



SUNRISE ADULT TRAINING CENTRE | NEWSLETTER – 2022/2023

APRIL 2023 – ISSUE #8

MONTH AT A GLANCE!

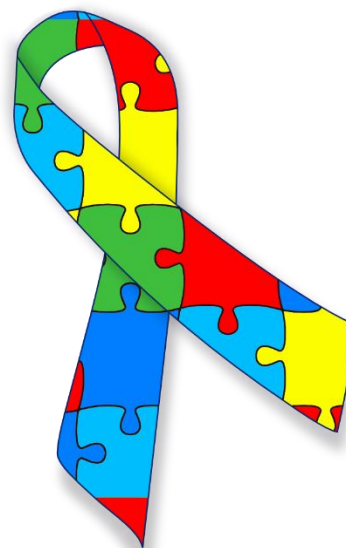
April was a busy month, filled with lots of celebrations! Our health and wellness challenge culminated in "Ireland Day" after a long 4,000-mile journey of fitness and fun! We also welcomed 5 new clients, celebrated World Autism Awareness Day, enjoyed delightful Easter festivities and revelled in a beach day hosted by Rotary Central.

World Autism Day – April 2nd

"Every single person has a different mountain to climb but on this World Autism Awareness Day, we must remember that autism is not a mountain it is an opportunity for victory." - Rachel Barcellona

Each year, clients and staff, along with many persons in the community, dress down in blue or red to show honour and acceptance of our autistic clients, autistic people everywhere, and all those who love and support them.

Neurodiverse brains are different, not less! The world needs all sorts of minds, and our world is better because of our friends and family on the Autism Spectrum.





Easter Activities

Clients & staff celebrated the blessings of Easter at our annual Easter service. Songs, prayers and reflections of the Easter story took place at the Elmslie Memorial United Church where a few passers-by joined us for our service.

Easter festivities continued as the Centre held a fun filled afternoon where clients partook in an Easter egg hunt and enjoyed Easter themed activities and games. In addition, the clients and staff came together to celebrate all the April birthdays with treats and music!

Ireland Day – Fitness Challenge

Clients and staff enjoyed a day full of shamrocks and shennanigans on Tuesday 4th of April, led by the OT Department.

Mr. Ross gamely accepted a whole-centre challenge to “see who could reach to Ireland first”, traversing the 4000 miles to the Emerald Isle by completing 4000 minutes of exercise. Exercise in any shape or form was accepted, including riverdance moves, stretching, martial arts, potato bowling, and running on the treadmill. Everyone put their best feet forward, and clients surpassed the 4000 minutes required by completing an EXTRA 120 minutes, narrowly beating Mr. Ross! He promises to train harder for the next challenge!



Rotary Central Beach BBQ

April 28th - Clients and staff had a great time at this past Friday’s Beach BBQ. A massive thank you to Rotary Central for sponsoring the day, and cooking a delicious lunch for everyone! We thank Rotary Central and Mr. Morne Botes & family for the ongoing care and availability of the Mobi-Chair. It was also great seeing a few family members come out to support and enjoy the festivities.

Annual Play Elections

Clients and staff will soon exercise their right to vote in the Centre’s annual play elections. The campaign trail is heating up, with clients and staff promoting and debating their favourite choice. The 3 contenders on the ballot sheet: *Joseph and the Amazing Technicolor Dreamcoat*, *The Jungle Book* and *Peter Pan*. Each Friday leading up to Election Day, movie screenings and discussions will be held, so all voters will be fully informed when they head to the polls on May 26th.



We look forward to sharing the winner in next month’s newsletter!

Dental Programme



March saw the launch of the Sunrise Dental Programme, in partnership with West Bay Clinic, with 5 clients initially examined by Dr. De Vos and Ms. Irby at West Bay Clinic. Over the next few months, close to 40 clients will have participated in this programme, which is being jointly run by our Occupational Therapy and Functional Life Skills departments. This programme ensures that all clients have an opportunity to avail of quality dental care in a comfortable environment, with a solid support network of the Sunrise team by their side. For more information about the Sunrise Dental Programme, please contact Ms. Chanel (936-3022) or Ms. Gigi (936-3446).

Staff Training

Over the month of April a number of staff participated in various training courses. Our Programme Manager attended a 3-day Data Protection Leadership Training, which provided an insight into how information at Sunrise is captured, utilized and disposed of, in accordance with relevant legislation. Our Occupational Therapists undertook an autism specific training, "A Comprehensive Introduction to Sensory Processing and Autism".



