



GATEWAY POST

Gateway
Residential Services



JUNE 2026

ISSUE NUMBER 002

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Gateway

Residential Services

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MISSION MOMENT

LIVING THE GATEWAY MISSION OUT LOUD



At Gateway, meaningful lives are built through relationships, experiences, and opportunities to thrive. This quarter, we celebrate the many ways individuals have grown through community involvement, creative expression, and shared experiences.

Whether participating in educational activities, volunteering, learning new skills, or simply enjoying time with friends, every interaction helps strengthen confidence and independence. Growth doesn't always happen through major accomplishments. Often, it is found in small victories: trying something new, making a new friend, or reaching a personal goal.

As we move into warmer months, Gateway remains committed to creating opportunities that empower individuals to pursue meaningful and purposeful lives in the direction of their choice. Together, we continue building a community where everyone belongs, contributes, and succeeds.



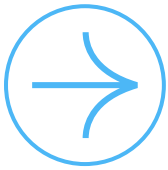
GATEWAY ACADEMY

Gateway Summer Luau



Gateway individuals and staff participated in an awesome head-to-head limbo competition!





Gateway Academy continues to provide engaging opportunities that support independence, creativity, and lifelong learning. Throughout the quarter, participants explored hands-on activities designed to build confidence and practical life skills. Individuals participated in cooking classes, arts and crafts projects, budgeting exercises, wellness activities, and community outings throughout the Indianapolis area. These experiences promote decision-making, self-advocacy, teamwork, and social engagement.

Participants also embraced seasonal activities including gardening projects, outdoor recreation, and community events that encouraged exploration and connection. Every activity reinforces Gateway's commitment to helping individuals develop skills that support greater independence while having fun and building lasting friendships.

“THE MOST REWARDING PART OF OUR PROGRAM IS WATCHING INDIVIDUALS DISCOVER STRENGTHS THEY NEVER KNEW THEY HAD.”

Academy Staff Member



Safari night was a definite hit as we brought the Serengeti to Indy!

HEALTHY AND SAFETY TIPS

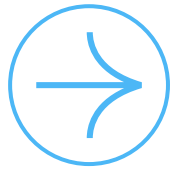


BEATING THE SUMMER HEAT: STAYING SAFE AND HEALTHY OUTDOORS



SUMMER 2026

"SUMMER ADVENTURES ARE BEST ENJOYED WHEN SAFETY AND WELLNESS GO HAND IN HAND."



Gateway Healthy Living Team

As temperatures begin to rise, enjoying outdoor activities becomes a highlight of the season. Whether attending community events, gardening, walking, or participating in recreational programs, taking a few precautions can help ensure a safe and enjoyable summer.

Stay Hydrated

Water plays a critical role in regulating body temperature. Begin drinking water before feeling thirsty and increase fluid intake when spending time outdoors.

Dress for the Weather

Choose lightweight, light-colored clothing that allows air circulation. Wearing a hat and sunglasses can help protect against sun exposure.

Recognize Heat-Related Illness

Be alert for symptoms such as dizziness, headache, nausea, excessive sweating, or fatigue. If any of these occur, move to a cool location, drink water, and seek medical assistance if symptoms persist.

Practice Sun Safety

Apply sunscreen with SPF 30 or higher before going outdoors and reapply every two hours, especially after swimming or sweating.

Keep Moving Safely

Outdoor exercise is best scheduled during cooler morning or evening hours. Taking frequent rest breaks can prevent overheating.

Remember, summer is a wonderful time to explore, connect, and stay active. A few simple precautions can help everyone enjoy the season safely.

RECIPE OF THE QUARTER



Fresh Strawberry Shortcake

A light and refreshing dessert perfect for spring and early summer gatherings.

