

DAY HAB NEWS

MAKING IT HAPPEN!

Occupations, Inc.

March 2011

Volume I, Issue I

Holiday Giving

During the months prior to the holiday season, individuals attending the Scotchtown Social Life Skills cluster were busy making hats. The hats were made on knitting looms from donated yarn. These hats were then proudly donated to a clothing drive sponsored by Groos Shoes in Middletown. Groos appreciated the donation and thanked the group.



Healthy Heart Month



Did you know the month of February is Healthy Heart Month? The Irwin Seniors celebrated by participating in various

discussions and activities focusing on weight management, stress management and stress-free living. The Seniors made a banner displaying healthy meals and went to the library and checked

out books on heart health and care. The Seniors then made Heart Shaped Wooden Door Hands with their name which they decorated with stickers, ribbons and trinkets—the perfect Valentine's keepsake.

Winslow Therapeutic Riding Center



Throughout our day hab services, people are given an opportunity to attend and participate in activities at the Winslow Therapeutic Riding Center. When not riding, participants feed and groom the horses, give the horses treats and saddle up the horses for riding. Arts and Crafts activities are also a favorite. Some of the recent crafts made at Winslow Farms were wooden bird houses, gingerbread houses and holiday pillows.

The Director's Corner



Hello, I'm Marlo Schorling, Day Habilitation Services Director for Occupations, Inc. It is my pleasure to share with you some of the highlights of our program over the past few months. Enjoy our newsletter as we give you a glimpse into how we are "Making It Happen!"

Marlo

Creating Hope

Program Updates:

As most of you are aware, some of our day hab clusters are moving to better meet the needs of the people we serve. This re-configuration will include the Irwin Avenue Seniors who will be moving to our Fortune Road site, and our Irwin Avenue and Fortune Road SLS clusters will be moving to Goshen. Renovations are currently underway!!

Beating the Winter Cold

The recent cold weather didn't stop individuals from getting out and enjoying some water activities. A recent trip to the YMCA in Middletown afforded opportunities for swimming, exercising and socializing.



Making It Safe!

Our Intensive Personal Development (IPD) cluster recently visited the Greenville Fire Department and learned the essentials of Fire Safety from the pros! Everything from a fireman's attire during a rescue to the everyday precautions you can take at home were discussed.



Community Connections



Many of the folks in the Achieve Believe Choice (ABC) cluster value contributing their time, talents and heart to their community in many ways. One example of this valuable contribution is through the Food Program at *Touch—Together Our Unity Can Heal, Inc.* program in Middletown, NY. Our volunteers assist the program's mission in providing proper nutrition and healthy, balanced meals for people who live with HIV, through purchasing groceries, packing the bags, retrieving donations of food and distributing food to those in need.

Dan "The Music Man"

Every Tuesday and Thursday the New Windsor Senior cluster staff works along with musician/volunteer Dan Taylor in bringing music appreciation groups to the

Senior cluster. Seniors are invited to play instruments (maracas, cymbals, etc) and sing songs of their day as Mr. Taylor plays the guitar. Individuals from the Middletown Senior cluster often join their peers and bring additional songs. Many of the Seniors enjoy singing with each other, learning dances and performing individual solos of their favorite songs.



We're on the Web!
www.occupations.org



For all services call
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