



D.I.Y. Newsletter

(DO IT YOURSELF)

S U M M E R I S S U E • 2 0 2 1



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

Summer at CCS

We hope everyone is well and is finding ways to enjoy the beauty of a Vermont summer. In this edition of the DIY newsletter enjoy Art from the Heart, meet our resident musician and read our Director's reflections on the pandemic. New additions to the DIY are always welcome. If you would like to submit an article, send an email to jcampbell@ccs-vt.org.

Sincerely,
Julie Campbell, Editor



Rebecca Schwartz (top),
Meghan (right) and April (bottom)

An Interview with Rebecca Schwartz, Coordinator Art from the Heart Program - by Dawn and Marie D

What is Art from the Heart? It's a volunteer program that has been running since 1994. We use the arts to help people feel better at the hospital. It's a collaboration between Burlington City Arts (BCA) and the UVM Medical Center. Anybody can volunteer because they can work remotely. When in person, volunteers must be 18 or older.



What is the "Journey of the Bracelets"? Volunteers pick up bracelet materials from the BCA Gallery on Church St. on Wednesdays-Saturdays from 12:00-6:00 pm. Volunteers have fun making the bracelets in person or on Zoom. Volunteers deliver finished bracelets back to the BCA Gallery. Staff make sure the bracelets are secure/safe and bring them to the hospital for the chaplains to distribute.

Where did the idea to make the Meditation/Prayer Bracelets for patients at the UVM Medical Center come from? The idea came from a conversation with the spiritual care chaplains. Over 300 beautiful bracelets have been delivered. Priscilla Callos, Spiritual Care Chaplain noted that there is clearly so much love and care in each bracelet. One patient said she finds the beads really helpful when she has a lot of pain or a panic attack. Another patient, who was pretty gruff, softened immediately when handed a bracelet. She said, "You have no idea what this means to me."

How can people find out more about Art from the Heart and get involved? They can visit our webpage:
<https://www.burlingtoncityarts.org/art-heart>



Champlain Voices Update

by Emily A, Group Co-facilitator



Dear DIY Readers,
Happy Summer from Champlain Voices!

By the time you're reading this Champlain Voices will be in the midst of fund raising for their First Ever Walk Run Rollathon which will take place on the green of Colchester's Fort Ethan Allen on August 23rd. Please take a moment to check out the fundraising platform here at: <http://ccs-vt.org/support-our-walk-run-roll-athon/> or write to: advocacy@ccs-vt.org and Thomas, our secretary will connect you to the link.

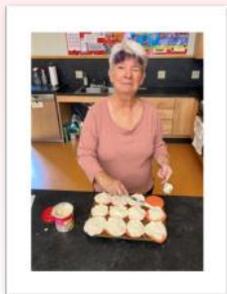
There you can read all about the fundraiser and learn more about how it's bringing our group together for the first time in a long time AND how the group will be using the money they raise.



My New Puppy Star

By Dawn

Star was my early birthday gift. My brother Russell went to PA to get a puppy for himself, and came back with 2!! Star was a surprise. I asked Russell, "Is that mine?" I cried happy tears. Star's sister is named Zena. During Karaoke, I asked for "We Are Family" and dedicated it to STAR. On the picture Zena is on the left and Star's on the right. We know who's who because they wear different colored collars!



Carol—every day should be cupcake day!



Keith—fishing on Bristol Pond



Our CCS Musician

An interview with Lane

By Kenney and Emily K

How long have you been a musician?

I played drums in junior high school and guitar in high school, so 25-30 years.

How did you become interested in music?

My father was a musician. I was around music as a child.

What instruments do you play? Mostly guitar but also drums and a little piano.

Do you sing as well? Yes, singing is my favorite.

Were you self-taught or did you take lessons? I took drum and singing lessons and played guitar and piano off and on.

Do you have a favorite instrument you like to play? Guitar. I like to sing when I play the guitar.

Do you perform with a group? Yes, the group is called, "The Tricksters".

What sort of events do you perform at (weddings, other events)? Mainly weddings.

