was positively received by most of the individuals who sang along. It was a great opportunity for the individuals to work on their public forum skills and gave them a fun way to interact with their peers

Lifeskills has Talent!

Pete T. participated in holiday crafts and really enjoyed it. Made a great ornament.
Gina B. has taken to singing and dancing in her program room.
Heather C. has been utilizing her relaxation skills.
Chris "spud" has been engaging in his room.
Chris B. participated in our Christmas concert!
Maria B. engaged in a card game and beat staff!

Laura Q made an amazing reindeer ornament.

Cherise B. has been assisting staff with projects around the building and showing what a hard worker he is!

Patty L. has been entertaining her program room with her rendition of Christmas Carols.

What a great way to spend our day!!!

Christmas Traditions

We took a survey of Christmas Traditions and many of the individuals share many of the same traditions.

BB enjoys Chinese Food on Christmas Eve

CB enjoys spending time with his nephews

BR looks forward to going to his brother's house

AZ enjoys a meal with her family

LC goes to her brother's house

KE will be visiting with family... and YES! Woody gets gifts!

DP is SUPER excited about spending time with Family

BG visits her sister

SS remembers her father reading Christmas stories from the bible as they sat around the tree

JB spends time with family

EC started a new tradition this year! Rudolph on Broadway

In Greenfield, the individuals love doing MAD LIBS, it's always fun to hear the end product.

So we thought it would be fun to create one for Portraits of Progress. The individuals who wanted to participate gave us a line or two about their day at Life-Skills. We then put it

together to create the completed version, then took out the key words to give you a fun MAD LIB to complete.

The best part of creating this was giving everyone, regardless of the way they communicate take part in creating the MAD LIB.

1	female in room
2	adjective
3	adjective
4	noun
5	adjective
6	adjective
7	plural noun
8	adjective
9	adjective
10	verb
11	adjective
12	verb
13	noun
14	verb
15	verb
16	adjective
17	adjective
18	adjective
19	adjective
20	adjective
21	verb

**M
A
D
L
I
B
S**

22	adjective
23	adjective
24	verb
25	adjective
26	adjective
27	verb
28	verb
29	adjective
30	verb
31	verb
32	verb
33	body part
34	body part
35	body part
36	verb
37	food and drink
38	adjective
39	adjective
40	verb
41	female in room

Mad Lib continued on next page

Our Day @ Greenfield Dayhab

This is _____ Mudd, reporting to you from the Greenfield location of Life-Skills Inc. We had a report of some _____ people and activities happening at the end of Forgey Way in Greenfield and wanted to come check it out... and report it to you.

It was _____ to this reporter how many people wanted to have their part of the story be told, and how they told their story. Not everyone at Life-Skills communicates in the same way, yet everyone was able to report their _____.

One individual who wanted to be _____ said he knew what he liked best about Life-Skills, and he was gonna tell me..... but didn't. Hmmmm perhaps a mystery.

The house DJ said I came on a good day, because he only comes to Life-Skills Tues.- Fri.

It was _____ how many people wanted to report they have many _____ at Life-Skills.

A _____ lady said with a smile, "I say hi to my friends, everyday". And from a distance another person chimed in, "We learn how to be good friends." Seems to this reported that there is a great deal of _____ work _____ here. A _____ woman "all blinged out" told this reporter that many of her housemates come to Life-Skills. They _____ the _____ together in the morning, and enjoy the ride. There were a couple of gentlemen playing cards. One reported that he and Billy are friends. Billy said that he really enjoys _____ cards..... but staff says he _____ because he ALWAYS WINS.

When asked about the environment, the reported was told that it is easy to feel _____ at Life-Skills. So that led me to ask about the staff at Life-Skills. We were told that the nurse is _____, and very _____. Although it is reported that one staff member, by the name of Alicia _____! A staff member by the name of Mary is _____, the reporter must wonder how she _____ though. There is a _____ man that reports he really enjoys walking with the staff. This reporter was assured there is lots of _____ staff at Life-Skills.

So what exactly do people do at this place, Life-Skills, this reported _____. The man in the red hat reported that he works on keeping it together at Life-Skills, it was reported he does a fine job of that. Another man reports he does a lot of work at Life-Skills, and is getting _____ at it everyday. He is most _____ when he completes it, ALL BY HIMSELF. There are also reports of individuals _____ their sign language to assist them in communicating their needs and wants. This reporter observes the man _____ on the ball doing a _____ job! There is a man _____ in a stander, _____ his _____, and smiling from _____ to _____ being out of his wheelchair, and a young lady in her walker roaming the halls and checking out the pictures on the wall. Another woman is just returning from her trek in her walker and _____ a nice hot cup of _____. But hark, what does this reporter hear? There is a young lady who is having a great time in the hall, what is she doing..... this reporter must investigate.

She smiles as the reporter approaches. She is _____ to share what it is all about. She puts her right leg in, she puts her right leg out, she puts her right leg in, and shakes it all about.....

Well, this reporter learned a lot today at Life-Skills. it has been proven to this reporter without a shadow of a doubt that there are indeed, _____ people and _____ activities going on in this Life-Skills location. This is _____ Mudd, signing out

From the Editor:

Jennifer Nelson

It was just yesterday that we could feel the warm air that resulted from an El Nino. Although, the Artic air once again plays a major role in blasting us with a cold chill; thus far this winter has not been as gruesome as the last. However, I suppose that before one gets their hopes up too high over this; we will need to keep in mind that winter has only begun, and that weather patterns can change abruptly. *Thankfully March 20, 2016 isn't too far away, and the promise of spring will be here before we know it! I don't know about you, but I cannot wait!*

Now that I got in my little brief about the weather, let's talk about the dawning of yet another year... Now that we have said our farewells to 2015 and all of the goals we may or may not have accomplished, we can look at 2016 as an opportunity to clean the slate, start over, or even try something new. Personally, I would like to work towards improving my health as well as getting back into the swing of some of the hobbies I truly enjoy; such as writing and photography. As far as trying something new goes, I would love to step out of my comfort zone and become acquainted with people I see, but hardly know. I would also like to expand my level of creativity with a variety of art-related activities. So now that I elaborated on some of things I want to do, what about you? What kind of adventures or goals are you striving for this year? *Whatever path you choose, remember that we all have the ability to reach our goals if we put our whole being into doing so!*

Thank you...

I would like to extend my gratitude to the following programs who contributed an article and/or pictures to the newsletter this month:

J Thomas Amick, CEO; Eileen Beringer, H.R. Director; Melissa Hurstak, Supervised Apartments; Jennifer Jarmulowicz & Francis Ave; Michelle Wright & Arland Drive; Nancy Hill & Delaney Ave; Diane Mioduszewski & Brodeur Ave; Tony Yeulenski, Robert Carey, & Raimee Demars of the Morris Street Day Hab Team; Mary Ledbetter & FRS; Maryanne Cann & McGovern Lane; Kim Lapworth, Ticket to Work; Tammy Lewandowski; Jennifer Ruane & Gorski Ave; Kim Austin Morin & Greenfield Day Hab Team; Nancy Marlborough, S.C. Residential Director... To anyone I might have missed: THANK YOU!

Special thanks to Joe Desrosiers for encouraging residential staff to contribute to this project!



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at
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We would like to take this moment to express our heartfelt appreciation to all of our supporters!

Thank you for your donations, volunteerism, sponsorships/participation at fundraising events, and patronage at our local business ventures!

Your on-going support has not gone unnoticed!

We couldn't have done this without you- so from the bottom of our hearts:

WE THANK YOU!

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