



# D.I.Y. Newsletter

( DO IT YOURSELF )

W I N T E R I S S U E • 2 0 2 3



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

## Winter at CCS

Welcome to 2023! We hope you're finding warm and fun ways to enjoy the winter season. In this edition of the DIY newsletter see what Robin has been up to, take a trip to Alaska with Michelle, 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



### An Interview with Robin by Torin

**How long have you been working at Homewood Suites?**  
About 3 years

**What are your job duties at Homewood Suites?**

Vacuuming, wiping down tables, and stairwell handles and striping rooms.

**Do you like the work you do?** I really enjoy it. Its much better than my previous job because I'm much more active.

**Do you have a favorite job duty?** Doing rooms-making them ready for guests.

**Do you know how many rooms they have at this facility?**

I would say 20 per floor and there are 4 floors.

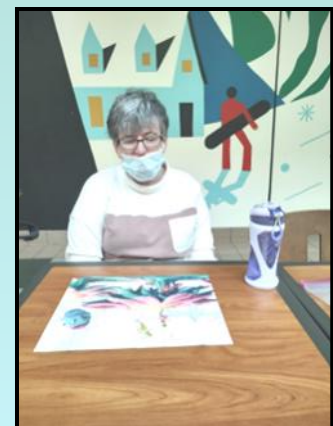
**Do you enjoy the people you work with?** I really do. My coworkers are very kind.

**Do you get to meet any of the guests that stay at the suites?** Not very often, but I often say hello.

**Would you like to do other jobs in the hospitality industry?** I am fine with what I do now. This is great. I did want to be a bellhop but I changed my mind



Dawn, Scott and Matt at a floor hockey tournament in St. Albans



April creating her art at the Mall



**Champlain Voices Update** by Emily A and the Champlain Voices

Happy Winter Everyone!

In December, Champlain Voices had another dramatic election and our first in-person one since 2019. With Zoom still being an option to join into our new hybrid mode of meeting, we were able to take advantage of a tool we had during the pandemic, the option to record, and recorded all the speeches the advocates gave, and we even made history.

In a Champlain Voices first, all four of last year’s officers won re-election into their roles. Whitley and Thomas won a third consecutive term in their roles and Vice President and Secretary, Nicole won a second term as Treasurer. President Hasan becomes the first incumbent to win re-election in about a decade. Congratulations to all officers! Good work to all who participated in elections this year.

We’re also excited to announce that Champlain Voices has become a team of community-based advocate researchers and have started a community-led participatory action research project in partnership with Dr. Amanda Miller at Wayne State University in Detroit, MI.

Our first presentation will be on Zoom March 8<sup>th</sup> at 2 pm.

Stay tuned for more information and thank you for reading our update.



Hasan



Nicole



Thomas



Whitley

*DIY Art Gallery*



Calendar by Janet & Lisa



Black Panther Mask by Scott



February by April



**Jessica’s Pet Corner**

**Meet Josh’s Pets**  
by Jessica & Kristi Photos by Josh

Josh has 4 dogs. A Mastiff named Luna who was adopted at two years of age. Josh also has a Mastiff named Russell who is four years old. Luna is Russell’s mother.

Dozer is an English Bulldog. He came from a breeder in Milton and is eight years old. Remi is a four year old Boxer who also came from a breeder in Milton.

The dogs get along together. They have eight acres of land to roam. They will obey the commands, sit, give a paw and lay down.

They each have their own stocking for the holidays filled with toys, bones and dog treats made by Josh’s wife. The dogs are a big part of the family and bring them great joy.



**A Day at Music & Drumming Class**  
photos by Sara



Eva



Greg



Bob



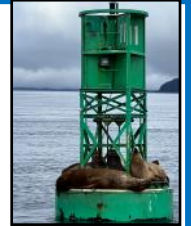
Drew



Glacier Bay

**An Alaska Adventure with Michelle P** By Kristi and Jess  
photos by Michelle P

Michelle had heard from lots of people how beautiful Alaska is so at the end of September 2022 she booked a two week cruise (the last of the season) and headed to Alaska. She went to southern Juneau and the Icy Strait. The weather there is a steady 55 to 75 degrees all year long. Southeast Alaska lies at the heart of the North American temperate rainforest — a forest that extends in a 2,500-mile coastal strip from northern California, along coastal British Columbia, and to the eastern edge of the Kodiak archipelago in southcentral Alaska.



Hoonah Seals

There were lots of glaciers. You needed a special permit to canoe three miles near the Mendenhall Glacier. The glacier is an amazing blue because the oxygen comes up and out. Glaciers melt eight inches a day because of global warming.

Michelle saw lots of mammals. One day she was on a boat that carried twenty people. They saw four humpback whales that swam beside the boat and put on a show. Michelle has the whale show on video. They also saw sea lions, seals and otters. Michelle said while using the treadmill on the cruise ship she could see dolphins swimming outside the windows.

Michelle also did some hiking. There were a lot of trails closed because of bear sightings due to the salmon spawning. The salmon try to swim upstream during spawning season. She hoped to see a bear but didn't get to see one.



Mendenhall Glacier

The meals on the ship offered delicious seafood. Lots of fish dishes especially sea scallops. Alaska felt like a safe state. All the people were very friendly and kind. The locals in port were welcoming. Michelle said: "This trip was spectacular - so much beauty to see! One of the wonders of the world."



Whales in Ketchikan



**Robin being the WCAX meteorologist at ECHO. Here's hoping for an early spring....**



**Staff Anniversaries & Milestones**

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

- 1 Year: Charles, Dan, Christine, Lisa, Sarah, Shiel,
- 3 Years: Laurie and Wendy
- 5 Years: Morgan
- 7 Years: Marcia
- 16 Years: Mike !!



**Shared Living Providers:**

- 1-5 yrs: John Clark, Scott & Julie Elkins, Jorge Gonzales, Hilery Kenyon, Joan Ladouceur, Shawnae Langlois, Liz Leggett, Max Mirabile, Ginger Santor, Carol Tessier, Colby Trudell, & Carolina Warren
- 6-10 yrs: Kristen Elwood, Nicole Giard-Jeter, Kayla Kizziah, Heidi Miller, Joy & Joshua Redington, Debra St. Armour, Paulette Thibault and Stacey Towers
- 11-14 yrs: Pam Cook, Eve Duff, Claudette Kosa, Anna Mudgett, & Randy Sightler
- 15-20 yrs: Kevin O'Brien

**CCS Events**

CCS will be closed on:



February 24th — All Staff Inservice Day (closed for services)

April 27th— Annual Lunch, Elley Long, Colchester



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 54th 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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