



My Choice



Sep/Oct/Nov Newsletter

OHIO LIBRARY FOR THE BLIND & DISABLED

A few of us went with Dalenna to the Ohio Library for the Blind in September. Here we were able to learn about the different services they have for blind and low vision individuals. Geoff and Deanna are already familiar with their talking tape recorders. The old cassettes were quadruple sided, so you kept having to turn it over from side A to B to C to D. Now, the newer machines accept a single cassette cartridge which is able to contain several books, instead of just one. You can also fast forward through several chapters or books at a time, instead of page by page.

The library does have braille magazines, but no braille books. They do have large print books. After learning about the library and its resources, Geoff got a new, more modern version of the cassette player. In the meantime, Deanna got to catch up with her friend Will, who is a long time employee at the Library for the Blind.



DSP APPRECIATION: ZOO TRIP

The Ohio Alliance of Direct Support Professionals hosted a DSP recognition event in honor of DSP Appreciation Week. It was held at the African Event Center of the Columbus Zoo. We enjoyed listening to guest speaker Alfonzo Kelly. He's nationally recognized as an expert on leadership development, strategic thinking, and tactical planning that results in individual and organizational goal achievement. We enjoyed a delicious lunch and walk around the zoo among other DSPs in Ohio. Brittany said that it was nice to bond with co-workers while exploring the zoo and meeting other DSP's. Also the highlight for her was getting to meet and pet a penguin! Tranish enjoyed how we got to feed the Giraffes as well as how we got to enjoy them from the deck of African Event Center.



MURAL PAINTING AT CCBDD

In October, several of our individuals enjoyed painting a mural for the Cuyahoga County Board of Developmental Disabilities at their Big Creek Office. They did this along side Garrett Weider who is a local artist who does fantastic work. This was such an amazing opportunity and we appreciate CCBDD for offering this to individuals to be apart of it. Stay stuned as we will adventure there soon to check it out and honor all the artist that came in to help paint.



KINDNESS WEEK

For World Kindness Day, everyone joined forces to color a Be Kind poster that we posted in our art walk. We also made cards to pass out to random people and leave around when we go on outings. They include encouraging messages to support kindness. Some of us filled baggies with trail mix that we used our funds from the rummage sale to purchase. They delivered these to the Parma Police department.



FRIENDSGIVING

Every November, since we cant make a Thanksgiving dinner together, we deciede as a group places to go out to lunch and have "Friendsgiving." We celebrated Friendsgiving by going to various restaurants for lunch. Some individuals tried some Mexican food at Cozumel's. Others visited Fuji's Chinese Buffet. We also had some individuals try out Game On Bar and Grill. Everyone had a great time going out to eat and enjoying everyone's company.



VOLUNTEER DAY WITH CCBDD

Once again, many of our individuals and staff participated in National Volunteer Day with County Board employees. For the second year in a row, some of our members went to Edgewater Park. Here, they cleaned up the beach along side of staff from CCBDD. We had a second group volunteer at MedWish. This involved packaging medical supplies and labeling boxes. We worked along side our Superintendent, Amber Gibbs. Everyone enjoyed packaging and counting out the supplies. Everyone who participated in these opportunities received sweatshirt jackets. It's now become a staple in their wardrobe.



R2C

REC2CONNECT THERAPY

SOCCER

In September, we did another round of soccer on the field while the weather was still nice!

We have started working full time with Julia, who is our new recreational therapist.

We thank Erin for all the smiles and laughs with her. We can't wait til we see her again!

Roberts favorite part about soccer was scoring points into the goal. Kailee and Shane thought soccer was super fun! Jason loved kicking the ball around with everyone.

DISC GOLF

We adventured to James Day Park in Parma for the month of October to learn and practice the skills of Disc Golf. Lorelyn liked throwing the frisbee in the hole. Cedric loved throwing the frisbees and would love to do it again. It was very fun to be outside in the park and learning a new sport that most have not played or knew about.

BASKETBALL

For the Month of November, we worked on brushing up our Basketball skills. We were able to get into the gym at the Seven Hills Rec Center and we worked on shooting baskets and dribbling. Jimmy really enjoyed throwing the balls in the hoop and throwing it from a far!



Check out Rec2Connect's page for their latest event calendar:



HAYRIDES

For October, we were finally able to do something we've been wanting to do for awhile, go on a hayride! We went to Luthers Farm in Richfield and Red Wagon in Columbia Station. Luthers farm was such a fun time with farmer Andy and Barbara. We got to explore and learn about their farms history. Jimmy loved going through the corn maze and watching farmer Andy shoot pumpkins out of their pumpkin shooters. Larry, Geoff, & Jason enjoyed the pumpkin shooter as well. Mike even came along to Luthers with us. We were able to see all the animals that they have on their farm. Others enjoyed a fun hayride and popcorn at Red Wagon Farm. While also exploring their grounds.



Check out We Thrive
Togethers Zoom
events coming up:



My Choice webpage:



VOC/HAB CLASS

Collin works every Tuesday, Wednesday, and Thursday with our individuals who are interested in expanding their vocational skills. For September, the class focused a lot on interviews. They had discussions on how to dress and what to wear that is appropriate for interviews. They discussed how to greet and approach their interviewer as well as how to end the interview. In class they went over questions that interviewers are likely to ask and how to follow up after the interview. In October they explored jobs hiring and worked on their resumes.

