

From the Desk of the CEO



It is amazing to me that we have just about 2 & ½ weeks until Santa will once again be attending the Residential Christmas party in South Valley. Everyone always enjoys talking with Santa, receiving gifts and eating!!

This has been a very fast year, I know that everyone who participated in water skiing, kayaking and summer outings had a wonderful time. Now we turn to winter activities, skating, perhaps some snowshoeing, or adapted skiing. Heather and Steve and the staff who are involved in these activities deserve a huge THANK YOU for all that they do.

Maintenance was busy this summer with painting in the houses, keeping the facilities safe and looking good. We welcomed Trevor our newest member of the maintenance dept. this summer and he has contributed to ensuring that repairs are completed as quickly as possible.

While we are still dealing with lots of vacancies, things are slowly getting better, we have had many individuals returning to the day habilitation programs, many of whom have not been in their program since the onset of the COVID-19 crises, WELCOME BACK!

Our 13th annual East Meets West Health & Business Expo, which we held at Park Ave Elementary in April, was a success, showcasing a variety of over 50 vendors and sponsors. We'd like to thank all of our participants, volunteers, and our community members for coming out and supporting this event again this year. Our 20th annual Chip

in Fore a Great Cause charity golf tournament was also a success. Despite the very inclement weather/monsoon we had experienced, we still had approximately 60 golfers who showed up covered in a wide array of rain gear ready to brave the elements. Many golfers had thought ahead to the post-golf activities and brought a change of dry clothes. Others like me did not, and spent the entire day soaked.

We also had our staff appreciation banquet return to the Pine Ridge Country Club. Thank you to every staff member who received recognition this year for your years of service, you have all made a great positive contribution to "Building Brighter Futures" for our individuals.

Enjoy this festive season of friends and family get-togethers, be safe, practice goodness, and love.

Tom Amick, CEO

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LSI Events/Thank You Sponsors



Robert J. “Bob” Miller, LSI Board Member

Bob Miller was a man with a huge personality. He not only knew just about everyone in Webster, but loved to reminisce about anything Webster related. He was always there with a funny comeback to something being discussed.

Bob was a member of the Life-Skills, Inc. Board of Directors for approximately twenty years, many of those years as President of the Board. Bob was committed to seeing that intellectually and developmentally disabled individuals in Webster and the surrounding towns were provided the best services available. He supported as a sponsor, and he attended many of the fundraisers held to support the Life-Skills, Inc., mission.

We will miss him both as a Board member, and also as a caring and resourceful man who cared deeply about individuals with disabilities and did what he could to make their lives easier and more enjoyable.

We will definitely miss him at the monthly meetings and at the local fundraising events.

Thank you, Bob, Rest in Peace.

With heartfelt sympathy to all of Bob’s family and friends.

J. Thomas Amick, C.E.O.
Life-Skills, Inc.

most **valuable** players



Silva, Ashly - Jan
Plourde, Alaina R. - Feb
Leaming, Georgia - March
Bowles, Sydney - May
Bowles, Sydney - June
Audet, Ann - July
Colon, Briar-Rose - July
Imelda, Buteme - July
Patterson, Sonya - July
Fournier, Angelie M. - July
Lewis, Holly - Aug
Baillargeon, Amber - Aug
Durfee, Jennifer - Aug

Collette, Alyssa - Sept
Dunbar, Christopher - Sept
Spinazzola, Brionni - Sept
Pierce, Tracy - July
Walker, Angela - Aug
Leblanc, Stacy - Sept
Jolly, Danielle - Oct
Wallace, Barbara - Oct
Zilinski, Amy - Oct
Leaming, Georgia - Oct
Fournier, Tiffany - Oct
Sanchez, Jessica - Nov

Submit content to be
featured in
future newsletters!

tlewandowski@life-skillsinc.org



Tis the Season!

As we are about to enter the holiday season I felt this would be an opportune time to give a huge shout out to everyone that works in each of the six day hubs that I oversee. This includes the program managers, case managers, nurses, direct care staff, and therapists that all work tirelessly, day in and day out, to make sure all of the needs of our individuals we serve are being met. Not only do they make sure their physical needs are met, such as assisting with dining, toileting/personal hygiene, and ambulating, but they also make sure the individuals get all they can from attending a day program.

