

# Supports

A 21 Plus Vocational Service Publication

1st Quarter 2011 January - March

## Announcements

- LATC phone number is 732-364-0555
- MSATC phone number is 732-341-0863
- Supported Employment's phone number is 732-240-3118 Ext 13
- Tayo Makinde, Program Director  
732-341-1464  
tmakinde@21plus.org
- Loren Gudzak, Family Support Coordinator  
732-240-3118 x 29  
FSC@21plus.org
- Inclement weather will be announced on radio station WOBN 92.7



## **May, June and July closing dates**

### MSATC and LATC

May 12 In Service  
May 30 Memorial Day  
July 4 Independence Day

## From the Desk of Tayo Makinde

Program Director

With warm weather quickly approaching, our Adult Training Centers are planning many outdoor activities as well as craft shows, flea markets and volunteer sites. Keeping up with the change of the season we too are looking towards a fresh start with our craft and crew programs. A new name and slogan for our business has been chosen:

***“Creative Solutions..... for all your needs.”  
No Job is too Small.***

We are diligently working on creating a web site as well as a catalog to go out to family members and friends which will include our regular craft items plus holiday specials, gift baskets and much more.

We are also excited to resume our Six Flags seasonal employment with selected participants receiving 3 times the amount of hours from years past.

We have additionally adjusted our work hours with our Crew Labor jobs so we are available to meet the needs of our current clients with the potential of acquiring new ones.

“Creative Solutions” will be bringing forth that professional image we are continuing to strive for. So please keep us in mind if you, your friends or family members are in need of Janitorial Services, Collating Services and or Cleaning Services, we are the team you want to hire. Also when you are looking for that special Birthday, Bridal Shower, House Warming or Holiday Gift we have wonderful customized Gift Baskets to choose from.

Here's to a productive, prosperous new face for Creative Solutions.

## Main Street Adult Training Center

### VOLUNTEERING AT THE MONMOUTH/OCEAN FOODBANK

MSATC participants exemplify their generosity each month by volunteering for the Foodbank of Monmouth/Ocean Counties, located in Neptune. This week Tom, Janet and Robert R. elected themselves as Foodbank volunteers, as soon as they arrived at program.

Once signed in at the Foodbank, Tom, Janet and Robert approached their assigned bins and began sorting like food items on the shelves provided. Janet chose a pile of macaroni and cheese that needed to be shelved, while Tom worked on canned goods and beans. Robert recognized the needs of a visiting organization, and assisted them in gathering microwavable food items and packed juice beverages.

On the drive back to MSATC, everyone spoke about how good it feels to give back to their community and the difference they can help make in someone's life.



### Craft Corner

#### *Easter*

We have been very busy completing orders from our "Easter Baskets." Thank you to everyone who purchased a boy and/or girl Easter Basket or a Spring Bunny. Your support is always appreciated.

#### *Mother's Day*

We have begun taking orders for Mother's Day Baskets. Perhaps your mother would like a Spa or Garden Basket. We also have an assortment of gift items that are sure to put a smile on Mom's face, and let her know how much you appreciate her.

#### *Wine Bottle Lamps*

We have made additional wine bottle lamps. You may purchase the bottles at either Main Street ATC, or Good Friend Electric, located on Rt. 37 in Toms River. Especially nice at this time of year, are our wine bottle lamps embellished with sea shells. Small battery operated tea light bottles are also available to light up your deck or picnic table. The warmer weather is just around the corner.

### POAC "Walk For a Difference"

MSATC participated with POAC's "Walk for a Difference", held at the Blue Claws Stadium, on April 2, as part of their Resource Fair. We displayed information about 21Plus, as well as our fine crafts. We did very well in sales. Customers were eager to buy bird houses, tea light bottles, embroidered pillows and stylish beaded bracelets. Robert R. stopped by the table just in time to see someone purchase a bottle he had worked on. He personally thanked the customer for her purchase. Kim R. and Barbara proudly held up embroidered pillows they had made. Great work everyone!



## **EMERGENCY PREPAREDNESS TRAINING**

POAC was provided a grant from the NJ council of Developmental Disabilities to provide emergency preparedness training to our participants. The training was focused on “individual responsibility” in emergency planning and included descriptions such as what is an emergency. Our trainer, Simone, used a slide presentation to demonstrate various emergency situations we may find ourselves in, an example would be a natural weather disaster. She provided everyone with a “Go Bag”, complete with emergency booklet and information card for everyone to fill out. Simone completed the training with a question and answer period. She was very impressed with the interest and the amount of questions everyone had, but she was especially impressed by how much our participants already knew.

