



SPUR TURTLE NEWS

Abundant Living For All Foundation



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SIGN UP NOW!

ALFA

CRAZY BOWL

FUNdraiser

Sunday

MARCH 23, 2025

1-3 pm

St Clair Bowl

Join Us For a Madcap **CRAZY BOWL** Trinity/ALFA FUNdraiser!

Get ready to roll with laughter at the ALFA Trinity **CRAZY BOWL** Fundraiser Sunday, March 23 from 1-3 pm at St. Clair Bowl in Fairview Heights. This new event promises an afternoon of strikes, spares, and maybe some hilarious gutter balls. Whether you're a pro bowler or just in it for the fun, there's something for everyone!

Date: Sunday March 23,

Time: 1-3 pm

Location: St. Clair Bowl

5950 Old Collinsville Rd.

Fairview Heights 62208

BONUS: Trinity Artwork will be on display and offered for sale



CRAZY BOWL is just like bowling in that there are ten frames, scores are tallied and the goal is to knock down as many pins as possible. The big difference is that in **CRAZY BOWL** each team of four or five must roll the ball according to the rules for each frame. One frame may require the use of an oven mitt or blindfold. The next whacky challenge may require you to stand backwards or sit on the floor and bowl with your feet. All teams receive the same rules. The winning team wins a prize.

Crazy Costumes are welcome but optional: Dress in your wildest outfits and add to the crazy fun!

Enjoy food, drinks, and a whole lot of laughs with friends and family. A portion of refreshment proceeds will be donated to ALFA. Thank you St. Clair Bowl!

Don't miss out on the most entertaining fundraiser of the year. Grab your friends, put on your craziest costume, and join us for a night of unforgettable fun and good times. See you at the lanes! □

TICKETS: \$25 PER PERSON. Please follow the QR code to a signup page, with a link to pay in advance and secure your spot.

CONTACT: alfafoundationinmascoutah@gmail



Please follow this QR code to a sign up page and link to pay in advance and secure your spot. Or, go to alfafoundation.info and pay with PAY PAL on ALFA's secure website. We hope to see you there!

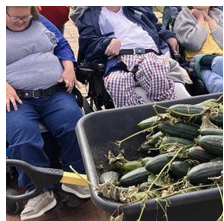
SEEDS TO SUDS

Loofah Palooza at Trinity Gardens



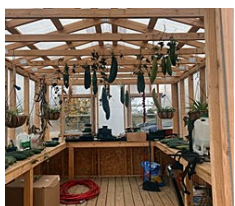
Loofahs Growing on the Vine

Luffa or loofah is a vine-grown member of the pumpkin, squash and gourd family. Yes, that little scrubby thing so popular for the shower is grown in the garden. They look lovely and provide shade on an arched trellis at Trinity Gardens.



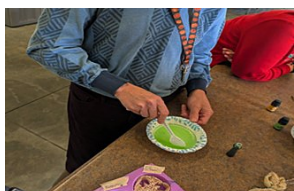
Harvesting Loofahs

Program participants pick ripened loofahs from vines for transport to the greenhouse.



Loofah Drying in the Greenhouse

Loofahs must dry completely before preparing. After weeks of drying the loofahs are ready to process. Program participants peel the squash and shake out seeds. The loofahs are then rinsed and divided.



Making Loofahs Gift Ready

Individuals create scent and soap infused loofahs with a Glycerin Soap Base, which is measured and prepared using glycerin and food color.



Adding the Soap to Loofahs

Pieces of loofah were placed in molds. Individuals add the colored soap mixture to create the final product.



The Final Product

Loofah encased soap is shared with families and Friends! Many compliments were received for the Loofah's high quality and ease of use.

-By Martha Dowling

WHAT IS THE ABUNDANT LIVING FOR ALL FOUNDATION (ALFA)

MISSION: ALFA assists Trinity Services of Southwest IL to provide meaningful opportunities for adults with physical and intellectual disabilities to engage in activities that foster their physical, social and mental well-being using the resources and talents of family members, community supporters, and corporate sponsors.

ALFA is an all volunteer 501c3 organization which coordinates and funds music therapy, horticulture, art therapy, culinary, recreation, entertainment, sports, camping, boating, for adults with physical and intellectual disabilities on an on-going basis. **ALFA** also coordinates volunteers to maintain the joint ALFA/Trinity Services Community Supported Agriculture Program which allows Trinity program participants to engage in the planting, harvesting, packaging and delivery of produce to customers in the local area. In addition ALFA identifies and funds capital improvement needs at community integrated living facilities, day program sites and The Abilities ABA division, such as the pool, pool house, hiking trail, pavilions, swing sets, accessible deck, landscaping and community home improvements.

ALFA Board of Directors: Angie O'Saben, President; Ron Hindman, Vice-President; Alice Howe, Secretary; Martha Dowling, Treasurer; Debbie Muskopf-Streif, George Kaigh, Melissa Elliott, Lucy Unger, Georgia Hillyer,

Trinity Concessions Serve Mascoutah Little Indians Practices

ALFA is excited to provide initial funding and support for a new program designed by Trinity Staff. The goal is to benefit Trinity program participants and build a stronger community relationship between Trinity and Mascoutah.

