

# Supports

A 21 Plus Vocational Service Publication

2<sup>nd</sup> Quarter 2013 April - June

## Announcements

- LATC phone number is 732-364-0555
- MSATC phone number is 732-341-0863
- Supported Employment's phone number is 732-240-3118
- Program Administrator for MSATC & LATC 732-240-3118
- Family Support Coordinator 732-240-3118 x 29 FSC@21plus.org
- Inclement weather will be announced on radio station WOBB 92.7

**June, July, August and  
September  
closing dates**

## MSATC and LATC

- July 4<sup>th</sup> and 5<sup>th</sup>
- September 2nd

## From the Desk of David Velardo, Director of Operations

21 Plus, Inc. is very pleased to announce that as of March 1, 2013 we have become a vendor for Division of Vocational Rehabilitation Services. (DVRS) In order to become vendors, 21 Plus went through a rigorous vetting process. Which included a top down evaluation of our processes and systems. Reviewing them for effectiveness and efficiency of our operations. This fulfills one of 21 Plus' goals to diversify our business and services. We have been approved to vend DVRS services in Ocean County. We are very excited by this opportunity of being able to provide even more of 21 Plus services to Ocean County residents. Being able to provide employment services to more of Ocean County's residents melds well with our mission statement of enhancing lives for people with disabilities.

## Main Street Adult Training Center

### Craft Corner

Valentine's Day was celebrated by the participants of MSATC by making chocolates in Valentine bags and selling them to staff and others. At Easter we made chocolate rabbits and small bags of chocolates.

For Mother's Day this year, MSATC participates decided to make "Cake Pops" bouquets in flowerpots to sell. All pots were sold. Barbara O. Rosaanna L. Robert R. Tom O and several others enjoyed dipping the pops in chocolate, putting on the sprinkles and wrapping the whole pot in cellophane. If anyone would like to order "Cake Pops" for a special party, call or e-mail MSATC. Individual pops are .50 cents each (minimum order 10 pops). Bouquets in clay pots are \$10.00 each. Please

allow 2 weeks for an order. Large orders 3 weeks or more.

A dozen Hershey Kiss Roses were also produced by MSATC for the Annual Board of Directors Appreciation Breakfast. Kim R. Barbara O. and Lois H. were part of the production crew.

We have a nice selection of wooden signs painted by Main Street participants. Fabric wreaths are also available through special order. Signs vary in price, wreaths are \$ 25.00 each.

### Volunteering at the Ronald McDonald House

Several months ago, Shore Free Spirits Self-Advocacy Group began collecting soda can tabs for the Ronald McDonald House located in Long Branch. The House provides a true “home away from home” for families of seriously ill children receiving care at medical facilities nearby. The tabs are used to earn money to provide supplies for the families staying in the home.

Staff Dale and Kathie, along with the Self-Advocacy group were given a tour of the beautiful home. The first question everyone had was, “How else could we help?” Our tour guide asked if we like to bake and everyone replied, “Anything you need!” Now, twice a month, the group bakes the goodies in the home’s large kitchen. Charles and Janet suggested baking red velvet cupcakes with cream cheese icing. Pat and Anthony suggested brownies. When the families come home from their visits at the hospital, the home smells of fresh baked Goodies for everyone to relax and enjoy.

Many thanks have been given to the group for their kindness. They look forward to the group returning for many months ahead. The Shore Free Spirits Self Advocacy group is always willing to help the community in any way they can.

### POAC – Walk for A Difference

MSATC participated in **POAC’s** (*Parents of Autistic Children*) “Walk for a Difference,” Resource Fair. The

walk was held at the Blue Claws Stadium, on April 28. We displayed information about our services as well as our fine crafts and goodies. We sold out of our newest addition, “Cake Pops.” MSATC participants hand decorated each pop with icing and sprinkles, then individually wrapped each one. Not only did we sell out, people kept coming back for more. Mark A, Carol and Robin R. stopped by the table just in time to see our final sales. They were very proud to see how every appreciated their hard work and said they couldn’t wait to get back to MSATC to make more.



### Lakewood Adult Training Center

### Hearthstone Estates Volunteers



LATC started the year off by volunteering at Hearthstone Estates Assisted Living. Ronita, Mark and Neal enjoyed helping the Recreation Director with a variety of activities. The participants helped the senior

residents with the game Bulls eye, arts and crafts, and a quick game of catch. The residents of Hearthstone Estates were very appreciative for all of the help that our folks provide. The Hearthstone residents had smiles on their faces as Ronita, Mark and Neal provided a helping hand for each activity. The residents are always happy to have our participants each Wednesday, and look forward to their visit!

