

# WEEKLY REPORT

Joey Sample

Week of: 2/10/25

## Support Team

**Parent/Caregivers:** Pam & Ken Sample

**LIFE Direct Care Staff:** Paul McGee & Megan Smith

**Job Coach:** Greg Lynch

**Therapist:** Jamie Lenno

**Personal Trainer:** Jake Simpson

## Week at a Glance

**Checking Balance:** 142.45

**Cash in wallet:** 20.00

**Needs:** Shampoo, ticket to  
Bowling , Chicken, rice, broccoli

**Estimated total:** \$45.00

**Wants:** movies on Saturday,  
popcorn, ice cream

**Estimated total:** \$25.00

This week Joe went to the community meal at his friend Sam's house. They had a good time but he had a little social tension with an old alumni peer that we talked through together. He did great using his strategies. He tells me his hunt for a job is going well, him and Greg have filled out an app at Trader Joes and Marshalls. We did some interview role playing and checked his resume to be sure its up to day. He wants to cook a healthy chicken dish this week! He didnt meet his wellness goal last week but we have a good goal for this week he is excited to meet - 2 walks around the block with his roommate and make it to the YMCA for leg day and 20 minutes on the treadmill, no slower than 2.5!

**LIFE:** Hi Pam and Ken! Thank you for the support with packing for skiing last week, that was a big stressor. When you go shopping please ensure he gets the 2in1 shampoo, Chicken Breast, rice, and broccoli. He has an inspo pic in his phone for reference. He should check the exp date on his deli meat before you go. I noticed the beard is getting a little scruffy, he would benefit from a tutorial. He mentioned he may need help setting out interview clothes.

**Career:** Greg, we reviewed the career portfolio and he is good to go for his interviews. Ive asked Paul or Meg to set out his interview outfits in advance so he should be looking his best. We did some role playing, he has some great responses locked and loaded - he is getting stuck on the "what are your weaknesses?" question, can you review that one on your way there so its fresh?

**Wellness:** This week we are aiming for a healthy solo meal mentioned above. Joe is adding an accountability buddy to his walking goal and reports that he will be doing leg day this week at the YMCA

**Family:** Joe says he has a wedding coming up. Can you get me the dates and times for his flights? There is an upcoming ski trip that he wants to go to. It's out of the agreed budget, are we sticking to that or making an exception?

**As always, check the calendar for all the activities and let me know if there is anything new to add.**