The plan, directed by Trinity Behavior Analyst Scott Wiggins, is to establish a Trinity Concession Stand to operate at Mascoutah Little Indians Football and Cheer-leading practices. The Little Indians practice field is next to the Trinity Building on North 6th Street and the Indians use the Trinity parking lot for their events.

Scott wrote that the vision for the stand is “To build a positive relationship with the Mascoutah community, provide meaningful outcomes for Trinity clients and staff, and support local organizations.”

He added “The Trinity Concession Stand is a way to meet community inclusion, individual skill development and support for local organizations. The stand is open on Tuesday and Thursday evenings. Currently the stand sells simple snacks and drinks for \$1. Trinity staff and clients work together to sustain the stand throughout the week (getting ice for cooler, prepping snacks and supplies, setting up tent and materials, etc.). The vision is to expand the selection of snacks and drinks, provide meaningful outcomes for the people we support and disseminate the mission and vision of Trinity Services. The days of the week may change based on the schedule of the Little Indians.”

Scott reports that the stand has had an excellent response from the community. ALFA will provide funds for a new sun shade, signage and inventory. Plans for the future include partnering with local businesses that sell Mascoutah merchandise such as shirts, hats and decals.



First Trinity Concession Stand

Winter Work in the Greenhouse Gives Spring Planting a Boost

Trinity staff and individuals have been busy in the greenhouse planting seeds. To date: broccoli, marigolds and butterfly weeds are ready to sprout. Stone fruit seeds, a new addition to the garden, have also been planted. This week the “to plant” list includes a variety of tomatoes and peppers. Trinity Gardeners are especially excited to see the results of the stone fruit, also known as drupes. They are fruits that have a large pit or “stone” inside, surrounded by fleshy fruit, such as peach or plum.



Trinity/ALFA UPDATE



Donations to ALFA recently installed an aesthetic and functional retaining wall at the new pool house at Trinity Gardens to improve drainage and appearance. The work was completed by Wolfland, Inc. of Freeburg.



Big THANK YOU

2024 ANNUAL APPEAL DONORS AND ANONYMOUS MATCHING DONOR

David Aubel

Teresa Becker

Brian & Denise Buettner

Gerald & Sylvia Daugherty

Diane Drake

Tim Faltus

Susan Frazier

Wendy Givens

Ron Hindman

Susan Kilian

Monika & Tipton Klamberg

Larry Lanter

Mary Martychenko

George Martychenko

Joe Maty

Fred & Hope McNitt

Dan & Margie O'Saben

Arlene Pelak

Jim, Cindy, Lindsey Petterson

Loretta M Reid

Joan M Reuter

Juanita Robinson

Charlotte Schifferdecker

Dale & Donna Schlueter

Randa Simon

Jim & Cathy Trobaugh

Lucy Unger

Greg & Jan Wilburn

Ellery Wallwork

Matching Donation of \$5,000

Host Family Gives Brothers Independence Close to Home

By Lucy Unger

We couldn't be more pleased with the Host Family living situation our two sons have through Trinity Services. Seamus (33) and Jeremy (soon to be 31) live with Host Family Jamie & Rachel Krock in a residence in our home town of O'Fallon.

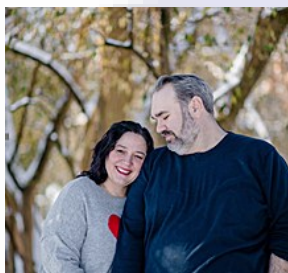
Jamie & Rachel also have three children of their own that welcomed our sons into their own family several years ago. Because they live so close to us, Seamus and Jeremy see us all the time. However, they definitely feel like they have their own bachelor "pad" and are living as independently as is safe for them.

Everyone deserves to live as independently as they are able with people who love them and keep them safe and happy. We hope that we can do our part to help others achieve the same for their loved ones!

Lucy is an active ALFA volunteer and recently joined the ALFA Board of Directors.



Jeremy and Seamus



Host Family
Jamie & Rachel Krock

DON'T FORGET ABOUT OUR CRAZY BOWL "FUN" DRAISER

SUNDAY MARCH 23, 2025 1:00-3:00 p.m.



St. Clair Bowl
5950 Old Collinsville Road
Fairview Heights, IL 62208

Come out to support ALFA and have some fun and help raise funds by bowling with your friends and family.

NO BOWLING EXPERIENCE NEEDED!

We need 20 teams of 4-5 people on each team.

We promise you will have fun!

This is a **non-competitive event**. Each frame of your 2-game bowling experience will require you to throw the bowling ball a different way. By way of example, one frame might have bowlers throw the ball blindfolded. Another frame might have them use their non-dominant hand.

Bumpers and ball ramps will be available for all who want to use them.

Each lane can accommodate 5 bowlers, and we will have 10 lanes dedicated to our use for the full 2 hours. Cost per person is \$25.

The winning team will receive a prize.

Trinity clients' art work and seedlings will also be available for sale.