



D.I.Y. Newsletter

(DO IT YOURSELF)

AUTUMN ISSUE • 2023



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

Autumn at CCS

Happy Autumn everyone! In this edition of the DIY newsletter learn about APSE, enjoy cooking with Noah and much more. New additions to the DIY are always welcome. If you'd like to submit an article, send an email to jcampbell@ccs-vt.org.

Sincerely,
Julie Campbell, Editor



APSE—An Interview with President Ashley by Kristi and Jess

Ashley attended the four day National Conference for the Association of People Supporting Employment First (APSE) in Columbus, Ohio this summer. APSE advocates for competitive integrated employment for people with disabilities. APSE feels everyone should be working for the same wages. Ashley said, "People want to work and can't for many reasons. More states want to be like Vermont with equal employment opportunities for everyone."

In 2021 Ashley was nominated for President of the Vermont Chapter by fellow peers and she accepted the 2 year commitment. She was re-elected in 2023 for another 2 year term. A different state hosts the National APSE meeting each year. Ashley and Michelle were the only ones attending from Vermont. There were over 500 APSE representatives attending from all over the United States.

Ashley enjoyed meeting new people in person who do similar work. She has lots of new ideas to share at work and on the job. The APSE presidents meet every other month by Zoom and the Vermont chapter meets every month by Zoom.

Congratulations Ashley for taking on this important role for Vermont!



Scott at Sunny Hollow
Natural Area



Scott making granola
on the job



Hasan in Nevada

Champlain Voices Update

Champlain Voices has a lot going on. We were awarded a \$5,000 grant from Green Mountain Self Advocates to make a video promoting our group. We recently signed a contract with the Media Factory in Burlington to film it. Stay tuned for the premiere this winter.

We're excited that our President Hasan went to Reno, Nevada to co-present in a workshop session called 'Exploring Alternatives to Guardianship and Transfer of Rights' at the International Conference for Career Development and Transition. Hasan was the ONLY advocate presenting. After the event, a Transition Teacher from Apple Valley, CA asked him if he was available to do inspirational speaking and invited him to speak with her students. At an awards dinner, they sealed the deal with a handshake.

Champlain Voices' Ambassador of Youth, David, has just finished 3 sessions with the Bridging program inspiring these young people with disabilities to write stories to help change the world. Go David!

DIY ART



Halloween mask by Scott



Ladybug by Janet



Jessica's Pet Corner

Meet Jenn's Pets by Jessica & Kristi Photo by Jenn

Jenn has two dogs. Dexter is a 13 year old Shiatzu Corgi mix. Dexter came from a breeder in Fairfax. He weighs about 10 lbs. He gives snuggles to both Mom and Dad equally. Dexter's favorite toy is Woody the Woodpecker. He loves to hear Woody laugh.

Jenn also has a Golden Doodle puppy named Linkin. He was named after a favorite band, Linkin Park. He's 4 months old and came from a breeder in Shaftsbury. Linkin can sit, give you his favorite paw and fetch his ball. He is 40 pounds of pure puppy love. His favorite toy is a woolly mammoth which he carries all over the house.

The dogs are always spoiled. Jenn can't help but buy them both a gift when shopping. Sometimes they get to split a hamburger at the drive thru or enjoy a Pup Cup from Ben & Jerry's.

Staff Anniversaries & Milestones

The following employees celebrated years of service in September, October and November. Congratulations and **thank you** for your dedication.

- 1 Year: Elly, Josh, Meghan & Zach
- 7 Years: Paige
- 10 Years: Emily K
- 11 Years: Randy
- 20 Years: Karen
- 25 Years: Brent



Shared Living Providers:

- 1-5 yrs: Linda Belval, 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 Zeno, Joy Redington, Debra St. Amour & Paulette Thibault
- 11-20 yrs: Pam Cook, Eve Duff, Claudette Kosa, Anna Mudgett, K. O'Brien & Randy Sightler



Sweet Chili
Sauce

The Secret's in the Sauce—An Interview with Noah By Julie & Noah

How long have you been cooking? I've been cooking since the age of 4. My mother didn't like to cook so my siblings and I started cooking as soon as our elbows reached over the top the stove. Cooking was part of our chores growing up. I also worked in a Lao Thai kitchen when I was in college for about 2 years.

What do you like about cooking? For me cooking is more about enjoying the event that comes after. Whether it be a meal, dinner, or party you must cook to reach the goal of enjoying the food and/or event.

What sort of foods do you enjoy cooking? Lao, Vietnamese, all kinds of food. Its more about the taste then the specific culture. For example, I have a recipe for a French style meatloaf that a lot of people have asked about. I use a mirepoix (lots of veges) and sometimes mix pork in with the beef. I also bake the ketchup to bring out the taste. And then I have my Thai sweet chili brazed pork belly. You would be hard pressed to find two dishes or cultures so different from each other.

What are some of the sauces that you make? I make a Lao/Thai sweet chili sauce that I use as a brazing liquid for pork belly and an orange maple glaze for fish. The Lao/Thai chili sauce has some "heat" and takes about 3 hours to make. I make my own sauces because It's hard to find particular ones in the grocery store.

Do you sell the sauces you create? I don't sell them, but I have joked with people that if they want to hire me as a cook, I'd be ok with that.

Is there a certain kind of ethnic food that you enjoy cooking? Not really. It depends on what ingredients I have. It's not about the culture for me it's the taste. A lot of foods are the same from culture to culture. It's the seasoning/sauces that makes them taste different.

CCS Events

CCS Holiday Party
December 14th
11:30 am to 1:45 pm

CCS will be closed on:
November 23 & 24th
Thanksgiving Holiday
break

December 22th and 25th
Christmas Holiday break

January 1st -
New Year's Day



What has David been up to? By David & Shelley

After a long 2 years David is back in action with his Prideability Show. Episode 17 was released by Media Factory on June 13, 2023. It is with great pleasure that David takes on interviewers that are part of the LGBTQIA+ and Disability community.

David loves to hear your stories and your experiences in life. David said, "I had a vision to interview people that are part of our community. We have rights and should be comfortable in our own skin. Whether you're hiding your sexuality or are open, there are people out there like you and we should be celebrating."

September is Pride Month and people that are LGBTQIA+ are celebrated. David said, "We should also celebrate people that have a disability that are LGBTQIA+." Check out the Media Factory website below and see David in action.

<https://www.mediafactory.org/watch#!/widget/32/episode/2>



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.

Since 1967 CCS has been 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!
Submit your stories, photos and ideas to: jcampbell@ccs-vt.org

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