### **KITCHEN CLASSROOM**

Working in the kitchen may seem like a chore to a lot of people and not a lot of fun. That's not so here at the Lakewood Adult Training Center. Although we take our responsibility serious, we always have a good time. Several of our participants did not show much interest in learning cooking skills and would wander out of the group. Take for example one of our new "cooking greats" Katie F. Katie would rarely stay in her group and refused to participate. After observing the different groups and taking into account individual interests the program was altered to allow each participant some one-on-one time with the instructor. Since this change in programming, Katie F. loves to be in the kitchen! When group begins Katie automatically gets the cookbooks and magazines out and passes them out to everyone in her group. Katie now knows where to put tools and utensils when she unloads the dishwasher. Katie can be heard telling her peers, "turn", meaning she is next! Katie helps set the table, clear the dishes and sweep the floor. Our participants seem to enjoy preparing the food as well as sitting down to enjoy what they cooked! If you have a recipe you would like to share please send it in. We love trying new recipes. Bon appetit!



## *Family Support Services*

Family Support Services department continues to offers several different services. Included in those services are individual support, respite services, and recreation. Individual Support: As a DDD Real Life Choices (RLC) and Self Directed Day Supports provider (SDDS), we provide individual support in your home or another location. All activities are personalized to meet the needs of all the individuals served, such as, but not limited to: doctor appointments, errands and outings of your choice.

Respite services are designed to ease the daily responsibilities of our family members who live with an individual with a disability. These services include caregiving assistance when needed. As a provider we tailor the services to what you need and want, such as, but not limited to: activities, errands, companionship, and more. Respite can be provided in your home or in another location.

2013 Recreation department has been able to add an additional social to the calendar. Each season 21 Plus offers a variety of recreational opportunities. We offer day trips, weekend trips and socials/clubs. Choose the trips you go on based on your interests. Socials/Clubs are held monthly and offer a variety of socialization activities that suit different individual interests. In the past we have enjoyed trips to the zoo, out to dinner, boardwalk and much more. Coming this spring season we look forward to a day in Cape May zoo, Sahara's Sam water park and Philadelphia Zoo. We also have a weekend trip planned to Mystic, Connecticut June 28<sup>th</sup> to the 30<sup>th</sup>.

Tuesday Social and Creative Hands Club continue to be a fun and social outing. We have the Tuesday Social that is held the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of each month. This club consists of individuals ages 16 to 22 who are looking for fun with friends. They enjoy going to the boardwalk, Jenkinson's Aquarium, Blue Claws game and out to dinner. Each week is something different and fun. Our Creative Hands Social meets the 1<sup>st</sup> Wednesday of each month. Those 16 and older spend time together crafting and baking. They will also be taking tips and having

guests to teach them new ideas and techniques. The sky is the limit in creating masterpieces and delicious snacks. Coming in August is the Get Fit Club. This club will be held at a fitness club, allowing you to be able to get fit and healthy on your time. Enjoying the fun membership of a gym such as weights, cardio and the POOL!!

Family Support will be offering a Bus Trip to New York City on December 7<sup>th</sup>, 2013. You will be able to spend the day enjoying what NYC has to offer during the holiday season; such as shopping, Rockefeller Center, and the Tree!!

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### *Supported Employment Services*

#### SIX FLAGS HERE WE COME

Coming out of chilly winter with the hope of Spring, also begins the re-hire application process for Summer jobs here in Supported Employment! I had the pleasure of "rousing the troops" once again for this years' Six Flags Great Adventure crew team. All members from last year's crew, including Robert R, Karen L, Dawn M and Holly S, will be successfully returning for another year of employment with Six Flags' Character Café, along with their job coach, Kathy Marring of Main Street Adult Training Center. For Dawn and Holly, this will be their 4<sup>th</sup> season at Six Flags. Six Flags' Human Resource Dept and Food Service Dept. have been nothing but amazing with the group as they assist them through the orientations, uniform fittings, and job training. Here is to another successful season with Six Flags Great Adventure!

21 Plus, Inc. now offers  
Family Support Services  
for individuals age 3 and up with  
disabilities.

We can provide the following  
services for your family:

In-home support

Baby-sitting

Behavior Management

"Teen Night"

Companionship

Day Trips

Vacations

Assistance with obtaining  
employment

Transportation services

We are a DDD Real Life Choices  
provider.

Services also available  
via private pay.

If you need support and you think  
we might be able to help, call us at  
732-240-3118, ask for our Family  
Support Program.