5K Autism Awareness Run/Walk

Thank you to everyone who participated in this year's annual 5K Autism Awareness Run/Walk hosted by Lighthouse School this past Saturday (April 29th). We continue to raise awareness, and promote acceptance, while shining the light on ways to improve the lives of autistic persons and their families. It was such a great event and we hope to see an even bigger turn out from our families next year!

CUC 5K Run/Walk – May 20th

Register now for the upcoming CUC 5K Run/Walk that will be held on Saturday, May 20th! For the 6th straight year, our friends at CUC are hosting this amazing, family-friendly fundraiser for the Centre. There will be lots of opportunities to be active, have fun, and win prizes. Please come out and show your support for our wonderful clients and the Centre. We hope to have a record showing of Sunrise clients and families, and make many new friends along the way! Register today!!

Link to register online: <https://caymanactive.com/event/cuc-west-bay-sunrise-5k-2023/>



REMEMBER:



- Families & Guardian must inform SATC staff regarding any incidents, concerns and/or observations that may have an impact on daily performance.
- Examples of such concerns or observations may be reporting that the client has a bad night, or there has been a change in the client’s eating habits.
- Immediately report any falls/injuries or changes in medication directly to Programme Manager, Mr. Ross or Director, Ms. Kim.
- Ross Kelly – 916-8470, Ross.Kelly@gov.ky
- Kim Voaden – 938-3330, Kimberly.Voaden@gov.ky

Please sign up on the Caring Association Website to stay up to date with upcoming meetings and important announcements.

<https://sunrisecaringassociation.godaddysites.com>

Please ensure you have Ms. Tamara and Ms. Stephanie’s work numbers saved to be kept up to date with any in/out centre information that gets sent out via WhatsApp.

- Ms. Tamara Hernandez – (345) 936-2659
- Ms. Stephanie Rattan – (345) 925-1649



[@sunriseadulttrainingcentre](https://www.instagram.com/sunriseadulttrainingcentre)



[@sunrisecentrecayman](https://www.facebook.com/sunrisecentrecayman)

DATES TO NOTE:



<u>Dates</u>	<u>Event</u>
Monday 8 th May	Public Holiday - <u>SATC CLOSED FOR CLIENTS</u>
Monday 15 th May	Public Holiday - <u>SATC CLOSED FOR CLIENTS</u>
Monday 22 nd May	Professional Development - <u>SATC CLOSED FOR CLIENTS</u>
Tuesday 23 rd May	Professional Development - <u>SATC CLOSED FOR CLIENTS</u>

Sunrise Adult Training Centre – Engage, Empower, Employ



Website:
www.sunrise.gov.ky



Contact:
+1-345-949-3330



Email:
infoSATC@gov.ky

Runnin' in di Republic ... is a West Bay ting



 **CUC**
WEST BAY
SUNRISE

5K

For the 6th successive year, CUC is taking to the streets in West Bay on **Saturday, May 20, 2023** for a fun run and walk as we raise money for the Sunrise Adult Training Centre and Cayman Athletics. Everyone is welcome to join us.

- Course:** Starts and ends at Ristorante Pappagallo, Conch Point Road, West Bay.
- Start Time:** 6:30 a.m. (Walkers) and 6:45 a.m. (Runners). Check-in time starts at 5:30 a.m. (to receive numbers (all participants) and race chips (for runners). *Note: Registration closes at 6:15 a.m.*
- Fee:** **CI\$15** Adults and **CI\$10** Youth (Under 17).
- Registration:**
- 1) Register and pay online at www.caymanactive.com
 - 2) Register and pay online at www.racecaribbean.net
 - 3) Download the PDF form from CUC's website at www.cuc-cayman.com (click on "Events" under the "About Us" tab on the Home Page). Complete, scan and e-mail the form to communications@cuc.ky
 - 4) Forms can also be dropped-off and payments made by cash or cheque (payable to CUC) at CUC's Administration Building on North Sound Road from **Monday, May 1 to Wednesday, May 17 between 9:00 a.m. and 4:00 p.m.** Participants who register online can also collect their t-shirts and 'power' bag from CUC between May 1 and May 17. *Note: There will be no registration on the day of the event.*
- Amenities:** Participants will receive a t-shirt (sizes are not guaranteed), participation medal and 'power' bag. Light refreshments will be provided and trophies for the fastest and second fastest male and female finishers in the Adult and Youth (Under 17) divisions will be presented at the end of the event along with a number of **Spot Prizes** including vouchers for Cayman Airways and CUC Gift Certificates (you have to be present to win).
- Contacts:** CUC's Pat Bynoe-Clarke (914-1107), Jessica Pawlik (914-1164), Japhia Augustine (914-1136) and Neil Murray (914-1110) or e-mail communications@cuc.ky or Cayman Athletics at gensec@athletics.org.ky.

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