

## From the Desk of the CEO



Summer is quickly passing us by, however there are plenty of nice days ahead so take

advantage of them. We will be into fall and winter before we know it, and we will all be regretting what we did not do while the weather was ideal for being outside.

We have had great success and participation in our fundraising events. We held our 8th annual Charity Ice Breaker Tournament on April 7 at Webster Lake, our 12th annual East Meets West Health & Business Fair on April 27 at Bartlett High School in Webster, MA, and most recently, on July 19, we held our 17th annual "Chip in Fore a Great Cause" Golf Tournament at Pine Ridge Country Club in Oxford, MA.

It was a hot day on the links, but everyone started out early in the morning and finished before it became intolerable. We had a great response from all of our sponsors, a special thank you to our major sponsors, TD Bank, Fallon Community Health, Cam's Oil and the Fel's Foundation. Without your continued support, we would not be able to have the quality tournament that we have. I also want to thank our golf hole sponsors, we appreciate your continued support, and special thanks to Pine Ridge Country Club for their assistance in hosting a great tournament with excellent food and amenities.

Since our last newsletter, we have purchased a new house in Greenfield, MA. This house will be renovated to ensure accessibility for the four individuals who will be living there. The opening of the house is not yet set;

however, the renovations will be underway shortly and we are hoping that we can stick to a schedule that will allow for completion in the next four to five months.

During this time, we have also had a number of new staff added to the Life-Skills, Inc. family - welcome everyone! I hope that you will find your work to be fulfilling and rewarding.

The next time that you enter the administration building at 44 Morris Street, you will need to go through a second set of security doors. Our goal is to have the complete security system up and operating by no later than the end of August 2019. The installation of the second set of doors upstairs and a controlled entry into the lower level will provide an additional level of security by restricting access to our programming areas and

Continued...

### Inside this Issue:

From the Desk of the CEO  
Save the Date  
PBS Corner  
Inside Scoop/  
Special Thanks

Comings & Goings - Day & Residential  
Meaningful Employment  
Summer Kick-Off Celebration  
LSI Events - Fishing, Health Fair, Golf/  
Thank You Sponsors

administrative offices to anyone unannounced. We are committed to providing a safe and secure environment for all of our individuals and staff, and the people who come here to receive education and training.

We are continuing our efforts to upgrade all of our existing day and residential locations. There is a lot to be done, so it will be a very busy fall and winter. I would like to extend a special thank you to our maintenance department, Supervisor Joe Daniels, and Terry Ober. We will

be having a new painter starting in the next couple of weeks to round out the team. Tanya Jure, Safety Coordinator is working on getting everything up to par in the buildings and ensuring that we are following existing safety standards.

There is an unbelievable amount of work being done to keep the buildings and homes in excellent condition and our maintenance staff are doing their best to keep up with everyone's needs. When you see these folks in your program, they are

there correcting issues or fixing problems, so give them a pat on the back and a "thank you". They all deserve it.

Be safe as you enjoy the remaining months of good weather!



Tom Amick, CEO



**10th**  
**ANNUAL CHARITY**  
**BASS**  
**FISHING**  
*Tournament*



**1st Place**  
**\$1000!**

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



**Sunday, October 13, 2019**  
**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](mailto:tyeulenski@life-skillsinc.org)  
Please make checks payable to Life-Skills, Inc.  
Registration forms at: [www.life-skillsinc.org](http://www.life-skillsinc.org). Click on "Events".

