



The Life Skills Times

Fall Edition 2018



Greetings! Can you believe it's already back-to-school season?! Time sure flies when you are having fun! We had a jam-packed summer full of so many events and activities! It will definitely be a summer to compete with next year!



We kicked off our summer with our annual Field Day/Water Fight, at Garnet Park! This year, managers all picked teams, and had additional time to plan, plot and prepare for the take down, and this made it much more engaging and competitive. This is probably, the most anticipated event of the summer, because it is simply SO MUCH FUN! It's not very often, that you have the opportunity to dig your super soakers out and have that free shot at good ol' Logan!



Ice Cream! That's one of the best parts about summer- is the ice cream we get to eat to help cool us off! We took our month trip(s) to Farson, Wyoming to enjoy the delectable ice cream from the Mercantile! They have so many scrumptious flavors to choose from, and their giant scoops sure make the trip worth it!

GAMING



Our "Game Day" returned this summer as well! Nothing better than being surrounded with all of your best friends and doing nothing but playing video games and chowing down on some pizza! It's fun to see everyone take interest in one another; and the teaching, learning, social interactions, and relationships that are built in the process. We have enjoyed the opportunity to help these guys build social networks and establish friendships that can last a lifetime! Such lucky folks, we are!



The Remarkable Kids year, and boy were we happy to have it back! There's just something about being round all of those wonderful, genuine, rodeo folks and being able to share in their passions with them! It's always a heart-warming experience to see the happiness, excitement and sense of accomplishment on their faces, when they tackle something they have never tried before! Thank you, to the National High School Finals Rodeo, for making this dream a possibility!



While all these fun and exciting things took place around us all summer long, we were also able to squeeze in training opportunities for many of our leaders and managers. We do our best to take full advantage of these opportunities, as we continue down our path of growth and improvement as professionals. We continue to work on our wide array of skills and abilities, while adding new tricks and tools to the trade!



Special Olympics Bowling Practice has begun! We will be at the Fish Bowl bowling alley every Tuesday and Thursday from 3-5pm. Practice runs \$5 (two games and shoe rental) each time we attend. If your loved one has their own bowling ball and/or shoes, please feel free to



send it with them on these days! Keep your eyes peeled for flyers being sent for details on Area and State Games! Area Games will take place at the Fish Bowl in Green River on September 29th and State will be held again in Casper on October 10th – October 12th. We will be staying at the Ramkota Inn! It has the best pool in town so make sure to pack your swim trunks! If you have any questions, please contact our office at 307-362-6422!



Our 3rd annual Comedy Night is set to take place October 27th at the Broadway Theatre! Back by popular demand, is the ever-hilarious Josh Blue who will take the stage that night! All proceeds from this event will go to Sweetwater County Special Olympics! Fundraisers like Comedy Night help to off-set some of the costs for Special Olympics,



and help to keep the costs low, as well as help to purchase new jerseys and things that our athletes need! We are currently accepting donations for silent auction items that we can raffle off, as well as for monetary donations for Special Olympics. Tickets are currently on sale at both the Rock Springs and Green River Chambers of Commerce! For more information about this event, please contact our office and ask for Rebecca! We certainly hope to see you there!



Sweets & Beets is now OPEN Monday-Friday 9am-3pm inside the Life Skills Office! We are overjoyed at the opportunity that this presents to so many around us! Not only do we have access to caffeine on demand early in the morning, but it also allows for our folks to learn so many

wonderful skills needed in most employment settings! They are able to learn exceptional customer service skills, money handling, drink and food prep, and SO MUCH MORE! We would like to invite you in to support our coffee shop! We are looking forward to seeing you there!



Please help us welcome Michael Boren, our new Assistant Director to the Life Skills team! Michael comes from Eugene, Oregon, where he was born and raised. Over the past ten years, Michael led and managed a family-owned medical equipment company while



earning his Master of Business Administration Degree from Western Governors University. "Coming to Wyoming has been a long-held dream for me and my family. In my previous career I worked to help people find ways to enhance their lives through a wide variety of adaptive equipment and medical technologies. Finding a new home with Life Skills feels like a great fit for me, since I have always sought to provide compassionate service to those I work with. My family and I are grateful for our blessings, not the least of which is the opportunity to be a part of this community. I look forward to the opportunity to meet each of you and to get to know you personally!"



