



# GATEWAY POST

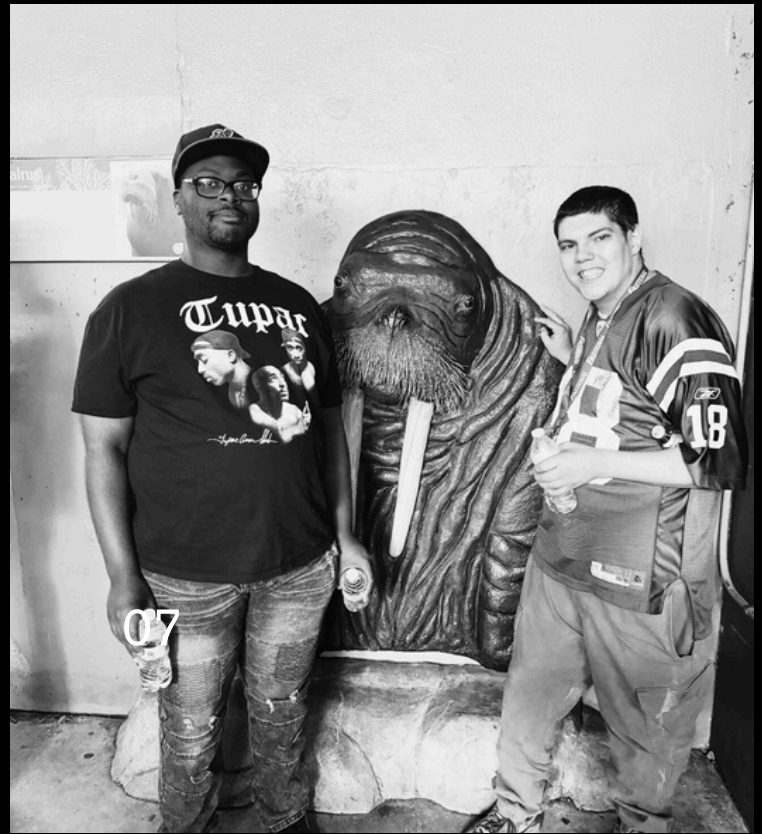
Gateway  
Residential Services



MARCH 2026

ISSUE NUMBER 001

# THIS ISSUE



06	<b>MISSION MOMENT</b>
08	<b>GATEWAY ACADEMY</b>
10	<b>HEALTH AND SAFETY</b>
14	<b>RECIPE OF THE QUARTER</b>



# Gateway

Residential Services

[CONTACT@GETWITHGATEWAY.COM](mailto:CONTACT@GETWITHGATEWAY.COM)

[WWW.DREAMWITHGATEWAY.COM](http://WWW.DREAMWITHGATEWAY.COM)

DREAM WITH GATEWAY



**Gateway**  
Residential Services



## EXCLUSIVE GATEWAY-BRANDED GEAR AND ESSENTIALS

Gateway envisions a world in which all people are accepted and valued members of their chosen communities.

Show your support with exclusive Gateway-branded gear and essentials. Your purchase directly supports our mission and community impact.

## OUR PRODUCTS

- ✓ Hoodies, Tees, Polos
- ✓ Jackets, Vests, Coats
- ✓ Backpacks, Tumblers
- ✓ And more...



# MISSION MOMENT

LIVING THE GATEWAY MISSION OUT LOUD



At Gateway Academy, our mission—“To help people live a meaningful and purposeful life in the direction of their choice”—comes to life through everyday moments of connection. This month, we celebrate how fellowship, activities, and community outings continue to bring individuals together in powerful, uplifting ways.



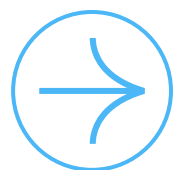
Through shared conversations, group projects, and plenty of laughter, fellowship helps build confidence and lasting friendships. Our activity offerings encourage choice, creativity, and independence, giving each person the chance to explore interests and discover new strengths at their own pace.