Each staff makes sure the program is a clean and safe place where the individuals can engage in fun activities such as games, music groups, gross motor activities, arts and crafts, and so much more. They can also socialize with peers, and work on personal goals developed specifically for them. This kind of job is not for the weak. There is a saying "when the going gets tough, the tough get going". Well, I have the toughest staff known to mankind. Days can be very tough physically and mentally, but staff continue to show up every single day, with smiles on their faces, because they know the individuals we serve need them and depend on them being there. Working in the human service field is not for everyone, it takes a SPECIAL kind of person, and not only this holiday season, but all year around, I am so THANKFUL, GRATEFUL, and BLESSED to have so many special people working in the day hubs.

I realize the jobs you do are often thankless jobs, so I want to take this opportunity to thank EACH AND EVERY ONE OF YOU for all that you do. I hope you and those close to you have a safe and happy holiday season!

Roxanne Melanson
Director of Day Habilitation Services

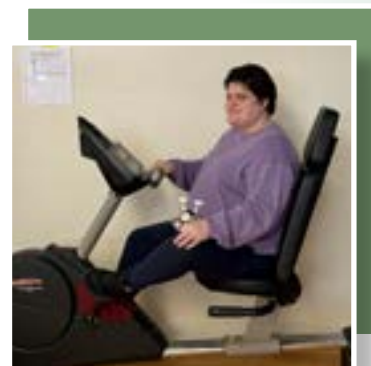
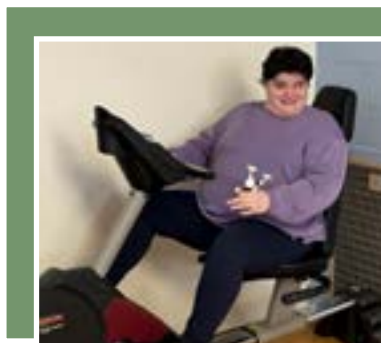


Seeking donations of new, old, or gently used musical instruments to be used by our individuals for music therapy groups.

If you can help, please contact Roxanne:

Email: RMelanson@life-skillsinc.org

Phone: (508) 943-0700 x2103



We recently received donations of exercise bikes for our day hab program in Webster, MA.

These bikes are used therapeutically for both sensory and exercise benefits for our individuals. Thank you!



In September, Life-Skills, Inc. celebrated Lizzie's 80th birthday! Individuals and staff from various programs came together to help Lizzie celebrate.

There was music, dancing, lots of food, and of course plenty of coffee!

Happy Birthday, Liz!



Submitted by: Courtney O'Toole
Residential Coordinator



Here at Centre Place staff and individuals worked on different crafts to celebrate the holidays. For Halloween, they made toilet paper pumpkins, construction paper pumpkins. They enjoyed a Halloween social with snacks and watched an afternoon movie to finish up the day. For Thanksgiving, they worked on turkeys and different crafts. For Christmas, they'll put up a Christmas tree and work on making ornaments to decorate the tree with. Fun was had by all, before we know it, it'll be 2024. Time flies when we're having fun!

Submitted by: Charmaine Johnson
Program Manager



Halloween

HAPPY

The Gardner Day Hab consists of 36 individuals from all around North Central Massachusetts. There are also 12 staff at the Day Hab, and 7 of the 12 staff at GDH have been with Life-Skills, Inc. anywhere from 12 to 25 years!

The Gardner Day Hab staff, with the leadership of Amy Tandy the Program Manager, work very hard to have some sort of activity every quarter for the individuals.

This past August the Friendly Town Sound from Orange, MA consisting of the Program Manager Amy and her musical family, came and performed for

the individuals followed by a nice cookout outside the program.

October was our Annual GDH Halloween Party.

GDH is also planning our Annual Christmas Party, date and time to TBD.

From all of us at GDH we wish everyone very Happy Holidays and a Wonderful New Year!

Sincerely,

GDH Staff and Individuals





In October, individuals from South Central residential gathered together for a Halloween party hosted by the Auburn house. Everyone enjoyed dressing up, dancing, and eating lots of Halloween goodies.

Thank you, Auburn, for another fun-filled evening!

Courtney O'Toole
SC Residential Coordinator



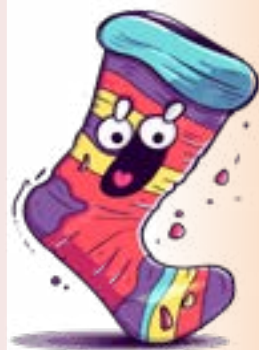
Our friends at FRS have been celebrating the fall season. Besides working on our everyday activities, we have been apple picking, pumpkin picking and enjoyed some fall hikes out in Putnam. We also had an FRS Spirit Week, with days like “candy corn day” and “crazy socks day”. Some people dressed in candy corn colors, some actually wore



candy corn clothing, and the socks were definitely crazy. It was so much fun!

