



D.I.Y. Newsletter

(DO IT YOURSELF)

SPRING ISSUE • 2024



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

Spring at CCS

Happy Spring 2024! We hope you're finding sunny and fun ways to enjoy springtime in VT. In this edition of the DIY newsletter take a look back with our former Executive Director, enjoy the Night to Shine event with Scott, 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*

Night to Shine - An Interview with Scott by Melissa Photos by Scott



What does the Night to Shine Event mean to you? To me the purpose of the event is to have a great time, while getting together with friends and people you know. It allows people with disabilities to have fun.



How did the evening proceed? Everyone met at the Essex Alliance Church to be introduced to their buddy (also known as your chaperone) for the evening. Those attending could get their shoes shined, and hair and makeup done to prepare for the evening. Everyone got a short limo ride to the gymnasium where the event took place.

There were fun food choices, such as snow cones, popcorn, various cheese platters, cotton candy, and drinks. I wore my new fedora hat that I got for my birthday, along with my purple shirt and tie and black suit.

What was the best part of the night? Getting crowned king and queen. The buddies got to crown each person they were with. Once the main host puts on a white jacket, it's time for everyone to get crowned. Everyone received a photo of themselves which was put into a gift bag with prizes to take home.

How long have you been attending this event? Four or five years. I always attend with my friend Josh and we enjoy it every time.

Check out the YouTube video of the event: [Night to Shine 2024 - Essex Alliance Church](#)



Champlain Voices Update by Emily A & Champlain Voices



Champlain Voices had an amazing workshop at this year's Voices and Choices conference titled, "Tell ALL, an insight into What YOU are Thinking". The goal of this workshop was to recruit people who want to take part in our research project with Amanda Miller from Wayne University in

Detroit. The project is called, 'Nothing About Us Without Us' and we're doing the research ourselves. The question we seek to answer is, 'What matters to people with disabilities in their daily lives?' and we'll address this with questions using 8 topics such as Friendship and Intimate Relationships, Family Relationships, Housing and much more.

We had a packed house at the workshop and there was a lot of information shared from the participants. It was a big steppingstone experience as we got to practice asking the group our questions. We look forward to sharing our information with Amanda and setting the date for our project to begin. If you or anyone you know is interested in being a part of our project by meeting with us in a focus group (in person or on-line) please click on the link below to our google form:

<https://docs.google.com/forms/d/e/1FAIpQLSftIhr5Drn5-LH6cwzKoQ9Gb-64DDf8x8jecycWFVR3-shnRw/viewform?pli=1>



or use the handy QR code:



Jessica's Pet Corner

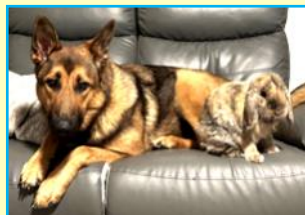
Meet Ashley D's Pets by Jess & Kristi

Ashley has quite a mix of pets. She has a bunny named Craig who came from Pet Advantage. He is very food oriented and can spin around and stand up with the right enticement.

Ashley has a parakeet named Willey who has a sister named Blue. Blue was re-homed to Pet Advantage. Willey and Craig now have their own room at Ashley's house to roam around in.

Ashley has two dogs which were local rescues. Sedona, "Seddie" is four and a half years young and Roxie is almost two years old. They both know lots of tricks. Their favorite treat is called "Salmon Skin". Both dogs get a new toy wrapped with treats for their holiday present. Both dogs can unwrap their present on their own.

Lets not forget Ashley's five chickens from the Tractor Supply Store. The chickens spread their wings when they want be petted. Each of the chickens has a name. They clearly are pets and produce great eggs. All of the pets are spoiled every day with lots of love.



Staff Anniversaries & Milestones

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

- 1 Year: J. Brodowski, E. Chastenay, R. Palin, S. Rosenblum & M. Gault
- 2 Years: N. Brown, J. Lian & D. O'Brien
- 4 Years: L. Gibson & E. Posner
- 6 Years: C. Pebler
- 7 Years: T. Barringer & J. Gratton
- 8 Years: J. Campbell
- 9 Years: E. Underwood
- 13 Years: M. Greeno
- 17 Years: M. Paya



Shared Living Providers:

- 1-5 yrs: S. Baker, L. Belval, J. Gonzales, H. Kenyon, C. Kouadio, J. Ladouceur, S. Langlois, L. Leggett, M. Mirabile, G. Santor, R. Rai Sinchuari, C. Tessier, N. Thabault, C. Trudell, & C. Warren
- 6-10 yrs: J. Elkins, K. Elwood, N. Giard- Jeter, & K. Kizziah, J. Redington, D. St Armour, & P. Thibault
- 11-20 yrs: P. Cook, E. Duff, C. Kosa, A. Mudgett, R. Sightler, & K. O'Brien



Looking Back with Former Executive Director, Elizabeth Sightler

by Kristi & Jess

What year did you become the Executive Director of CCS? In 2013.

What was your vision for CCS when you became Executive Director?

I wanted CCS to be more a part of our community and to give people in services more access and involvement. I also wanted to strengthen the workplace culture.

Do you feel like you met your goals for that vision?

I feel like we did it together.

What would you list as your greatest accomplishment during those years?

Two things - the great quality reviews that we've had. It shows how hard people are working and how well they're being supported at home, in the community and at work. The second thing is the 6 years of Best Places to Work awards. It means a lot that our staff are happy. We work hard to support the people who work here so they're able to support the people in services.

What did you enjoy most about working for CCS?

The laughter and trust, and how we've come together when times were hard, especially during COVID. We just buckled down and took care of each other. CCS is a very special place to work.

What are you going to miss about CCS?

The caring and authentic people. The laughter. How well we all get along (most of the time!). That we can be brave and do hard things and that we've taken care of each other.

How does it feel to be moving on?

Sad and exciting. CCS is a really good place. It feels like family and I'm going away to college. I'm sure the next leader will take CCS to the next level.

What words of advice would you give the new Executive Director?

Communication is key and being authentic. Make sure people see your heart. Let them see the challenges without scaring them off and have them be involved in the plans. Have fun and don't forget to laugh.

DIY Art Gallery



Spring Bouquet by Britany



Rainbow by Drew



Totem by Scott

Scott - enjoying a hug at the Vermont Teddy Bear Factory in Shelburne





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

CCS Holidays & Events

CCS will be closed on:

May 27 — Memorial Day

June 19th — Juneteenth

July 4th — Independence Day

CCS Fund Raiser at Lake Monsters
Centennial Field

June 12 6:30 pm to 9:00 pm

CCS Annual Picnic

July 18 noon — 2:00 pm

Airport Park, Colchester

Please submit your stories, photos and ideas to: jcampbell@ccs-vt.org

DIY c/o Champlain Community Services

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