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

**Lunker Pool**  
**Small & Large Mouth**

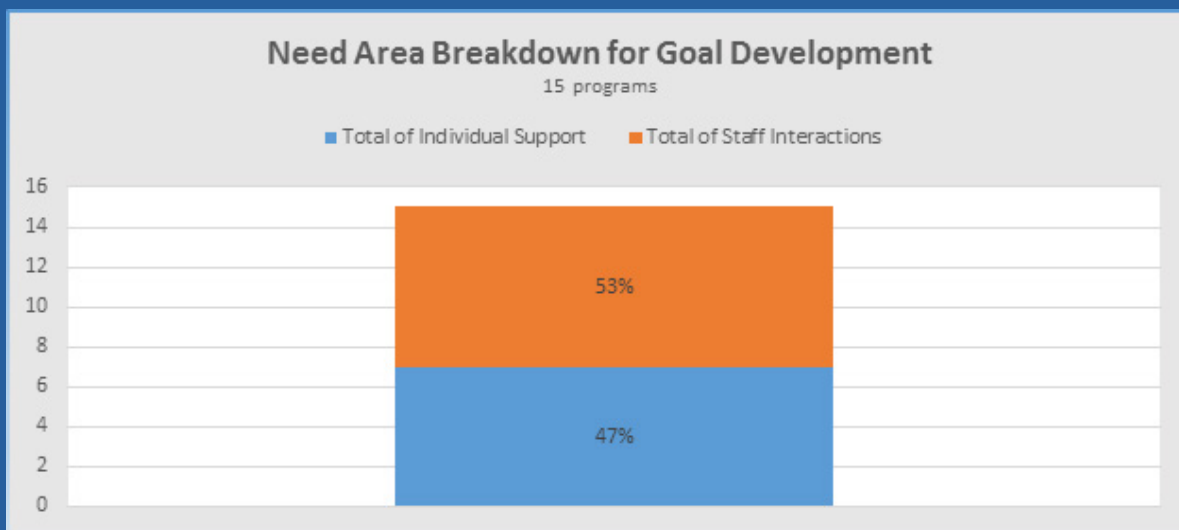
Life-Skills, Inc. has implemented Universal Supports at 15 programs (6 Day Habs and 9 Residential Sites) thus far! Part of the implementation phase model that Life-Skills, Inc. has developed involves site-specific goal development. Universal Supports training is broad, so identifying specific need areas for sites is imperative to successful outcomes. After focused micro-trainings occur, staff



vote on one targeted area of universal support to address relevant to their program site and then develop measurable ways to address that need area. Most program sites voted to address individual support, but a handful of sites also

voted to work on staffing interactions. One trend that has emerged is a high level of interest expressed by sites to receive more training at the staffing level, specifically around communication.

The graph below outlines how 8 out of the 15 sites where Universal Supports has been implemented, developed site-specific goals geared towards staffing interactions.



### Why are staffing interactions important to the work we do?

- Staffing interactions directly affect the environment; Individuals sense when tension exists between staff.
- Effective communication at the staffing level is an essential proactive measure to preventing programming challenges. (Example: If 1st shift staff fail to communicate to the 2nd shift that an individual is struggling with the recent loss of a family member and, as a result, exhibiting challenging behaviors, the 2nd shift staff taking over is not well prepared to provide emotional support to the individual. This may result in the unfortunate continuation of problem behaviors).
- When we work as a team, recognize each other, and communicate effectively, not only do we provide better services to the individuals, but we usually enjoy our work and the people we work along side much more.

### Tips for Effective Communication:

- Be aware of your tone of voice and body language.
- Ask clarifying questions (don't assume).
- Go to your co-workers directly before bringing in supervisors.
- Praise your co-workers when they do something well, even if it is a co-worker you don't always enjoy working with. This will help develop a positive working relationship.





## “Making a Difference” Award Recipient

Eileen Harris, our Speech-Language Pathologist for our South Central Day Habilitation and Residential programs received the “Making a Difference” award at the 29th Annual Legislative “Gathering with the Governor” on May 30, 2019. The event took place at the AC Hotel by Marriott

in Worcester, MA.

Eileen was recognized for her work with, and her involvement in several areas that has directly enhanced the lives of the individuals we serve.

Eileen’s commitment to increasing the abilities and

functional capabilities of the individuals with whom she works has been an inspiration to everyone in the Life-Skills, Inc. programs.

For the write up from Telegram & Gazette:

<https://www.telegram.com/news/20190530/local-special-needs-advocates-lauded-by-baker-in-worcester>





# Congratulations! ON YOUR PROMOTION



**Tanya Jure**  
Safety Coordinator

Congratulations to our employee, Tanya Jure, on her recent promotion to Safety Coordinator for Life-Skills, Inc. Tanya began working as a Residential Counselor for our Delaney program in February of 2018.