We also had a Halloween party that was awesome!! The costumes were amazing! We did musical chairs and a Halloween maze.

Here's hoping our winter is half as fun as fall has been!



Austin and Tammy Z. enjoying an adaptive kayaking session at Lake Quinsigamond in Worcester, MA.



Submitted by:
Karen Kell
Program Manager



Happy Halloween and may the force “bee” with you! No tricks, but we had plenty of treats at our Morris Street location.



October Arts & Crafts night started off with a spooky theme! Individuals enjoyed listening to Halloween music while painting their masterpieces!



day & residential program news



***“Art speaks where words are
unable to explain.”***

– Pam Holland



Submitted by: Lori Szostakowski
Asst. Director of Residential Svcs.

Arts & Crafts nights were started in May, as an activity and reason to get together again post Covid epidemic. We held a paint night first, and after seeing how much the individuals enjoyed the social aspect of it, we decided to hold a craft night every month.

It has been great getting

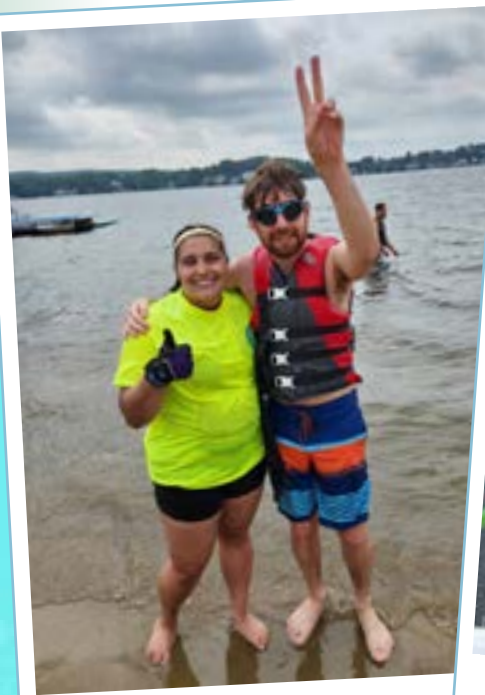
together to be creative, enjoy each other's company with music and some refreshments of course, and leaving with a completed project to take home.

We have enjoyed working with paint, wreath making, and working with yarn and creating items similar to paper mache

projects. Individuals from our programs have a great time participating and always look forward to the next event.

(Note: Special thanks to Lori Szostakowski and Courtney O'Toole who do a great job organizing these events and are open to craft project ideas!)





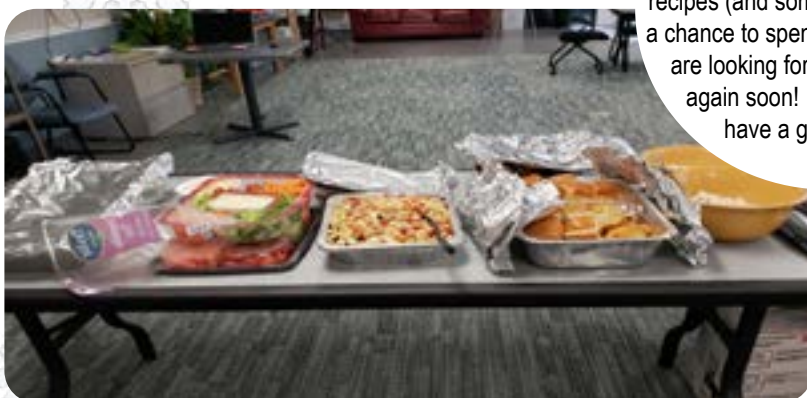
Individuals from our day hab programs were able to enjoy fun on the ice for adaptive skating sessions made possible by DCR Universal Access Program. This is the 4th year we have taken our individuals to enjoy all of its therapeutic benefits. Our individuals also had a blast participating in the adaptive water skiing program at various locations throughout the summer. Many thanks to Webster Water Ski Collective and all of the wonderful volunteers for putting together such an amazing program!



Potluck



Staff at our main office location enjoyed a pre-Thanksgiving potluck lunch and enjoyed some great homemade recipes (and some store bought) and a chance to spend time together. We are looking forward to doing this again soon! We hope you all have a great holiday!