Ingredients

For the Strawberries

- 4 cups fresh strawberries, sliced
- 1/4 cup sugar

For the Shortcakes

- 2 cups all-purpose flour
- 1/4 cup sugar
- 1 Tbsp baking powder
- 1/2 tsp salt
- 1/2 cup cold butter, cubed
- 2/3 cup milk
- 1 egg

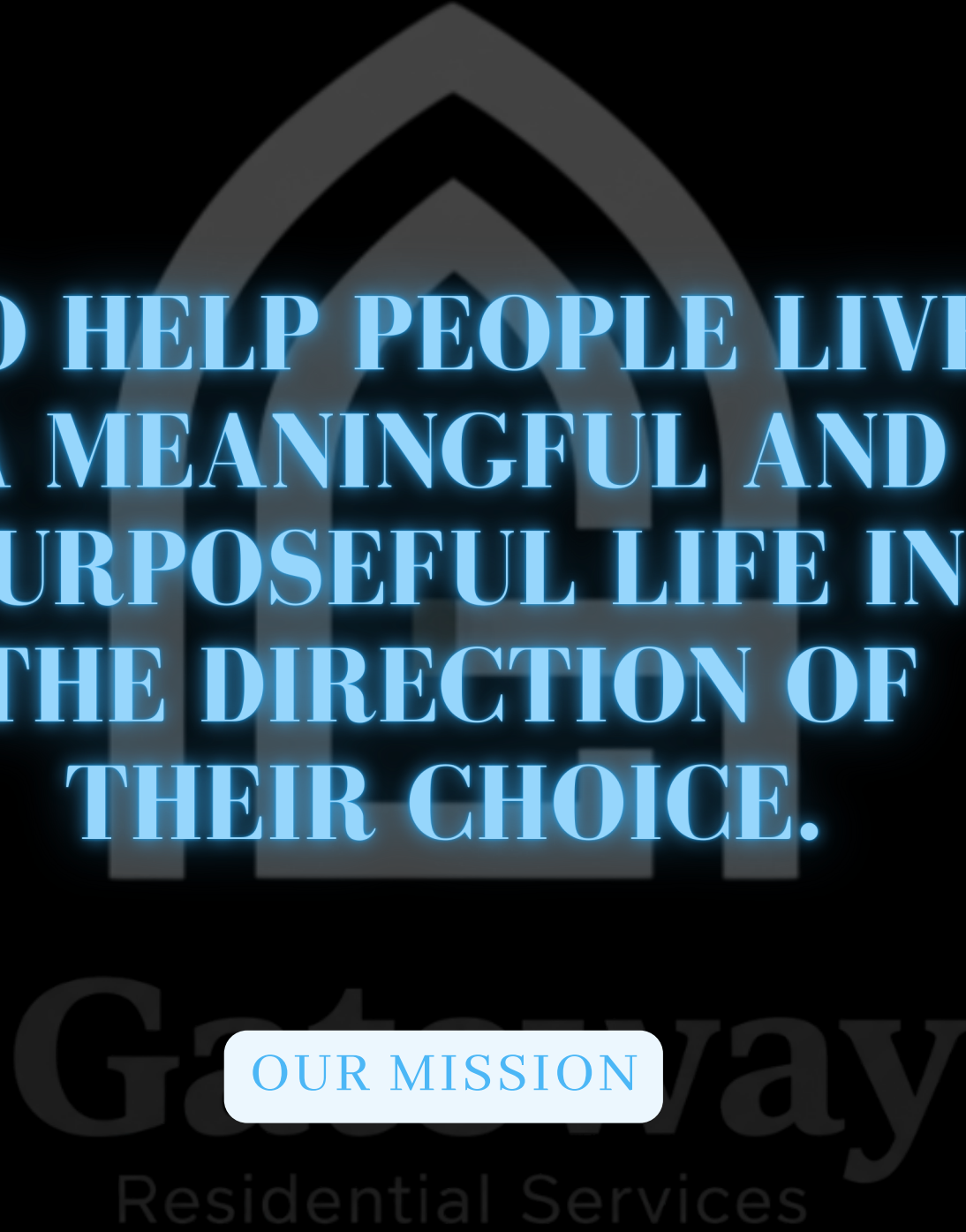
For Serving

- 1 cup whipped cream

Instructions

- Preheat oven to 425°F.
- Combine strawberries and sugar in a bowl. Stir and let stand for 30 minutes.
- In a separate bowl, whisk together flour, sugar, baking powder, and salt.
- Cut in butter until mixture resembles coarse crumbs.
- Stir in milk and egg until a soft dough forms.
- Drop dough into 8 mounds on a baking sheet.
- Bake for 12-15 minutes or until golden brown.
- Split shortcakes in half, top with strawberries and whipped cream, and serve immediately.

Recipe Note: Fresh strawberries are at their peak during late spring and early summer, making this dessert a seasonal favorite.



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

OUR MISSION

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