Congratulations on your new position, Tanya!



to be featured  
in future newsletters!  
[tlwandowski@life-skillsinc.org](mailto:tlwandowski@life-skillsinc.org)

## special thanks

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Thank you Raymond Becker and Oxford Insurance Agency for organizing the spring cleaning clothing drive which benefitted Life-Skills, Inc., and thank you to all those who donated to this great cause!





The cold has finally ended and spring has arrived! We here at FRS are very happy that the warm weather has come. We have already spent a number of days outside, having our lunch at

Webster Lake and enjoying the scenery.

We were also able to participate in adaptive cycling thanks to our good friends in our Life-Skills, Inc. Occupational Therapy Department. Marie really enjoyed getting out and meeting new people with Steve and Heather.

During the winter months, we stuck to more indoor activities. We had a puppeteer come in and perform for our individuals. A bunch of our friends from Day Hab 1 and Morris Street Day Hab were able to visit. We all had a lot of fun. There were dragons, a princess, and Opera singers. It was a "magical" experience. We look forward to a return visit from the puppeteer sometime in the near future!



We also enjoyed a fun, lively music group courtesy of Cape Cod African Dance & Drum.

All in all we enjoyed our winter indoor times and look forward to our warm weather activities!

**Submitted by: FRS Day Hab**



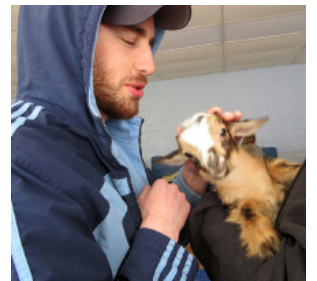
On March 27th, Day Hab 1 hosted a small "petting zoo" event. Animal Craze, out of Winchendon MA, paid us a visit and brought along 3 baby goats, 12 baby chicks, 3 baby bunnies, and 1 baby pot belly pig!

The individuals we serve were able to snuggle, pet, and visit with the animals.

Smiles were contagious throughout the morning.

Individuals from our MSDH and FRS programs attended as well. It was definitely a joyful,

therapeutic, and hands-on experience!



Submitted by Day Hab I





# ADAPTIVE CYCLING

**Blackstone River Bikeway/Greenway  
Blackstone, MA & Worcester, MA  
Submitted by Heather Socha, OTR/L**



This year is the first year Life-Skills, Inc. was able to provide adaptive cycling to our individuals at day program.

Local adaptive cycling was made possible thanks to the efforts from DCR's Universal Access Program, All Out Adventures, and the Blackstone River Valley National Heritage Corridor. The program is running for 4 consecutive weeks during the month of May and is at two locations: Blackstone and Worcester. The program offers accessible bikes for all levels, including but not limited to: recumbent tricycles, tandem recumbent tricycles, hand cycles, and tandem duet bikes. Clients

are encouraged to assist with pedaling, steering, and braking if they are able to, otherwise they have the option of just going along with staff for a scenic ride. Some therapeutic benefits of cycling include: socialization, practicing public etiquette, building self-esteem/confidence, lower and upper body ROM/strengthening, as well as sensory stimulation. It's always refreshing to be able to try out new and exciting activities with our individuals, especially those in the community. I love being able to be an "ambassador" of accessible opportunities for our individuals who may not have knowledge about what is available to them in our local community.



# P U Z Z L E S



One of our individuals from our Greenfield Day Habilitation program was recently featured in the Athol Daily News for his completed puzzle art which is on display in the Program Room of the Athol Public Library. Doug loves working on very complex puzzles at the day program as well, and he takes great pride in his work.

Puzzles depicting animals and wildlife scenes are his favorite. He will not bother with puzzles of fewer than 1000 pieces, and he has a special technique for completing them. He recently started saving them and framing his finished creations.

Congratulations Doug!