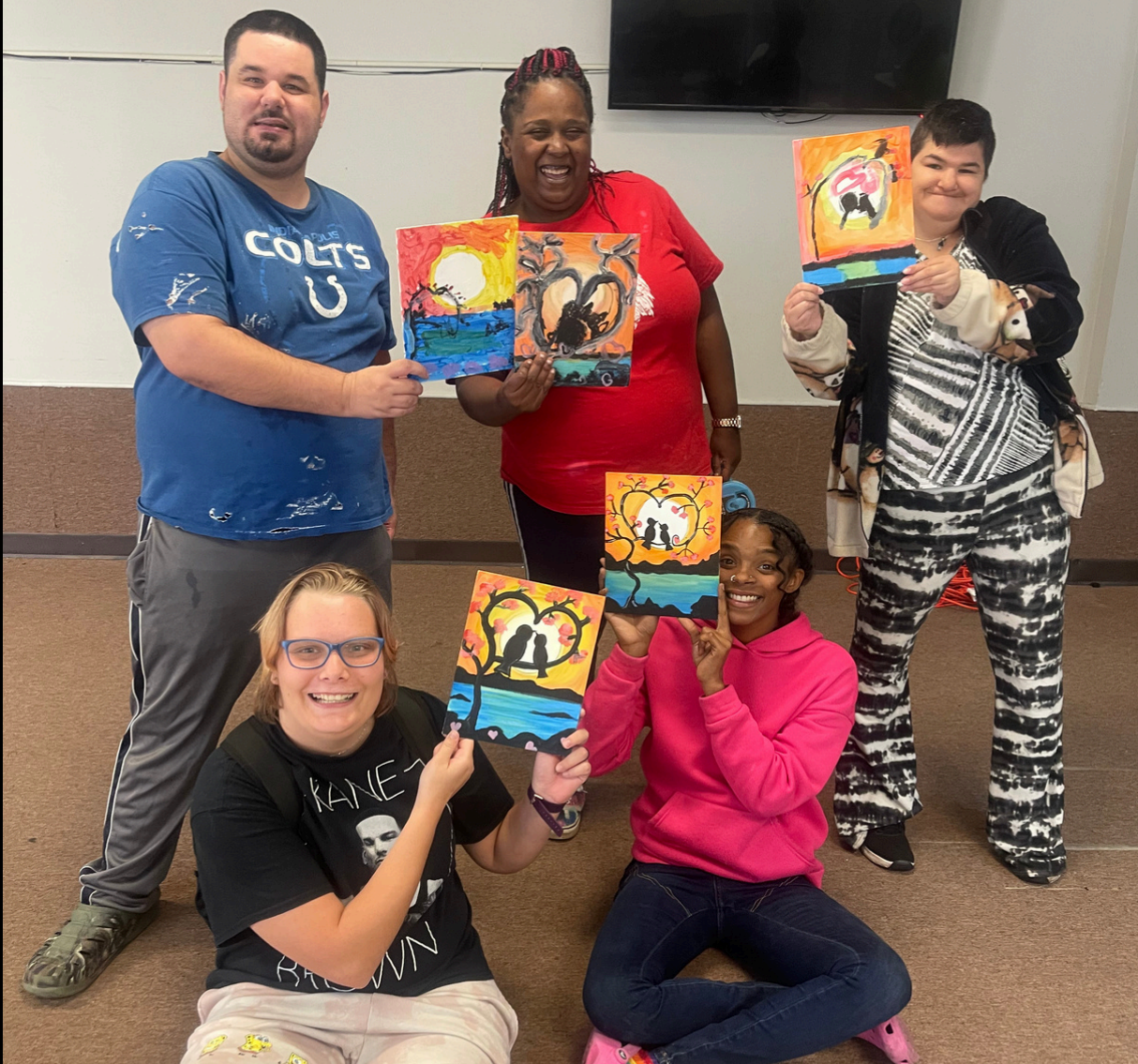
Community outings add excitement and purpose, offering real-world experiences that spark joy, support social skills, and create memorable moments that strengthen our sense of belonging.



Together, these experiences transform ordinary days into meaningful ones—reminding us that purpose is built through connection, choice, and shared experiences. At Gateway Academy, that mission is fulfilled one moment at a time.

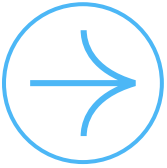


# GATEWAY ACADEMY



**Gateway Individuals participated in a painting class resulting in some great artwork!**





Our Day Program supports adults with intellectual and developmental disabilities in building independence and self-advocacy through engaging, skill-based activities. Participants develop essential life skills—including cooking, budgeting, grocery shopping, and recipe research—focusing on Instrumental Activities of Daily Living (IADLs), which are tasks that support independent living.

We also offer Foundational Arts, where individuals explore various creative styles, including painting, sculpture, collage, and mixed media. Monthly community outings, chosen by participants, foster inclusion and personal growth.

**“EVERY DAY IN OUR PROGRAM FEELS LIKE A SMALL CELEBRATION – YOU CAN LITERALLY WATCH CONFIDENCE GROW AND FRIENDSHIPS BLOOM. IT’S THE BEST PART OF MY JOB.”**

*Rachel Farthing, Academy Director*



**Casino night was a definite hit as we brought Las Vegas to Indy!**

# HEALTHY AND SAFETY TIPS



## SPRING INTO WELLNESS: PERSONAL HEALTH & SAFETY TIPS FOR A FRESH SEASON



**SPRING 2026**

# “SPRING IS A REMINDER THAT RENEWAL STARTS WITH SIMPLE ACTS OF CARE—FOR OURSELVES AND THE WORLD AROUND US.”



## Gateway Healthy Living Team

---

As winter fades and the first signs of spring appear, many of us feel a natural shift—more energy, more daylight, and a renewed desire to refresh our routines. Spring is often associated with cleaning out closets or tidying up the house, but it's also the perfect time to “spring-clean” our personal health and safety habits. With temperatures rising, outdoor activity increasing, and seasonal changes underway, taking a proactive approach now can set the tone for a healthier, safer season ahead.