Life-Skills, Inc.'s residential self-advocacy group organized a Thanksgiving food drive that benefitted our local food bank. We wanted to say thank you to everyone who donated to the food drive. As a result of your generosity, we were able to deliver approximately 10 full boxes to the Webster/Dudley food pantry.

Everyone deserves to enjoy a Thanksgiving with family & friends. Please consider making a donation of canned goods or non-perishable food items to help neighbors in need.



Wednesday, November 1, Life-Skills, Inc. had the pleasure of honoring 23 members of our LSI family at our annual employee recognition dinner held at Pine Ridge Country Club. Milestone anniversaries ranged from 5 to 30 years with Life-Skills, Inc.! We were happy to once again celebrate this event together with members of our Board and Leadership Team.

Our 2023 list of honorees:

30 Years

Lisa Morgan

25 Years

Ann Audet

Tammy Lewandowski

20 Years

Violeta Arroyo

Cherry Bonin

15 Years

Benjamin Atuquayfio

Patience Boatemaa

Paulina Pichardo

Liz Rodriquez

Jennifer Ruane

Sandrlea Thibodeau

10 Years

Rosemarie Wheaton

Justina Ansah

Angelie Fournier

Jennifer Durfee

Chalice Gomes

Courtney O'Toole

5 Years

Sandro Bataille

Kacey Benoit

Amerielix Castro

Lacey Dix

Victor Kudedzi

Angela Walker

Congratulations to all of our honorees on these incredible milestone achievements! Thank you for all of your contributions, hard work, and your dedication to building a brighter future for the individuals we serve.



East Meets West



Life-Skills, Inc. would like to thank all of our sponsors and vendors for our 13th Annual East Meets West Health & Business Fair, and all who came out to support this fundraising event which took place at Park Ave Elementary school this year.

THANK YOU to all of our vendors, booklet sponsors and volunteers for helping to make this event a success! Together, with your help, we raised over \$5000 which will be used for various therapeutic and recreational activities, on-site adaptive yoga sessions, and specialized equipment for our day habilitation and residential programs.

Special thanks to our sponsors who helped to make this event possible through their generous support:
Berkshire Bank, Cam's Oil Service Inc., TD, O'Connor & Co. Insurance Agency, Inc., Opening the Word Peer Recovery Center, Price Chopper, & Webster Five.

Thank you to Park Ave Elementary School, Principal Amy Puliafico, Custodian Shawn Hetherman, and School Superintendent, Monique Pierangeli for all of your assistance.



Visit our Facebook page for more photos and event info:
facebook.com/lifeskillsincorp

Chip in **FORE** a **GREAT CAUSE**

20th Annual Charity Golf Tournament



1st Place Team



Life-Skills, Inc. held our 20th annual Chip in Fore a Great Cause charity golf tournament on September 29 at Pine Ridge Country Club. We would like to thank all the golfers, donors, sponsors and volunteers who played a part in making this event possible. Special thanks to **TD Bank, Dinner Sponsor, and Cole Contracting, Air Cannon Sponsor.**

Many, many thanks to all of the dedicated golfers who braved the rain to come out and support a great cause (even though the round was forced to pause after 9 holes). You are all winners and have confirmed your commitment to aiding us in building brighter futures for adults with intellectual and developmental disabilities.

Thank you for all of your support! We look forward to a fun (and hopefully dry) outing in 2024!

First Place:

Steve Iwanski, Jim Stanick, Chuck Schliker, Bryan Padovano

Second Place:

Jayson Brimmer, Dave Lahair, Chris Capistran, Nick Panarelli





Dinner Sponsor:



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Family



Friend of Life-Skills, Inc. Sponsor:

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44 Morris Street
Webster, MA 01570

**SAVE
THE DATE!**



Online registration & sponsorship will be available soon:
www.life-skillsinc.org



Chip in **FORE a GREAT CAUSE**

21st Annual Charity Golf Tournament

to benefit adults with intellectual and developmental disabilities

Gather your favorite foursome and join Life-Skills, Inc. at Pine Ridge Country Club for a great day of golf for a great cause!
* Shotgun Start at 9:00 a.m. *

Friday, September 20, 2024

Pine Ridge Country Club * 28 Pleasant Street * Oxford, MA

Contact Info: Tammy (508) 943-0700 x2130 * Email: Tiewindowski@life-skillsinc.org

18 Holes of Golf * Best Ball Format * Air Cannon * On-Course Games * Steak & Chicken Buffet * Great Raffles!

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