

NEWS from Susan Coyle, CEO

On behalf of Chartiers Center we are happy to share with you the work of our creative and caring staff that spends every day making the program for adults with intellectual disabilities a center that supports and celebrates the abilities of all. Theme based activities introduce tangible skills that the individuals build on each week. Many opportunities exist for personal growth, self expression, goal setting and integrated wellness activities.

We will keep you posted on our progress. In the meantime if you have questions please feel free to call me at 412 221-3302 ext. 129.

NEW PROCEDURES

Like all treatment programs, consistent attendance often determines the best outcomes.

We are pleased to be offering program treatment services to all of the individuals at our Dormont program. To ensure each person is able to maximize his/her skills and interests, it is essential to maintain regular attendance and remain in the program for the full six hour day.

With the best interest of the individual foremost, we are requesting all appointments for the individual be made on days he/she is NOT scheduled to attend programming. We understand there are times when you will have a conflict, and on those days we request scheduling be done so the individual can attend at least a half a day of programming.

In consideration of this request please refer any questions to Minnie Rauterkus, the IDD Program Site Manager, (412) 344-7025.

The Employment Training Center Has Been Busy

Each week new themes continue to be introduced as the groups explore everyday interests, using their sense of sight, sound, touch, smell and taste. The staff introduces the themes on Monday and use the rest of the week to incorporate the theme into learning opportunities through active participation.

Over the past weeks the Employment/ Training Center (ETC) has explored Farmers' Markets, Recycling and Manners. The farmers' market was a timely unit as local markets are in full bloom.

The group played a special game of fruit/vegetable bingo and using



a juicer, they mixed apples, carrots and tomatoes for a special drink that everyone at least tried!

During recycling week they discussed the process of recycling plastic, cans and paper and watched a video on the route of a garbage truck. In addition, they learned that recycling can also mean repurposing. Within the program, the group took an old frame, painted it with chalkboard



paint and now it will be used for signage. Pictured is the finished product.

Finally, and maybe the most important, was the theme on "manners." With the staff, the group talked about how to greet people, what you say when you pass in front of someone, the correct way to respond when someone sneezes, table manners etc. When the staff and the individuals noticed others using their manners, the action was reinforced when their name and behavior was written on a large "Manners in Action" poster. Staff reported that everyone worked at being nicer to one another, and that the theme has carried over across the weeks!

Chartiers Senior Center

The Senior Community Center (SCC) was equally busy exploring themes on the Steelers, plants and the blessing of the fall season. In preparation of the Steeler opener, the group made their own terrible towels out of felt and



wooden Steeler plaques were painted, stenciled and hanging before kickoff! Incorporating movement into this theme was easy as the group kicked around a blow up Steeler helmet and tossed around a football. Of course highlighting the

tailgate party was black and gold salsa!

The fall season is resplendent with sights and sounds and smells. To capture all this, the staff created sensory



activities for the group beginning with seeing and touching gourds and pumpkins. Then the group experienced the sounds and smells of a fall walk as staff brought in leaves and crunched them to emit the smell of the outside.

Of course fall triggers apple picking season and the group discussed the different varieties of

apples and then made apple crisp, with the scent of cinnamon floating through the air. To simulate picking apples in the orchard, staff hung a tree on the wall and everyone took turns "picking apples" off the tree! As the week wrapped up, there was a craft activity that included stamping ½ an apple, adding leaves and raffia to make an apple wreath. (Pictured above)

With the holidays just around the corner, the activities for the coming months may have a common theme or they may be a fun exploration of whatever the group decides. Stay tuned.....

Recruitment Activities

Chartiers' Employment Training Center and the Senior Community Center Programs are both accepting referrals for the program serving adults with intellectual disabilities. If you know of someone who is looking for a placement after graduation, or someone who is currently residing at home and is in search of a day program please call to schedule a tour. Questions on referrals can be made to Micky Cogley at (412)221-3302 ext.187.

NEW IDD CAREGIVER'S SUPPORT GROUP Wednesday(s), October 28 & November 18, 2015

12PM – 1PM

Chartiers Center (3rd Fl. Boardroom)
437 Railroad Street, Bridgeville PA 15017

The group is for families and caregivers of individuals with intellectual and developmental disabilities (IDD).

TOPICS:

October 28 – Planning for the Future: Adults with Intellectual Disabilities

November 18 - Parenting: 10 Tips for Reducing Holiday Stress for IDD consumers and families.

PARKING: quarters needed for metered parking.

RSVP: Melissa Zirwas
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As staff work through the transition process we want to send you updates on our progress with the new space. Therefore, you will receive this newsletter monthly. If you prefer to receive it as an email, send an email to Mary Kay Bonn at mbonn@chartierscenter.org and include the word "family" in the subject line.