“Spring is the season that reminds us: small steps toward our well-being can lead to big, lasting change.”

After months of cold weather and shorter days, many people naturally fall into more sedentary routines. Spring offers an opportunity to rebuild momentum in a safe and sustainable way. Whether walking, biking, gardening, or simply spending more time outside, gradually increasing your activity level can prevent early-season injuries.

Before jumping into spring chores or exercise routines, take a few moments to warm up. Gentle stretching, a brisk walk, or light mobility exercises help prepare your muscles and joints. Overexertion—especially during early spring yardwork—is one of the most common seasonal health and safety concerns. Listen to your body, take breaks, and ease into tasks.

Spring blooms bring beauty, but they also bring pollen. Seasonal allergies can impact productivity, sleep quality, and overall well-being. Staying ahead of symptoms—rather than reacting once they're severe—can make this season far more comfortable.

Simple steps like keeping windows closed on high-pollen days, washing clothing after outdoor activities, and using air purifiers indoors can help reduce exposure. If you typically rely on allergy medication in spring, check expiration dates early and talk to your healthcare provider if your symptoms worsen each year.

And don't forget outdoor air quality. Spring weather can stir up mold spores, dust, and pollutants. Checking local air-quality alerts before planning outdoor activities is a small habit that can make a big difference, especially for those with asthma or respiratory concerns.

Many people associate sunburn with summer, but early-spring sun can be surprisingly intense—especially on cool or breezy days when we're less aware of exposure. UV rays penetrate clouds and can cause skin damage long before summer heat arrives.

Adding sunscreen to your morning routine, wearing protective clothing, and keeping a pair of sunglasses handy are simple ways to protect your skin and eyes. If you plan on spending extended time outdoors, remember to reapply sunscreen regularly and stay hydrated.

Just as we declutter living spaces in spring, it's equally valuable to declutter mental space. Warmer weather and longer daylight support mood improvement, but this season can also bring pressure to take on too much at once.

Start with small, achievable goals: a 15-minute evening walk three times a week, reducing screen time before bed, or staying consistent with hydration. Prioritizing mental well-being—through relaxation practices, hobbies, or setting boundaries—builds resilience and lowers stress.

Consider a “health reset” by scheduling annual checkups, reviewing emergency contact info, updating first-aid kits, or replacing expired personal safety items. These small investments in preparedness offer peace of mind throughout the season.

Spring invites growth, renewal, and fresh starts. By approaching the season with intention and awareness, you can fully enjoy everything it brings—energy, clarity, and a healthier sense of balance.

# RECIPE OF THE QUARTER



## Irish Stew

***A classic Irish Stew is simple and flavorful. It comes together easily with hearty chunks of meat, potatoes, and carrots. And it brings ultimate comfort.***

### Ingredients

- 2 lb boneless, beef chuck roast cut into 1-inch cubes
- $\frac{1}{4}$  cup unbleached, all-purpose flour
- 1 teaspoon salt
- $\frac{1}{2}$  teaspoon black pepper
- 2 tablespoon olive oil
- 1 onion finely chopped
- $\frac{1}{2}$  cup beef broth
- 1 bay leaf
- 2 cup baby carrots
- 4 russet potatoes peeled, and cut into 1-inch chunks

### Instructions

- Place the beef cubes, flour, and salt and pepper in a large zip-top bag or bowl. Seal and shake to coat all cubes with flour or stir gently.
- In a large skillet, heat oil until shimmering. Add the beef cubes and brown on all sides. Do not crowd meat in pan. Do this in batches if your pan is not large enough to accommodate all the meat at one time. As the meat browns, remove it to crockpot.
- Add the onions to the drippings in skillet and sauté until tender. Add the onions to the crockpot.
- Stir in the beef broth and bay leaf. Cover and cook on LOW for four hours.
- Add the carrots and potatoes and stir gently to combine. Cook on LOW for another two to four hours or until meat and vegetables are tender.
- Adjust the seasonings with salt and pepper to taste.

**TO HELP PEOPLE LIVE  
A MEANINGFUL AND  
PURPOSEFUL LIFE IN  
THE DIRECTION OF  
THEIR CHOICE.**

**OUR MISSION**

**Gateway**  
Residential Services

# GATEWAY POST

MARCH 2026

ISSUE NUMBER 001

