



D.I.Y. Newsletter

(DO IT YOURSELF)

W I N T E R I S S U E • 2 0 1 9



Providing essential supports to people with intellectual disabilities and autism,
building a community where everyone participates and belongs.

Winter at CCS

We hope you're enjoying the snowy winter season in Vermont. In this edition of the DIY newsletter meet Lucy's pets, get creative with Lego's, enjoy some artwork, and much more. New additions to DIY are always welcome. If you would like to submit an article, send an email to jcampbell@ccs-vt.org or join the newsletter group that meets every Wednesday at 9:30 am at the Brownell Library in Essex.

Sincerely,
Julie Campbell, Editor



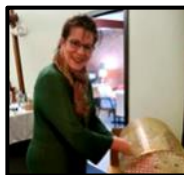
CCS Wins Best Places to Work Award

Champlain Community Services has been selected as one of the 50 Best Places to Work in Vermont for 2019. We are honored to be chosen as it is a competitive award and we have always worked hard at being a great place to work. Now we know we're one of the best! Here's a blurb from the winning announcement email:

"CONGRATULATIONS on behalf of *Vermont Business Magazine*, the Vermont Chamber of Commerce, the Vermont Department of Economic Development, the Society for Human Resource Management (SHRM) - Vermont State Council and Best Companies Group. Champlain Community Services has earned the distinction of being named one of the **2019 Best Places to Work in Vermont!** Everyone at your company should be very proud of this accomplishment."

Annual Holiday Raffle

Our holiday raffle in December was a wonderful celebration once again. We feasted on Leonardo's pizza and a delightful array of treats brought by attendees.



Maggie

The halls were filled with the laughter of the CCS community and the excitement of the drawing of the raffle winners was contagious. The holiday raffle raised \$2,865 to go towards CCS programs.

Thank you to all who made the day a success by buying raffle tickets, helping with set up and clean up, and for sharing your joy of the season with others.



Matt



David

Champlain Voices Update

by Emily A, Champlain Voices Co-Facilitator

Champlain Voices is happy to announce its new leaders for 2019: President Hasan, Vice President Mark and Treasurer Paul. A secretary was not elected this year. It was decided that the president will have the power to nominate someone to fill the role.

The future is bright for this group. President Hasan says, "I'm so glad to be leading this group and I'm sure we'll grow stronger together." The New Year began with the group brainstorming new goals. Stay tuned to hear their plan for the year.

On January 14th, the group held its 3rd annual Martin Luther King Jr. Observance and Celebration. Vice President Mark said, "We honored the great Martin Luther King Jr. the last time we were together. There were so many good loving people around him too. Finding our strong voice is totally essential to the success of our lives. Let's do it."



President Hasan



Treasurer Paul

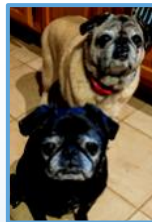


Vice President Mark

Jessica's Pet Corner

Meet Lucy's Pets

by Jessica & Kristi - Photos by Lucy



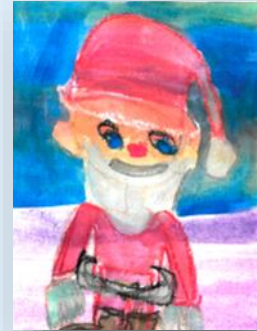
Lucy has three special pets that she loves very much. They're a big part of her family. She has a 30 year old parrot named Pepper. Pepper can say hello and goodbye.

Lucy also has two pug dogs. Hannah is a 12 year old black pug who likes to bring "Mom" her shoes for a treat. Callie is a 10 year old fawn pug. Callie came to Lucy's home to keep Hannah company.

On their birthdays in January and other special occasions the pugs get to have a spoonful of vanilla ice cream and a toy.



DIY Art Gallery



Santa by Jess



Purple Flower by William



January by April



Speedway by Eva

Being a New Mom - An Interview with Meghan M.A.

by Jessica & Kristi



What is your daughter's name and when was she born? Her name is Epona and she was born on May 8, 2018

What does her name mean? Epona was a Celtic goddess. Her name means horse. She is the patron goddess of mares and foals and also the goddess of harvest.

What was the biggest surprise you faced once you had a baby in the house? The reality of having a child and how much time has changed.

What's the best thing about being a new Mom? Seeing your child learn new things every week and kissing cute cheeks.

Was it hard to transition to being a Mom? No, because of child care. Yes, having someone depend on you 24/7.

Does your daughter sleep through the night? Depends on the week.

How has your daily routine changed since becoming a Mom? Everything I do is for my daughter. I've learned I can do things for myself in a very shortened time that could have taken a lot of time beforehand. I'm giving my daughter more attention. I'm ok with the routine change, it's great not to have everything be about me.

Building Lego Sets

by Dawn Photos by Lucy

Over the winter, one of my friends asked me if I wanted to join her and build Legos. She built a big and beautiful Christmas Lego set. At first I said no, but I started getting interested while I watched her.

We started meeting at Brownell Library and had fun building Legos and chatting and laughing! She was adding different sets to her Christmas scene. I like RVs, cars, and planes. First, it was a little hard, but I'm getting better at understanding the instructions. Here are pictures of some of my finished Lego projects:



Upcoming CCS Events

CCS will be closed on:
February 18, 2019
(Presidents Day Holiday)

Community & Recreational Fair
April 10th 5:30-7:30 pm
Will be held at CCS

Friday, April 19, 2019
All Staff Inservice Day
Closed for Services

Staff Anniversaries & Milestones

The following employees celebrated years of service in January. Congratulations and **thank you** for your dedication.

One Year: Morgan Dodd and William Pebler
Two Years: Roxy Moulton & Eva Griffin
Three Years: Marcia Daly
TWELVE Years: Mike Reilly



And a hearty welcome to Marley Pratt who started as a DSP on January 14th.



Champlain Community Services Inc.

512 Troy Avenue
Colchester, VT 05446

Our Mission & Vision:

Champlain Community Services provides essential supports to people with intellectual disabilities and autism, building a community where everyone participates and belongs.

CCS is in its 52nd year of serving our community, and offers coordinated one-to-one supported employment, home & shared living, school-to-career transition, and community supports.



Visit us on the web!
ccs-vt.org



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Black & white copies are free. Make a contribution and receive a color copy.

Submit your stories, photos, ideas to:
jcampbell@ccs-vt.org

DIY c/o Champlain Community Services

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