



Guardian's Newsletter

IMPROVING LIVES. Let's all strive to make 2022 a year we improve the lives of the participants we serve. If there are things that distract us from that goal, let's ask the Lord to get us back on track. This is a ministry, not a business. We're all in this to help participants. Thank God we are blessed with the opportunity to make a living helping others.

"Helps" is listed in 1 Corinthians 12:28 as part of one of the Bible's spiritual gifts lists. The spiritual gift of helps is a special "spiritual talent" God gives certain believers. Those with the gift of helps have an uncanny ability to perceive the needs of others—whether physical, emotional, or spiritual—and desire to fulfill those needs, regardless of personal benefit or loss. When they serve, they serve with compassion, humility, and grace.

The spiritual gift of helps can be used in a wide range of opportunities. Those with the gift of helping will have strong empathy for others and a sense of needs that must be met in individuals' lives. Helpers render their gift of service to build up others, assisting and supporting the body of Christ.

Believers with the spiritual gift of helps are invaluable. They come alongside those in need and help them carry their burdens. They take the time to see their needs fulfilled, without asking for anything in return. They do not crave acknowledgment or gratitude because the act of helping is what brings them joy.

ABLED's mission is "Serving Jesus Christ by enabling people with developmental disabilities to creatively explore and live full meaningful lives in their communities."

Our ministry depends on helpers who assist participants to accomplish ABLED's mission. These helpers are the heroes working behind the scenes and attending to details. They function faithfully, regardless of the credit or attention they receive. They provide the framework upon which participant's lives are improved and for that we are truly blessed. Glory be to those who help others!



"In everything I have shown you that, by working hard, we must help the weak. In this way we remember the Lord Jesus' words: 'It is more blessed to give than to receive.'" ~ Acts 20:35

Thank You for joining us in our mission!

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FEEDBACK

We want to make ABLED the best agency. Please use the link at the top of this email to let us know how we're doing and provide suggestions. Your survey comments are anonymous, unless you choose to submit your name.

You may also contact us by phone, email, mail or on our website at www.abledinc.com.



HOLIDAY BOWLING

On Dec 16 we hosted our last bowling event. ABLED invited bowlers to socialize, bowl for free and have a little fun together.

Thank you for the snacks! Our next event is pending the current COVID spike.



YMCA Financial Assistance

The YMCA's Open Doors program offers financial assistance to reduce program fees, but does not eliminate them. Applications can be submitted for a family or an individual. All applications and documentation must be submitted online by computer or mobile device. Please allow up to 15 business days for an application to be processed. Acceptable documents to verify income include:

- TAX INFORMATION
- EMPLOYMENT - PAYSTUBS
- SOCIAL SECURITY/DISABILITY/SSI/VA
- RETIREMENT/PENSION/IRA/TRUST FUND INCOME

2 Year Certification

ABLED's certification review was completed in November. Minor deficiencies were identified primarily on the documentation side of the following areas:

- Staff Training & Competency
- Medication Aides
- Positive Behavior Supports
- Individual's Finances
- Notice of Costs
- Evaluations/Services
- Rights Review Committee
- Individual Record
- Psychotropic Medication
- Subcontracts

ABLED submitted our Plan of Improvement (POI). The POI was accepted and ABLED received a 2 year renewal.

Thank you for your hard work to make this happen! We see God at work and we ask for His continued guidance to lead us in our ministry and relationships over the next two years.



COVID Tests & Vaccinations

Please notify ABLED when a participant is:

- **Vaccinated**
- **Boosted**
- **Exposed**
- **Experiencing symptoms**
- **Tested**

DHHS has very structured guidelines on reporting requirement for the items above. Vaccinations and testing are available throughout the community. Contact ABLED if you have any questions.

If you test positive:

- Stay home for 5 days from test date
- If symptoms improve, wear a mask around others for the next 5 days

If you were exposed and are fully vaccinated which includes a booster 6 months after Pfizer/ Moderna vaccine or 2 months after J&J vaccine:

- Wear a mask around others for 10 days from exposure
- Test on day 5 if possible
- Test and stay home if you develop symptoms

If you were exposed and are not fully vaccinated:

- Stay home for 5 days from exposure
- Wear a mask around others for the next 5 days
- Test on day 5 if possible
- Test and stay home if you develop symptoms





Be Confident.
Learn Skills.
Have Fun.



How Can We Turn Worries and Problems Over to God?

It is sometimes a disconcerting truth for many Christians that even though we belong to God through faith in Christ, we still seem to experience the same problems that plagued us before we were saved. We often become discouraged and bogged down in life's cares. The fact that both the Old and New Testaments address this problem the same way indicates that **God knows problems and worries are inevitable in this life.** Thankfully, He has given us the same solution He gave in both Psalms and Peter's letter. "Cast your cares on the LORD and he will sustain you; he will never let the righteous fall" (Psalm 55:22), and "Cast all your anxiety on him because he cares for you" (1 Peter 5:7).

Contained within these two verses are several amazing truths: **God will sustain us, He will never let us fall, and He cares for us.** Taken one at a time, we see first that God declares both His ability and His willingness to be our strength and support—mentally, emotionally and spiritually. He is able (and best of all, willing!) to take everything that threatens to overwhelm us and use it for our benefit. He has promised to "work all things together for the good of those who love him, who have been called according to his purpose." Even at times when we doubt Him, He is still working for our good and His glory. And He has also promised that He will allow no trial to be so great we cannot bear it in the power of Christ and that He will provide a means of escape (1 Corinthians 10:13). By this, He means that He will not let us fall, as He promised in Psalm 55:22.

The third statement—"He cares for you"—gives us the motivation behind His other promises. Our God is not cold, unfeeling or capricious. Rather, He is our loving heavenly Father whose heart is tender toward His children. Jesus reminds us that just as an earthly father would not deny his children bread, so God has promised to give us "good gifts" when we ask Him (Matthew 7:11).

The Lord reveals to us through His Word, the Bible, that we can be of good "cheer," that we can:

- 1) **Rejoice in our problems** because God will use them to our benefit: "Knowing that tribulation produces perseverance; and perseverance, character; and character, hope" (Romans 5:3-4);
- 2) **See our "worries" as an opportunity** to practice Proverbs 3:5-6: "Trust in the Lord with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He shall direct your paths";
- 3) **Counteract our anger by obeying** Ephesians 4:32: "And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you"; and
- 4) **Deal with any sinful feelings** by believing and acting upon the truth of 1 John 1:9: "If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness." All of our problems can be overcome through simple faith in God's Word.

In reality, feelings come from thoughts, so, even though we can't change how we feel, we can change how we think and act. And this is what God wants us to do. So, each day, taking one step at a time, we should pray for God's Word to guide us, read or listen to God's Word, and meditate on God's Word when the problems, worries, and anxieties of life come along. The secret to giving things over to Christ is really no secret at all—it's simply asking Jesus to take our burden of "original sin" and be our Savior (John 3:16), as well as submitting to Jesus as our Lord in day-to-day living.

Prayer ~ *Oh Lord Enthroned on High, help us to give control of our life over to You in every way, and to become the people You would have us be. Thank You Lord, that You have not given up on us and we ask You to teach us Your way from this day forward. Amen.*