



August
2012

THE SUCCESS STORY

THE ROAD TO SELF SUFFICIENCY



Aaron Clow

Aaron currently has 2 jobs. He has been employed with Kohl's for six years, where he works in shipping & receiving. He has also held a seasonal position with Lowe's Garden Center for the past two years.

Aaron thoroughly enjoys the social

aspect of his employment, as well as being kept busy utilizing his great work ethic. He is very well-liked by everyone at both stores.

Aaron has been receiving vocational support with Success Unlimited since 2006.

Aaron has a very active social life, enjoying the company of a female friend as they go biking, workout at a health center, participate in 5K events and work together in a community garden, as well as taking time for visiting with both of their families.



Living
Healthy

To insure good health, breathe deeply, live moderately,
cultivate cheerfulness and maintain an interest in life. - William Londer



From the Desk of Tanja Kapinos, CEO

Sometimes it feels like healthy living is not worth the effort because it's a lot of work for most of us, but the benefits are many if we are able to move in that direction. The type of lifestyle we lead affects not only our personal lives, but our professional lives, as well. Increasing physical activity is a big step, but taking this step can lead to better heart and lung function, decreased depression and weight loss. These things would most likely lead to better work attendance and performance, physical and emotional health would improve and people would have more energy and stamina to carry out job duties. People these days are under an extreme amount of stress and figuring out how to keep that in check is a major accomplishment. Stress has a direct affect on how we manage our daily lives. There are things that can be done to help combat stress: staying active, seeking counseling, meditation, massage – whatever you find that works for you. The less stress there is, the better we function – on the job and at home. Eating healthier and getting the proper amount of sleep are 2 more very important things to incorporate into our lives. Making these changes creates clearer minds, and clearer minds definitely think better! Other benefits might include more energy and weight loss. Scientific studies show a strong relationship between sleep deprivation and weight gain. There are recommended health screenings and tests that people should have done on a regular basis. Early treatment, if there are any issues, can help avoid any major health problems down the road. We have more information on this at our office if you are interested. To sum it up, change is difficult for most people, but even making small changes can have a big impact on our overall quality of life. We will be happier people, and in turn, happier employees, because of it!

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Person Centered Excellence

Success Unlimited invited key organizational members, including people who receive services, family members, direct support professionals, community affiliates and funders to participate in a two and a half day process resulting in shared knowledge and a plan to continue to improve how well Success Unlimited provides person-centered services. All of the group activities from the Personal Outcome Measures® discussion, the real time self-assessment and data analysis, the selection of priority areas and the focus on Appreciative Inquiry resulted in an action plan that identifies sustainable strategies, timelines and outcomes for organizational change. This plan forms the basis for a 4 year accreditation relationship between CQL and Success Unlimited from 2012—2016.

CQL Accreditation promotes and facilitates excellence in person-centered services and supports that lead to an increased quality of life. This accreditation process is about continuous improvement in the eight factors and 34 indicators identified in What Really Matters: A Guide to Person-centered Excellence® and personal quality of life as measured by the Personal Outcome Measures®.

Thank-you to everyone who committed to participating in this process & helped us in formulating a 4 year plan to continually improve person centered supports.



Biggest Loser's Contest

Congratulations to **Trevor Grainger** on winning the grand prize with his participation in Success Unlimited's weight loss challenge. Trevor lost an amazing **44 pounds**. He lost 20 pounds from January until the start of the contest on April 1st and another 24 pounds during the 13 weeks of the contest. He looks terrific & says he feels great!

Julie Schneibel & Tanja Kapinos tied for 2nd place and Barb Thompson came in a very respectable 4th! Every participant had some weight loss, with a total loss of almost 70 pounds, & no one finished in the negative!! Even if some people didn't lose a lot of weight, our perspective was changed regarding taking better care of ourselves and just generally focusing on being healthier.

Interview Tips

An interview is a necessary, but sometimes nerve-wracking part of the job search process. Even if you're a good communicator, you'll probably find the butterflies in full flight going into the interview. Here are a few things you can do to help calm those nerves.

Prepare: Review the job description of the job you are interviewing for & have some examples ready of similar work you have done. Do your homework so you have some knowledge of the company you are interviewing with & have a few questions prepared to ask about the job and/or the company.

Practice: Do a mock interview, with someone you know, to go over common questions & answers that might be asked during the interview.

Dress to de-stress: What you wear can affect how you feel, so choose an outfit that you feel great wearing & make sure it's clean & pressed. Find out what the dress code is in the business where you will be interviewing. It's better to be overdressed than underdressed!

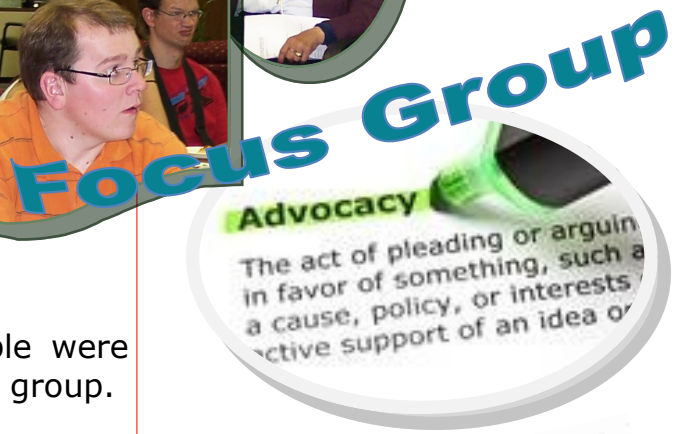
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Presenters from **Self-Advocacy Solutions of ND (SAS)** shared their personal stories and how they became involved with self-advocacy. A video was shown on general advocacy issues & on the two models of disability - medical and moral.

Transportation was identified as a big local issue that the group works on & people participated in a discussion about their rights.

Voting was a topic of discussion & the group offered to return in October so people could be well prepared for the upcoming presidential election in November.

They also offered to be a resource if people were interested in starting their own self-advocacy group.



Welcome to the Work Force



Shane Christen
Employed at Hugo's



Justin Fischer
Employed at Qdoba



Ben Mills
Employed at Qdoba



Lacy Rozowski
Employed at Country Inn & Suites



The key to happiness is having dreams...
The key to success is making them come true.

Mammoth Rummage Sale



SATURDAY, OCTOBER 6TH, 2012

DOORS OPEN AT 8AM

AT

SUCCESS UNLIMITED

3551 SOUTH 20TH STREET

We are currently accepting rummage sale donations of household items & clothing. Please drop off your donations at Success Unlimited. All donations are tax-deductible. For more information contact Tanja at 701.775.3356

FALL JOB FAIR
TUESDAY, SEPTEMBER 11th
1pm to 5pm
AT THE ALERUS CENTER



**Don't dress for the job you have,
dress for the job you want!**



3551 South 20th Street Suite B
Grand Forks ND 58201.3400

**Employment Support Services
for People with Disabilities**

Administrative Office Hours
Monday - Thursday 7:00am - 5:30pm
Telephone - 701.775.3356



**Have a safe
Labor Day!**

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