



# D.I.Y. Newsletter

( DO IT YOURSELF )

S U M M 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.

## Summer at CCS

We hope you're enjoying the beautiful summer season in Vermont. In this edition of the DIY newsletter read about rescuing Scooter, take a break in the Intentional Garden, meet Tiffany's pets 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](mailto:jcampbell@ccs-vt.org) or join the newsletter group that meets every Wednesday at 10:00 am at CCS.

Sincerely,  
Julie Campbell, Editor

### An Interview with George, DSP

By Jess and Kristi

**How long have you worked at CCS?** 5 years

**What awards did you recently receive?** The Medal of Valor from the Department of DAILE and the Lifesaving Award from the VT Chapter of the Sons of the American Revolution.



George receiving the Lifesaving Award

**Why did you receive the awards?** One of our consumers and I were fleeing from a burning building. His wheelchair stopped working and I had to drag him out of the fire.

**Were you injured?** I received a bunch of first and second degree burns.

**Were you worried about being able to get out of the building?** I could get out but the individual I was supporting was a different story. His wheelchair was heavy and got stuck in the glass.

**Were you nervous about receiving the awards?** Yes. There were a lot of media people and 3 news cameras here at CCS.

Thank you George for your act of courage!

### My Summer Activities

By Andy Photos by Lucy Rogate



During the summer, I work at C.I.D.E.R. on Wednesdays. I clean buses, vans and cars. Sometimes, after work, I love to go to the Allenholm Farm to see the animals. My favorite is Willy, the donkey. He takes mints from your mouth and he loves apples. I like to chat with the owners, Pam and Ray. When Pam and Ray were young, they rode on the Ticonderoga when it was on the water. The Ticonderoga is at the Shelburne Museum now. That's where I volunteer on some Fridays. I clean the windows, dust and sweep on one of my favorites places in the world.



## Champlain Voices Update

by Emily A, Champlain Voices Co-Facilitator



Happy Summer everyone! Thank you to all who came to the Intentional Garden Party. We raised \$57 selling flower pins created by advocate Susan who has a business called "Button-Up." Please continue to assist us in raising money to achieve our goals by putting your clean redeemables in our collection bin at CCS in the coat area.

We have a new tradition at our meetings. Advocate Bill recites quotes by famous advocates. Here is what he shared at our most recent meeting:

*"Happiness comes when you follow your own path. When you refuse to settle for others expectations of what you should and shouldn't be doing, and instead live the life you know is right for you. When your actions in life back up your words, when you know inside you are living true to your self, that is when you can't be anything but happy. Happiness lies in integrity."*

Mahatma Gandhi



## DIY Art Gallery



Flag by Matt



Tic Tac Toe by Janet



From the movie, "Spirit" by Jessica

## Jessica's Pet Corner

### Meet Tiffany's Pets

by Jessica & Kristi - Photos by Tiffany



Tiffany has four animals that live with her family.

Kojak, a dog who is around 10 years of age, was a rescue that her husband found as a stray in Florida. Maki is a dog who is two years young and came from CT. Both of their dogs love to leap over rivers. They sit, roll over and lay down upon command.

Tiffany has two cats. Stella is twelve years old and Teo is nine months. Both were rescued from the Human Society.

On their birthdays the pets get toys and a cake. They each get a stocking for the holiday. A special treat for Kojak and Maki is a neighborhood ice cream truck that plays the song "Yankee Doodle" and sells sundaes for dogs. Tiffany said her pets are very loved and are just like family.



On a sunny day in May Dave wanted to go to the Shelburne museum to see the Ticonderoga. While on our adventure we picked Dave's favorite flower-lilacs.



## Rescuing Scooter the Bird by Brittany & Morgan

On a nice sunny day in May, Morgan and I were in the car, driving on Troy Avenue and noticed something on the road. We turned around for a closer look and noticed a baby robin. Morgan and I put the bird in a box to keep it safe. I decided to name the bird "Scooter".



When we arrived at CCS Morgan called some animal rescue people to see what to do with Scooter. We fed him some worms but he didn't want to eat at all and kept closing his eyes. We tried feeding Scooter some red raspberries but he still wasn't hungry. I think he was not feeling well or feeling weak. The wildlife person told us they could take him and that made me very happy. Adam was able to feed Scooter some berries. Scooter seemed to follow my voice. I felt like a mother to him. I was very sad that I had to leave him. Now, Scooter is doing great but I still miss him. He's in good hands and he's very happy. That was a great experience that we had.

### Sports Update by Dawn

I had great Bocce practices this summer. There were 65 members on the Chittenden Bocce team. During the practice, the members were assigned to their teams and given team names. My team's name was the Dingo's. I was happy with my team assignment.

The opening ceremony for the Special Olympics was at UVM on Saturday, June 8<sup>th</sup>. The torch was lit, and the emcee announced teams by county. All Olympians recited the athlete's oath. The coaches also said their oath.

After the opening ceremonies, I went with Mom for dinner and then we went to the dance at UVM. The dance theme was "Welcome to the Jungle".

The sports competition started at 10 am and went to 3:30 pm on Saturday. On Sunday the final competition was held. There was a total of 500 athletes competing in basketball and bocce during the summer Special Olympic games. On Sunday the athletes received their medals or ribbons during the awards ceremony. My team was awarded a fourth-place ribbon. The ribbon award means skill, courage, sharing and joy.

There was good sportsmanship at the games. Everyone wished each other good luck and shook hands. We had fun at Special Olympics. See you next year!

### Upcoming CCS Events

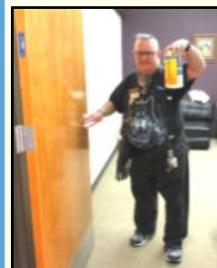
#### Round Up at City Market during August to benefit CCS!

During August, CCS is the "local nonprofit" beneficiary of City Market's "Rally for Change" program. Shop at either the downtown or South End store of City Market/Onion River Co-op and, when checking out, choose to round-up your bill to the nearest dollar. CCS will receive 10% of all donations between August 1<sup>st</sup> and August 31<sup>st</sup>.

**CCS will be closed on:**  
September 2, 2019  
(Labor Day Holiday)

**All Staff Retreat**  
Friday, September 20, 2019  
**Closed for Services**

**Benefit Bake for CCS**  
**Tuesday, November 5th**  
American Flatbread  
November 27th  
5-10 pm



### Kenny explains what Being "On The Job" at CCS is all about.

I was offered a volunteer job at CCS. Nurse Sarah asked me if I would do some cleaning and wipe down the door knobs. She said it would help to keep people from getting sick.

I have been doing this job for a while. I do a good job! The staff appreciates it when I clean; especially the doorknobs.

### Staff Anniversaries & Milestones

The following staff celebrated years of service this summer. Congratulations and **thank you** for your dedication.

- 1 Year: Jackson DeLilli & Adam Carnes
- 2 Years: Ashley Dubois
- 3 Years: Sadie Bombard, Rachael Brock & Natalie Hutton
- 4 Years: Emily Anderson
- 9 Years: Kristi Kenney
- 10 Years: Marita Hartnett
- 11 Years: Marie de la Bruere
- 12 Years: Lucy Rogate
- 13 Years: Jennifer Wolcott
- 22 Years: Marc Willis
- 43 + Years: Don Kent



And a hearty welcome to Leigh Studley, Freya Waters and Elna Samuelsen who started work at CCS this summer.



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](http://ccs-vt.org)



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**Submit your stories, photos, ideas to:**  
[jcampbell@ccs-vt.org](mailto:jcampbell@ccs-vt.org)

#### **DIY c/o Champlain Community Services**

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