Jessica's Pet Corner

Meet Chelsea's Pets

by Jessica & Kristi photos by Chelsea



Chelsea has a four and a half year old pit bull mix from Alburg named Mars. Mars can sit, lay down, shake paws and cuddle. He has lots of energy but calms down when he gets to know you. Mars is handsome and you just want to pat and love him. Mars enjoys going on hikes and especially being out on the Causeway. He also loves sugar free treats.

Lorna is a two and half year old orange cat. She was adopted from St. Johnsbury. Lorna is very independent and is shy around humans. She loves to play with little things, romp around the house and take naps.

Both pets are spoiled all year long and extra spoiled in December with fully loaded holiday stockings.





What I've Learned While Guiding CCS through a Pandemic
An Interview with Executive Director Beth Sightler by Jess and Kristi

It's been over a year since the pandemic started. What have you learned from guiding CCS through a pandemic? We are a very strong incredibly caring community. Good communication is necessary. It's most important to keep everyone safe as much as possible. We also learned how important the health care aspect is to our community and we learned how to rebuild.

What were some of the challenges you faced over the last year? Knowing what people needed the most and being responsive and consistent, worrying about staff and the people we serve getting sick, sharing all the information to let everyone know what they needed to know and learning to deliver services remotely.

How has life at CCS changed because of the pandemic? We've developed new ways to support people. One of the biggest adjustments was with staff working remotely and then coming back to work at CCS. Some staff have left CCS to go back to school or for health reasons and retirement. We're using more universal precautions and sending out more emails instead of seeing each other at the office. There has been more isolation and people being tired of the pandemic.

Do you see some of the changes to the day-to-day operations becoming permanent? We will keep some remote services with Zoom and people are more aware of not coming to work when they're sick.

Did the support from the community make the last year easier? There have been amazing offers of support and we're very appreciative of all the PPE donations.

What do you think the residual impacts of the pandemic will be on the individuals we support going forward? Some people became isolated but we've working hard to build a community where everyone belongs. We've become more a part of the health care community. Also underfunding has led to staffing problems.

Do you see light at the end of the Covid tunnel ? I think we're through half the Covid tunnel. We now have a Covid handbook thanks to our dedicated and skilled Covid Task Force. We know how to do this now and can handle it.

CCS Garden Update



Before (top) and after (bottom) pictures of the CCS garden beds. What a bountiful harvest!

Upcoming CCS Events

CCS will be closed on Monday September 6th (Labor Day Holiday)

CCS will be closed on Monday October 11th (Indigenous Peoples' Day)

All Staff Retreat
 Friday, September 17th
 Closed for Services



Staff Anniversaries & Milestones

The following employees celebrated years of service in June, July and August. Congratulations and **thank you** for your dedication.

- 1 Year: C. Allard, M. Harms, B. Lockwood, L. O'Hanlon and W. Parker
- 2 Years: T. Kronoff, H. Leonard, F. Waters and L. Studley
- 4 Years: A. Dubois
- 5 Years: N. Galarza, R. Brock and S. Bombard
- 6 Years: E. Anderson
- 11 Years: K. Kenney
- 13 Years: M. de La Bruere
- 14 Years: L. Rogate
- 15 Years: J. Wolcott
- 24 YEARS! M. Willis



Shared Living Providers:

1-5 years: G. Cameron, J. Clark, K. Dowling, E. Duff, S & J Elkins, K. Ellwood, J. Gonzalez, R. Gracie, H. Kenyon, K. Kizziah, J. Ladouceur, R. Lebeau, E. Leggett, M. Marabile, H. Miller, C. Neupane, G. Santor, D. St. Amour and C. Tessler

6-10 years: M. DesOrmeaux, N. Giard-Jeter, J. Reddington, C. Sheldon, P. Thibault and S. Towers

11-20 years: P. Cook, E. Duff, D. Greeno, C. Kosa, A. Mudgett, K. O'Brien and R. Sightler



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 53rd 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



Subscribe to our D.I.Y. Newsletter!

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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