Simone is returning to MSATC on April 21 as a follow-up to the original training. She will briefly review the training, and ask if anyone has thought of any additional questions she may answer.



Lakewood Adult Training Center

## **Vietnam War Memorial**

For Men’s Day Out we decided to go to the Vietnam War Memorial in Holmdel. Barry, Donald

Paul, and Charles enjoyed the ride there. Upon arrival they all paid for their tickets. Donald saluted the pictures on the wall. Donald then revealed that his father is a Vietnam Veteran. Barry kept saying how sad it was while looking at the pictures of Saigon seeing the torture they went through. Paul really enjoyed it, not saying much but taking it all in. All of the individuals enjoyed looking at the wall of pictures of what the civilians were doing at the time of our hero’s service. There were photos of Babe Ruth, Marilyn Monroe, All in the Family etc. They found it interesting that as the war was going on people were home living their lives. We took a walk to the wall outside where the names are listed of people who served in the Vietnam War. We all took a moment of silence in remembrance. Upon arrival back to LATC They all commented that they had a wonderful day.



## **Ladies Day Out**

Desiree, Marion, Ronita and Dawn went to “Adventure to Health” at Centra State Hospital. Where we first looked and listened to a talking mannequin who explained different parts of a woman’s body. After that we went to the exhibit museum. The ladies were in awe upon entering. On the ceiling there was an exhibit of the spinal cord with nerve endings. Then there were hands on learning time. There was an animation of the lungs and the heart. They were all able to see and feel their heart beat. They learned about the digestive system. The ladies learned the importance of exercising while on a stationary bike. They played computer games that taught them about fire hazards proper nutrition and were able to go into a

simulator of the effects of drinking and driving. The ladies smiled and laughed a lot as they were having fun and learning. They were able to learn the proper way of brushing their teeth at the mouth exhibit. At the end we watched a video on proper hygiene. The ladies said thank you to our tour guide as we left and entire way back to LATC they all said many times how much fun they had.



### *Family Support Services*

#### **Girls Just Want to Have Fun!!!**

Kim Connelly and Danielle Abrahamson, have been friends since elementary school. Where ever these two go together they always have a blast whether it's shakin' it at a local dance, trying new restaurants, or photography trips using their cell phones. The two ladies are not unlike most and LOVE to shop! Both are pretty busy during the week but wanted to set up time to get together on a monthly basis so after some discussion it was decided the two would enjoy a monthly shopping/dinner outing. Where ever these two go together they are always having fun, can't wait to see what the plan for future trips!

#### **Let's Get Movin'!**

Jason Askoff is new to 21 Plus' Family Support Program. Staff soon learned that Jason was quite athletic and enjoyed being outdoors. Jason has enjoyed walking the trails of Cattus Island and hiking in Monmouth County, in addition to bike riding at local parks and swimming at his gym. Jason is also a huge fan of movies, but we keep those for the rainy days!

### *Supportive Employment Services*

2011 definitely brought change for several individuals working with 21 Plus' Supported Employment program. Much of this change has been stirring up over at the Ocean County Board of Social Services where several of our workers are employed at sites in Toms River, Lakewood, and Manahawkin. These folks include Annie McCarthy our long-time veteran, James Christie and our newest addition to the team, Pat Orban. James Christie and Pat Orban have been wonderful additions to the Board and have been working very hard, showing everyone how truly talented and able they are. Their hard work paid off and after several conversations with their supervisor over at the Board it was concluded that there were more opportunities for James and Pat to be had with various projects opening up in the different departments. This resulted in new job tasks for James, besides his usual shredding job, and not only more job tasks for Pat but more hours in her work week as well.

April also brought a very special celebration over at the Board, Annie McCarthy's 50th Birthday Surprise Party put on and hosted by her coworkers. Annie was called in to work a "special project" April 13<sup>th</sup>, a Wednesday and usually her day off. Employment Specialist, along with Annie's coworker and roommate Pat Orban, escorted Annie into her building and asked her if she could show Pat where the soda machine is in the cafeteria since she is new to the building. When Annie opened the door to the cafeteria she was shocked and wonderfully surprised to see 30-40 of her coworkers shouting "surprise!" and "Happy Birthday!" Annie said she had "happy tears." Annie enjoyed lunch, birthday cake and opening gifts over the next hour, a birthday she'll never forget!