Submitted by: Roxanne Melanson, Program Manager/Greenfield Day Hab

Six individuals from Life-Skills, Inc. were hired by the Salvation Army to ring the bell Monday through Friday, from 9 a.m. – 2 p.m. They were instrumental in the annual Red Kettle campaign generating \$10,000 for the Webster-Dudley Salvation Army unit and were presented Certificates of Appreciation for their hard work and dedication. Raimee Demars and Tiffany Krasnecky also received Certificates of Appreciation for their continued efforts as Outreach Coordinators.



(Back row left to right: Tom Amick, CEO; Tiffany K., Raimee D., Emily M., Salvation Army Field Rep.; Tony Y., MSDH Program Manager. Front row left to right: Heidi, Ashley, Marie, Cindy)

Submitted by:  
Tony Yeulenski, Program  
Manager/MSDH



The ladies of Delaney Ave rang in the new year with brand new fashion and unique gifts received from family and friends on Christmas. On New Year's Eve, the ladies gathered in the living room, each with a glass of champagne (sparkling apple cider) in hand patiently waiting for the ball to drop. However, sleep arrived before the ball did. To the ladies' surprise, they woke up in a whole new year!

With a new year came new experiences, along with fun events. The ladies all attended the Fairy Festival in Connecticut, along with bowling and playing arcade games down at Mohegan Bowl of Webster.

Maranda has upcoming plans with her family to vacation in New Hampshire at Water Country! While patiently waiting, she has been helping staff prepare dinners, and has enjoyed swimming and exercising at the YMCA over in Connecticut. Maranda has also attended a Worcester

Railer's game with Colleen at the DCU Center, where she enjoyed a bag of popcorn while cheering the Railer's on!

Without a doubt, Miss Colleen S. was the most excited for the new year, as she could not wait to attend a family member's wedding, and her friend Nick's birthday over at Chestnut Hill. Besides her excitement for these parties, Colleen went to a Railer's game, which she was beyond happy to attend.

In addition, Colleen exercises and swims at the YMCA, and volunteers at the Dudley Library weekly.

Colleen has also been involved in various activities such as the Charity Fishing Tournament, coloring contest, wood working, and occasionally attending dance events.

Miss Peggy has found a new hobby - playing soccer around the house! While sitting down enjoying her beverages, Peggy will kick a ball to a staff as an invitation to play some soccer.

Alongside this, Peggy enjoys shopping and always looks forward to spending time with her sister on Sundays, which typically involves the two of them going out to lunch, shopping, and/or some other fun activity. Peggy attended Nick's birthday party like a fashionista with her fancy hat and sunglasses ready to party the night away!



Movies, arcade, shopping, and occasional library visits are activities Miss Ashley has indulged in so far this new year.

She enjoys coloring, and skimming through various magazines and books. While she is watching Wheel of Fortune from her new comfortable chair in the living room, she debates whether or not she should audition for America's Got Talent (as she will not stop singing "Beauty & the Beast").

All the ladies of Delaney Ave agree that 2019 has been good to them so far and have high hopes that it will continue getting even better. They cannot wait to see what plans, events and activities the future holds for them!!!

**Submitted by: Delaney Ave.**





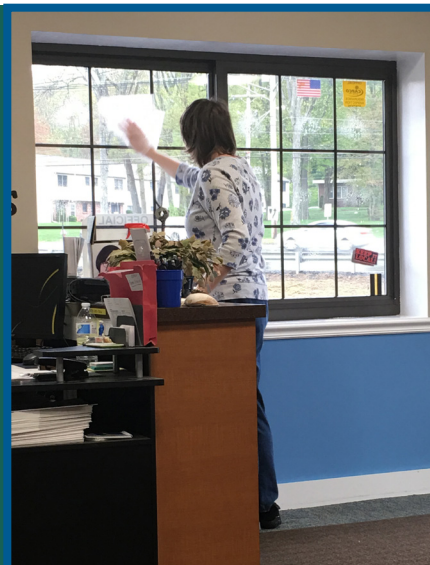


Samantha S. and Ashley B. from our Morris Street Vocational program enjoy their jobs cleaning the office space at Steve's Collision Center in Sturbridge, MA.

