



# D.I.Y. Newsletter

( DO IT YOURSELF )

AUTUMN ISSUE • 2021



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

## Autumn at CCS

*Happy Fall! We hope you're finding creative ways to enjoy the autumn season. In this edition of the DIY newsletter learn about Paul and Sara's jobs, see updated pictures from Keith's wildlife board, enjoy some artwork and much more. New additions to DIY are always welcome. If you'd like to submit an article, send an email to [jcampbell@ccs-vt.org](mailto:jcampbell@ccs-vt.org).*

*Sincerely,  
Julie Campbell, Editor*



Paul

### Interview with Paul on becoming a DJ

By Jess and Kristi

**Do you work for a radio station or work as an independent DJ?** I shadowed for about 3 weeks with Champ radio station and also did an internship when I was in school.

**How did you become interested in the DJ field?** I've wanted to be on the radio since school age. Being blind, I wanted to be able to communicate more. I was discouraged by school peers and kind of gave up hope. Then I met Ron Turner who helped me to start up again.

**How long did it take you to build your music collection?** I don't own a collection. I pay a monthly subscription to Apple music. Then I create a play list through Bluetooth. I use speakers to play for nursing homes. My goal is to go back to in person.

**What types of music do you play and do you have a favorite?** Classical, Country, music from the Beatles, The Monkeys, Frank Sinatra and Oldies. My favorite is Classic Country, especially Patsy Cline.

**Where do you perform?** Elderwood Nursing Home. A theme is picked ahead of time. They also ask for requests.

**Do you work at other jobs?** I don't make enough money to finance my DJ'ing. I work at two hotels in housekeeping.



Carol enjoying a beautiful autumn day as Honey Bear



Carol and Champ at the park



Drawing by Jess



## Champlain Voices Update

Hello Everyone,

One of our goals this year has been to learn how to raise money. Up until this summer the only way we've raised money has been through bottle redemption. But on August 23<sup>rd</sup> we changed that because we held our first ever, "Walk Run Rollathon" on the green at Colchester's Fort Ethan Allen. We raised \$1,565. Hurray!

We couldn't do this without you. Now, the goal for this money is to screen the movie, "Intelligent Lives" to the Champlain Community Services community. To do this, we're going to collaborate with Jesse Suter from the Center for Disability and Community Inclusion at UVM. Stay tuned for more updates.

Thank you!

Respectfully submitted by,  
Champlain Voices



Garden Harvest

### Autumn Harvest By Lucy & The Gardening Group

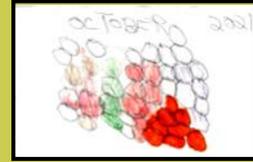
**WOW!** It's November...leaves are falling, and winter is around the corner! It was fun and educational working with our gardeners both in person and virtually. We started planning our garden in Jan/Feb. ALL suggestions were accepted, from cantaloupe, baby corn to zucchini. We learned what worked and what needed improvement.

Our surprise humongous sunflowers were quite impressive. The harvested flowers were dried to provide food for birds and other hungry critters. Beautiful sunflowers and zinnias (grown from seed) and marigolds adorned our garden beds. ZOOM played an active role while we shopped at Claussen's and received input from fellow gardeners.

Putting the beds to sleep for the winter also included planting garlic cloves that require winterization to produce garlic next year. We also learned to ripen green tomatoes by putting them in a brown paper bag with a banana and apple.

A BIG THANK YOU for generous donations of seeds, plants, money, tools and our awesome raised beds. Until next season.... Have a safe, fun and healthy winter!

## DIY Art Gallery



Autumn Leaves by April



Marley Dog by Jess



Pine Tree by Eva



Butterfly by Brittany



## Jessica's Pet Corner

### Meet Paul's Pet

by Jessica & Kristi Photo by Paige

My dog's name is Autumn. She's a seven year old Golden Retriever who has a lot of energy. Autumn is great at playing ball. She'll drop the ball at your feet, fetch the ball and bring the ball back.

Every Thursday at 6:30 am, my dad drops Autumn off at "Oh my Dog" doggie day care center and picks her up at 5 pm. After a day of fun and play Autumn is tired and ready for a nap.

Autumn loves the Village Scoop Ice Cream shop. They give out dog treats.



**Changing with the Times—An Interview with Sara B** by Wendy and Julie

**Since the pandemic how has your job as vending specialist changed?** I haven't been doing the vending machine job at CCS since the pandemic started. We had to empty out the vending machine. I'm hoping to do that job again soon.

**The food scraps ban for all Vermont residents went into effect July 1, 2020. What are your new job duties?** I've been keeping busy emptying the recycling bins and the compost at CCS. In the summer the compost really smells.

**Where do you bring the compost from CCS?** We were bringing it to the CSWD Williston site. Myers started collecting the compost at CCS so now we don't have to travel to Williston. I empty the compost and the recycling in the containers outside the CCS building.

**How often do you empty the compost and recycling at CCS?** Once a week on Wednesdays.

**Do you have a new job title?** I don't have a new job title yet but I'm hoping to continue taking care of the recycling and compost when I get back to doing the vending specialist duties.

**Do you have other jobs?** I volunteer at the Good Hope farm in S. Hero. I brush the horses and muck out the stalls. I enjoy being around the horses. When they get a new horse, I offer it a treat, so the horse won't be afraid to enter the barn.

**Do you ride the horses?** I love to ride the horses, but I wasn't able to do that during the pandemic. I hope I can ride again soon. I also like to feed two horses in Essex named Honey and Tee.

**See the latest pictures from Keith's Wildlife Board. The pictures were taken at Dead Creek in Addison.**



A grand catch



Eagles

**CCS Events**

**CCS Virtual Holiday Party**

**December 16th**

**11:30 to 1:00 pm**

**CCS will be closed on:**

November 25 & 26th — Thanksgiving Holiday break

December 24th and 27th— Christmas Holiday break

December 31st - New Year's Day Observed

**Staff Anniversaries & Milestones**

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

- 2 Years: Justin Levinson
- 4 Years: Carol Hutcheon & Maggie Loftus
- 5 Years: Paige Claude
- 8 Years: Emily Kittredge
- 10 Years: Randy Henson
- 18 Years: Karen Ciechanowicz
- 23 Years: Brent Hewey



**Shared Living Providers:**

- 1-5 years: John Clark, Kara Dowling, Jorge Gonzales, Pat Grenier, Eva Griffin, Scott & Julie Elkins, Kristen Elwood, Josh Jones, Hilery Kenyon, Kayla Kizziah, Joan Ladouceur, Shawnae Langlois, Rachel Lebeau, Liz Leggett, Max Mirabel, Heidi Miller, David Mumley, Joy Reddington & Cathy Stech
- 6-10 years: Chris Bedard, Mimi DesOrmeaux, Nicole Giard- Jeter, Paulette Thibault, Stacey Towers & Cindy Shelden
- 11-15 years: Eve Duff, Pam Cook, Dennis & Sally Greeno, Claudette Kosa, Anna Mudgett, Kevin O'Brien & Randy Sigtler



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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