



D.I.Y. Newsletter

(DO IT YOURSELF)

AUTUMN ISSUE • 2022



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 warm autumn season. In this edition of the DIY newsletter read about our abundant garden harvest, enjoy the spooktacular Champlain Voices event and much more. New additions to DIY are always welcome. If you'd like to submit an article, please send an email to jcampbell@ccs-vt.org.

*Sincerely,
Julie Campbell, Editor*



Patty

Autumn Harvest by the 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.



David & Dawn



Ben at Chapin Orchard

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!



Ben enjoying some fall pumpkins

Champlain Voices Update



Dear Readers,

The advocates of Champlain Voices have been trying for a long time to figure out a strategy to expand the membership of their group. Late September a great plan came into view- Combining the challenge of recruitment with the holiday of Halloween.



It was Spooktacular! Many ghosts and goblins arrived in the CCS kitchen. Pizza was enjoyed. A panel, comprised of Champlain Voices Advocates and hosted by David explained how Champlain Voices supports the skill building of speaking up for yourself while doing great projects and having fun supporting each other. Then the amazing Josh, as the trustworthy costume judge, doled out the prize for most scary, most Disney, most creative and most funny. Congratulations to all who won.

Anyone interested in checking out Champlain Voices, don't be a stranger. Contact Secretary Thomas at advocacy@ccs-vt.org for more info on how to join.



The Advocates of Champlain Voices

DIY Art Gallery



Owl by Brittany



Frosted Flower by Eva



Cobra Kai by Scott

Brittany's Cruise By Jess & Kristi



Where did you go on your cruise? I went to the Bahamas for 8 days.

Did you go with family? I went with my fiancé and her family for a vacation get away.

What was your favorite part of the cruise? Seeing a play with my favorite singer and the food was great!

How was the weather? There were a few big storms. The passengers were asked to stay in their rooms during one of the worst storms.

Did you hear other languages besides English spoken in the Bahamas? Yes, we heard Spanish, Chinese and French .

Do you know how many people were on the cruise? It was a Carnival cruise ship with over 600 people.

What were your favorite foods while you were on the cruise? Shrimp cocktail, lava cake and strawberry daiquiri's .

Would you like to go back to the Bahamas or are there other destinations you'd like to visit? Yes, I'd like to return with my Mom. I'd also love to see Paris some day.

Jessica's Pet Corner

Meet Christopher's Pets

by Jessica & Kristi Photos by Christopher



Udon



Opal

Christopher has a female black cat named Opal who came from a shelter in Milton. Opal is less than 5 year old. Christopher also has a gray male cat whose given name was Smokey. They re-named him Udon because he's very limber like a noodle. He's twelve pounds yet looks even bigger. They picked Udon out at the Kitty Café in Barre, VT.

Both cats are very patient which is a good thing with two young children in the house.

The cats are always spoiled with a bunch of toys and even more so during the holidays. Christopher is trying to train the cats to walk with a leash. Both cats are very much loved by Christopher's family.



Sara with Max

Sara B at Rhythm of the Rein by Julie

How long have you been taking riding lessons at Rhythm of the Rein in Marshfield? Since June 2022. I ride for about 25 minutes once or twice a week.

What is Rhythm of the Rein? It's a therapeutic riding program, I transferred from Champ. They have 10 border horses. Some of the horse owners loan their horses for riding lessons.



Sara riding Max

Do you have a favorite horse that you ride? I ride Max. He's a 20-year-old quarter horse. I tack him up myself. I use a western saddle and I always wear a helmet. I started riding in their indoor arena with a lead rope held by Diane, the program manager. Now I ride outdoors without a lead rope because I'm an advanced rider. I only need the lead rope to mount and dismount.

Do you ride alone or with others? Another horse and rider are with me outside and Diane keeps an eye on us.

Do you get to ride other horses? I hope to start riding Shadow. Shadow is a 30-year-old Tennessee Walker horse.

What your favorite thing about riding? I can be free and its good exercise.

Do you make your own horse treats? Yes. I used to make them at CCS before covid.

Do you have a recipe for horse treats that you can share with the readers? I make my horse treats using, sugar free applesauce, oats, carrots, and molasses. I bake them for 30 minutes.

Emily K and Scott visited Echo to see the Unicorns & Dragon's Exhibit



CCS Events

CCS Holiday Party

December 15th

Noon to 2:00 pm, at Elley- Long Music Center



CCS will be closed on:

November 24th & 25th — Thanksgiving Holiday break

December 23rd and 26th— Christmas Holiday break

January 2nd - New Year's Day Observed

Staff Anniversaries & Milestones

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

- 1 Year: Phiona Atuhaire & Jonaé Dixon
- 3 Years: Justin Levinson
- 5 Years: Carol Hutcheon
- 6 Years: Paige Claude
- 9 Years: Emily Kittredge
- 11 Years: Randy Henson
- 19 Years: Karen Ciechanowicz
- 24 Years: Brent Hewey



Shared Living Providers:

- 1-5 years: Linda Belval, John Clark, Jorge Gonzales, Scott & Julie Elkins, Kristen Elwood, Hilery Kenyon, Kayla Kizziah, Joan Ladouceur, Shawnae Langlois, Rachel Lebeau, Liz Leggett, Max Mirabel, Heidi Miller & Joy Reddington.
- 6-10 years: Mimi DesOrmeaux, Nicole Giard- Jeter, Paulette Thibault & Stacey Towers.
- 11-15 years: Eve Duff, Pam Cook, Sally Greeno, Claudette Kosa, Anna Mudgett, Kevin O'Brien & Randy 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!

A black & white copy will be mailed to you. Please make a request to receive a color copy.

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

DIY c/o Champlain Community Services

512 Troy Avenue
Colchester, VT 05446
Phone: 802-655-0511