Brenda Lacaire states that Samantha and Ashley always brings a ray of sunshine to her office. On days that work is stressful, Brenda observes how happy they are to see her and to be working, and that absolutely changes her outlook on the day.

Ashley (pictured left with Brenda) stated that what she likes most about the job is "cleaning and working for Brenda". Sam (pictured right) getting the windows sparkling clean!

Samantha and Ashley both do a great job completing all assigned tasks.



Elizabeth creating her very own masterpiece at a Paint Nite class led by Brush It Off Paint & Sip Bar and hosted by Venture Community Services.

The individuals at the Auburn house have enjoyed more community outings over the last couple of months now that the weather is getting nicer. Michael enjoys going to Halligan's every Wednesday, the movies, and Clay Time. Joe has enjoyed going out to dinner and shopping. Charlie has gone to "Don't Stop the Music" at Wild Willy's and painted a ceramic piece at Clay Time for his mom for Mother's Day. Katie has enjoyed going to the YMCA and walking at the Auburn track and mall. Elizabeth has gone swimming at the YMCA and attended a paint night at Venture Community Services, where she painted a beautiful piece. A music therapist continues to come to the house once a month and they all have a great time. The individuals plan to start a vegetable and herb garden and cannot wait for the summer concerts to start at Pappa's Park. They are all excited and cannot wait to see what the summer brings their way!



Submitted by: Auburn House



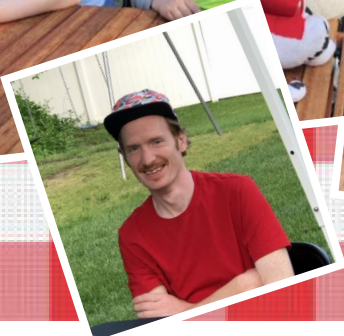


## summer kick-off celebration

Chestnut Hill Drive kicked off the summer with a cookout for family and friends. Each program contributed a dish, so we had a buffet of delicious food to enjoy! Everybody enjoyed the beautiful day playing corn hole, volleyball, swinging, or just relaxing and socializing with each other.

Thanks to Courtney Levesque and her staff, Chris Penalvert, Kristina Mundell, Pamela Lessard, and Davide Sarkodee for hosting this event!

Submitted by:  
Lori Szostakowski  
SC Residential Coordinator







Our 8th annual Hooked on Life-Skills Ice Breaker Tournament was held on April 7, 2019. We had 47 boats participate in the most comfortable conditions we have experienced in running this event with partial sun and temperature rising above 60 degrees. The fishing was very tough for the majority of the

field but as usual, some teams always seem to find them on Webster Lake.

The event raised \$4500 which will be used to build a handicap accessible ramp leading to a raised bed garden to provide meaningful horticulture therapy groups for the clients we serve. A

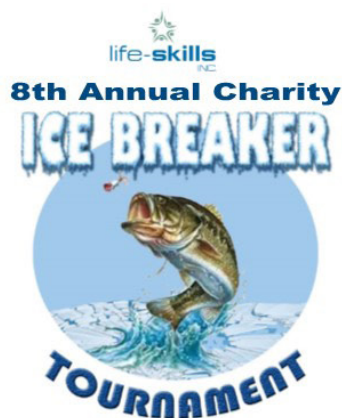
special thanks to all of our generous sponsors and donors who provided us money and raffle table prizes to reach this total. Our \$500 Tournament Sponsor was O'Connor Insurance. Our Gate sponsors included Jim Barry, Cam's Oil Service, Inc., and J. Mahota Construction. Thanks to everyone who participated!



**Visit our Facebook page for more event photos!**

**Congratulations to our winning teams:**

- 1st place - Landry/Wheeler 19.75 lbs. (\$1,150)
- 2nd place - Kubilis/Kubilis 19.40 lbs. (\$800)
- 3rd place - Gagliarducci/Ruff 17.90 lbs. (\$600)
- 4th place - Cioppa/George 17.90 lbs. (\$450)
- 5th place - Kaminski/Daly 14.70 lbs. (\$350)
- 6th place - Warhurst/Martin 14.10 lbs. (\$250)
- 7th place - Roe/Haedon 13.95 lbs. (\$150)
- 8th place - LeBlanc/Cotier 12.90 (free entry)
- Lunker Largemouth Bass - Gagliarducci/Ruff 6.2 lbs.
- Lunker Smallmouth Bass - Sadowski/Marsh 2.8 lbs.



