Healthy living in the Family Support Program

Family support employee Lindsey picks up John every Friday morning and together they head to Toms River Fitness. Their Thursday morning routine starts with a high-energy Zumba class followed by a yoga class. "John is an awesome dancer," explains Lindsey. "He has so much energy and just keeps going."

On Fridays, John and Lindsey have developed a wonderful relationship. They have posted up a notice for other physical therapy members that need help with their physical therapy, and John walked out along the line, encouraging everyone to go to the health on the group home. Everyone was a struggle and progress slow, so John was happy to see the group members develop at the center, too. Lindsey is excited to introduce John to other gym members to expand his social circle. When not at the gym, they enjoy each other's company over a healthy lunch. Lindsey says, "Jackie is an awesome dancer, and he always wants to keep up!"

Lyndsey and Jackie continue to form meaningful bonds, and both look forward to their "fun and healthy Saturdays" together. After completing two classes at the gym, Jackie and Lyndsey head to SaladWorks where they enjoy each other's company over a healthy lunch. Jackie's mother Janet is thrilled that she has found such a "perfect match" for Jackie.

Not only has a wonderful friendship developed between the two women, but Lyndsey is helpful in introducing Jackie to other gym members to expand his social circle. When not at the gym, they enjoy each other's company over a healthy lunch. "John is an awesome dancer, and he always wants to keep up," says Lindsey. "He has so much energy and just keeps going!"

The Family Support program provides personalized support, respite, recreational and transportation services for people with disabilities.

For more information on this program, contact Amy Williams, Director of Support Services at 732-240-3118.

Meaningful Lives For People With Disabilities

2015 ANNUAL REPORT

RESIDENTIAL
- Apartments
- Group Homes

COMMUNITY-BASED SUPPORTS
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Meaningful Lives For People With Disabilities
All volunteers will demonstrate a commitment to the vision, mission, and values of the 21 Plus Foundation that contributed more than $100,000 to our programs in 2015. Everyone who has a disability deserves to experience the good things in life: to be valued by society, to have friends, to make choices, to be treated with dignity, and to be a part of the community. Using these values as the building blocks for our services becomes more challenging as government funding lags behind the real cost of providing opportunities for the population. As we continue to transition to providing a broad range of services, we need to locate the funding opportunities that will support these efforts so the community continues to receive quality services. We have been approved by Medicaid to provide public services.

Therefore, 2015 was another year of exploration, education, and commitment for our consumers and potential service recipients. We continue to manage the planning process and development of 21 Plus as of April 2015. Our key goals are still the same: to provide services to people with disabilities, to improve our community’s ability to serve its needs, and to improve the lives of people with disabilities.

In addition to our core services of living skills training, recreation, and meal preparation, we are also working to increase our attention to our core mission of maximizing our Medicaid billing. We are also planning the next steps to improve the quality of our services, including more structured opportunities for people with disabilities to lead and make decisions about their lives.

We did have some fun in 2015 with a gift card thank you from donors which was presented to those who need increased assistance as they age. We continue to serve people who visit 21 Plus for day training and/or live at 21 Plus, the positive difference we’ve made in people’s lives, and the compassion these changes happen at 21 Plus. Add to this list of achievements the personal growth of those who want to do now or in the future, you are a friend, a supporter, and a vital part of our community.

Shore Free Spirits Fly High Again!

In December, self-advocates delivered handmade holiday cards to residents at Margaret Gardiner, a long-term care facility. They also collected and delivered a collection of holiday cards to residents at North Shore Hospital, and to residents at Providence Village, a local assisted living facility. These Holiday Card Projects are just one of the many ways self-advocates are making changes in their communities.

The participants from the Lakewood and Main Street Adult Training Center (ATC) recently spearheaded two community-based projects. One was led by Kathy Maring, the group facilitator, and the other was led by Delores Moran, a self-advocate with disabilities.

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