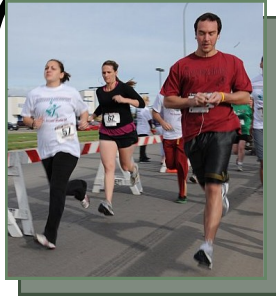


THE SUCCESS STORY

Success Works



**2nd Annual
 5K Run/Walk
 October 8th, 2011**



Success Unlimited's 5K run/walk commemorated October's National Disability Employment Awareness month, emphasizing the rich diversity and talent that workers with disabilities bring to the workplace. First place trophies were awarded to **Eirik Horverak** of Grand Forks, (19:26), men's division & **Renee Smith** of Grand Forks, (25:13), women's division.

All proceeds from this event have been dedicated to employment grants for individuals with disabilities to assist them in securing employment support services, tuition for classes or workshops to gain employment skills or the purchase of adaptive equipment or assistive technology to enhance job performance.

Thank you to:

Donors: Virginia Esslinger, Sharon Fletcher, Craig Forseth, Tanja Kapinos, Kathy Tollefson, Beverly Trusdell & Dianne Werness
Supporters: GF Police Dept, GF Public Works & Lithia Ford
 And a huge THANKS to all of our **volunteers**



*Thank you to the following area businesses
 who sponsored our 2011 5K Run/Walk*



- Achieve Therapy
- American Crystal Sugar
- Cost Cutters
- Prudential Cray Real Estate - Shawn & Chris Horn
- Highlander
- Action Graphix American Legion Bremer Bank
- Development Homes, Inc. GF Park District
- Guesthouse International
- ND Mill Nelson Ink Road ID
- Anytime Fitness Hardees Valley Dairy

*FOR MORE INFORMATION ON THESE SPONSORS PLEASE VISIT OUR WEBSITE AT
 WWW.SUCCESSUNLIMITEDINC.ORG*

THE SUCCESS STORY



Fall Focus Group



Discussion centered on 4 main qualities employers expect from an employee & everyone got involved in the conversation at this combination focus group & costume party.

Dependability: Being at work when scheduled; completing duties as assigned and in a timely manner; when it's ok to call in sick (flu, fever, hospitalization, etc.)& when it's probably not the best idea, like being too tired or just a common cold.

Honesty: It's ok to make a mistake if you are honest about it, but not ok to try to cover it up or lie about it. It's never a good idea to be dishonest with your employer about anything.

Attention to Detail: Performing duties up to your employer's standards in the time allowed; noticing things that may need to be done and doing them without having to be told; being polite, respectful and professional with supervisors, coworkers and customers.

Appropriate work place behavior and appropriate social behavior outside of work: Your job must be your primary focus; no fighting, gossiping or standing around visiting; using a professional voice - no yelling or talking loudly; not hanging around the work place when not scheduled to work; acting appropriately out in public because people you work with may see you and it may affect their opinion of you on the job.



Refreshments & games followed the discussion. Costume prizes went to James Wolfgram -1st Place, Erin Baumann & Cody McDougall - 2nd Place, Tina Monaghan & Gloria Thompson - 3rd Place, with the staff prize going to Caryl Forseth.



Angie Thomasson

THE ROAD TO SELF SUFFICIENCY

Angie Thomasson has been employed at the Green Mill for 10 years as part of the custodial crew. She took on a second job, with UND Dining Services, as a dining room attendant shortly after she began work at the Green Mill. Angie has received support from Success

Unlimited since 1993. Angie keeps healthy & fit by going to a swimming aerobics class. She attends University Lutheran Church. In her leisure time, Angie often invites a friend to stay over & watch movies. She visits her family on weekends & when her

mom visits her they go out to eat & take in a movie. Angie also likes to go shopping alone, for fun, at the dollar store, where she enjoys searching for bargains.



Congratulations & Welcome to the Work Force



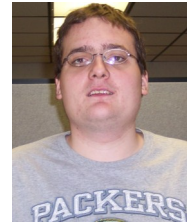
Duane Hoffart,

joined the janitorial crew at the **Guesthouse**



Ellen LaFromboise,

hired by **Muddy Rivers** as a dishwasher



Thomas Lanctot,

works as a dishwasher at **Ruby Tuesday**



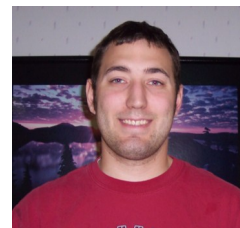
Darlene Polensky,

employed at **Red Lobster**



Les Schultz,

hired as a dishwasher by **Altru Health System**



Zach Weixel,

Employed full time at **McDonald's**

From the Desk of Tanja Kapinos, CEO

In 1931, James Truslow Adams, American writer and historian, coined the term "American Dream" in his book *The Epic of America*. His American dream is "that dream of a land in which life should be better and richer and fuller for everyone, with opportunity for each according to ability or achievement...a dream of social order in which each man and each woman shall be able to attain to the fullest stature of which they are innately capable, and be recognized by others for what they are, regardless of the fortuitous circumstances of birth or position." In other words, everyone, whether or not they have a disability, should have the same opportunities for a full, rich life and receive recognition for their accomplishments. In 1988, Congress passed a law which declared October as National Disability Employment Awareness Month. Since then, organizations, like Success Unlimited, involved in disability and employment efforts, sponsor activities to recognize the contributions of people with disabilities in the workforce. These special events, like our *Success Works 5K Run/Walk*, are meant to raise awareness and show how the community, as a whole, can be positively impacted by assisting individuals with disabilities in pursuing their American Dreams...dreams which are often largely impacted by employment status, independence and equality. Don't we all deserve this?





~SIA~ Success In Action



October's *Success In Action* project collected coats & winter apparel for the **Salvation Army's** annual coat drive & grocery items for **St. Joseph's Food Pantry.**

Can You Help?

Do you have items that are pet friendly?
We will be collecting items for the Crookston Humane Society.
If you (or your friends & neighbors) would like to contribute to this project please bring your items to:



Success Unlimited

3551 South 20th Street Suite B

by Friday, December 16th



View all editions of *The Success Story* newsletter at www.successunlimitedinc.org



**3551 South 20th Street Suite B
Grand Forks ND 58201.3400
www.successinlimitedinc.org**

**Employment
Support Services
for People
with Disabilities**



**Just because it's never been done before
doesn't mean you can't do it
and just because it's been done before
doesn't mean you won't be the one to do it
differently or better.**