



# STAFF

## Spotlight

### Gabe Lachmayer, Technology Coordinator

#### Charting the LifeCourse™ Ambassador



**Gabe coordinates technology for Connections. She provides training and support to Connections' team. Gabe provides case management to Johnson and surrounding counties.**

#### What led you to the social services field?

I started in Special Education and decided that teaching was not what I had always dreamed it would be for me. I went on to obtain my Graduate Degree in Management and Leadership. Throughout my Graduate Degree, I worked as a Program Director in SGL (Supported Group Living) and loved it! My heart will always be in the Group Home setting; however, I love to learn more and have always found an interest in waivers while working in the Residential Provider field. Working in SGL, I had many people transition to the CIH waiver. I found out about Case Management through working with different Case Managers and wanted to give it a shot. Come to find out, I love it!

#### What is a random fact about yourself?

I'm a Floater! I use Float Therapy twice a week as my form of Stress Relief. Floating in a dark tank of Epsom salt seems strange, but I can assure you that this form of relaxation helps keep a peaceful mind and detox the body.

#### What do you love most about your job?

I love that I get to meet new people and connect individuals and families to resources that could benefit their needs. I mostly enjoy working with Emancipated adults who I can assist by providing them with different skills and ideas, in order for them to become more independent in their daily life.

#### Do you have a career success story to share?

When I was working in SGL, some individuals had an increase in weight gain due to COVID-19. After many team meetings, my staff was able to remain consistent and dedicated to our individuals' health. We started going to the gym and getting outside to take a stroll around the neighborhood. Soon enough, the whole house was opting for fruits and sugar free beverages over chips and Coke. Although we always provided choice to our individuals, it got to the point where they did not want junk food anymore even if they were offered it! With a persistent team and caring staff, there are so many ways that we can work together to change an individual's life for the better.

#### Do you have pets?

I have a Yorkie named Benny and an Aussiedoodle named Bindi. In case you were wondering.... yes, I mess their names up daily!

~Gabe