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12th Annual

# East Meets West

Health & Business Fair



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Life is exciting. Let us help.

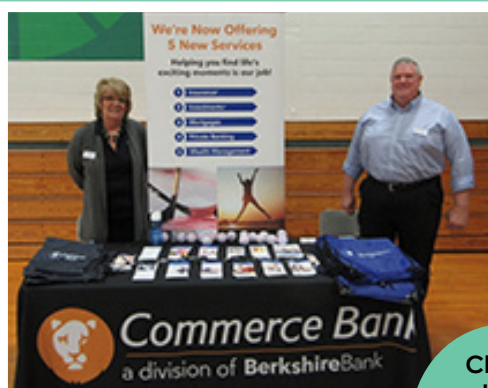
**Price**  
**Chopper®**

Life-Skills, Inc. would like to thank everyone who attended and participated in our **12th Annual East Meets West Health & Business Fair fundraiser** and American Red Cross Blood Drive on April 27 at Bartlett High School in Webster, MA. This fair was made possible through the generous support of our sponsors **Cam's Oil Service, Inc., Berkshire Bank, Price Chopper, Kubala Home Improvement, Simply**

**Orthodontics, Reliant, Long Subaru, and Oxford Insurance Agency.**

Special thanks to Paul and Jean Tremblay, Page Chiropractic Health Center, Dudley and Webster Fire Departments, Al Bercume, Bartlett High School, and Donna Karapatsas and Dudley Dippin' Donuts (our blood drive gift sponsor). **THANK YOU** to our vendors, booklet

sponsors and volunteers for helping to make this event a success! Each of you make it possible for Life-Skills, Inc. to continue to build a brighter future for adults with intellectual and developmental disabilities. This event raised nearly \$4800 and will be used towards various therapeutic and recreational activities, specialized furniture, and sensory room equipment.



Check out more photos on our Facebook page!



## THANK YOU SPONSORS

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Life-Skills, Inc. annually holds an American Red Cross Blood Drive in conjunction with the East Meets West Health & Business Fair. This year, we had another great turn out.

Results: The blood drive had a goal of 21 units. We collected 26 units or 124% of our goal. We had 26 registered donors and 2 deferrals. We collected 22 whole blood units and 4 double red units. **This will go towards saving 78 lives!**

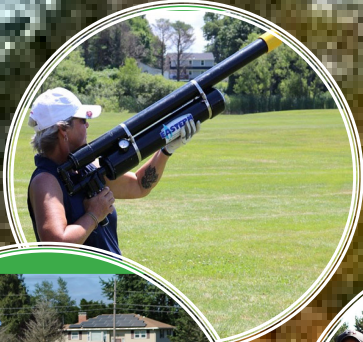
Thank you to all who donated and volunteered at the drive to make it such a success, and thank you to Donna Karapatsas and Dudley Dippin' Donuts for your gift certificate donations.





# Chip <sup>in</sup> FORE a GREAT CAUSE

17th Annual Charity Golf Tournament



Our 17th annual "Chip in Fore a Great Cause" Charity Golf Tournament took place on July 19, at Pine Ridge Country Club in Oxford, MA.

Proceeds from this event will go towards our individuals continuing to receive the health benefits of on-site music therapy and drum circle groups, to participate in adaptive recreational programs that are adapted for their needs (these programs promote physical health and well-being, help build their social skills, and enhance community integration), and to support the installation of a patient lift tracking system in one of our day habilitation programs.

It was a fun day on the links and we would like to thank all the golfers, sponsors, volunteers and staff at Pine Ridge Country Club who helped to make it a great day of golf and fundraising for our individuals. This tournament would not be possible without you!

To view additional photos, visit our Facebook page.





## THANK YOU SPONSORS

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