As the seasons begin to change, we wanted to invite you to contact the Life Skills Work Crew for snow removal - so you are prepared when the white stuff flies! We offer competitive rates and are up for almost any task at hand. For any questions, please contact our office at 307-362-6422 and ask for Trista! We look forward to working for you!



Fort Bridger Rendezvous

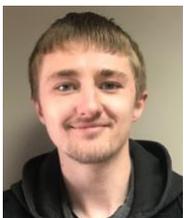
We recently attended the Fort Bridger Rendezvous and had a fantastic time learning some of the history the place we call home! We also got to enjoy some yummy food and check out all of the Mountain Man goods the vendors were selling! We are looking forward to attending again next year!



Staff OF THE Month

Austin Stevens –

July 2018



Austin has been a resident of Sweetwater County for most of his life and attended Rock Springs High School and has been with the Life Skills family for a little over a year now. He enjoys spending time with his family and friends, walking his dog, NFL and college football and Game of Thrones. His favorite part of working at Life Skills is “helping our participants break new boundaries and achieve goals they haven’t outside of services!”

Katie Usher – August 2018

Katie has been with Life Skills for a little over a year and came to Rock Springs all the way from California two years ago. Her favorite hobbies include fishing, hunting, four wheeling and anything else out doors! Her friends and family are very important to her!



Her favorite thing about working at Life Skills is “being part of our participants growth an watching them succeed!”



Juno’s Corner- Hello everyone! I hope all my four-legged furry friends and their families enjoyed their summer adventures! As the summer season comes to an end, and the winter months approach us, there are a few winter tips and tricks I would like to remind all of you about! Hopefully, these tips and tricks will help all of my four-legged furry friends and their families!



“Most Common” Mistakes Dog Owners Make in the Winter by vetstreet.com

Assuming your dog doesn't mind the cold weather.

Is it so cold out that you're freezing even in your winter weather gear? Chances are, it's a little too cold for your dog to spend much time outside, too. True, there are certain dog breeds that can handle the cold weather rather well, but any dog — no matter how furry — can suffer from hypothermia or frostbite when the temperature drops. It's our recommendation that you bring your dog indoors in these conditions, but if for any reason this just isn't possible, make sure your outdoor dog has access to dry, well-insulated shelter that's out of the wind, fresh water (that isn't iced over!) and, ideally, warmth, perhaps in the form of blankets or a pet-safe heater.

Not providing your dog with alternate forms of exercise when she can't play outside.

If your pup is used to getting long walks and plenty of playtime outdoors, don't make the mistake of expecting her to happily curl up on the couch until the snow thaws. Dogs get bored, too! She

needs exercise and stimulation, and happily, there are plenty of ways for you to help her get it without needing to set foot outdoors. You can play fetch, create an indoor agility course and more.

Treating your snowy walk just like a warm weather walk.

For obvious (potty-related) reasons, your dog will still need to get outside at least occasionally, and hopefully, you'll be able to join her for a walk here and there. But before you head out into that winter wonderland with your furry friend, make sure you are both properly outfitted and prepared. Some dogs can really benefit from wearing a sweater, coat or booties — particularly small dogs with short legs or pups with thin, short coats. There are other safety precautions you need to heed, too, both for your own well-being and your dog's. Here are eight tips you should know for walking your dog in cold weather.

Not checking and cleaning your dog's feet when she comes in from outdoors.

This is such a simple thing to do, but it's so commonly missed. Every time your dog comes in from the cold, it's really important that you check her feet and wipe them clean. Look at all four paws

and pay particular attention to the areas between her toes. Snow and ice can get stuck there, but it's not just the cold that's a potential hazard — that ice and snow can contain chemicals (snow salt, for example) that can hurt her skin or be harmful if she ingests them when she licks her paws.

Leaving candles burning and allowing your dog access to your fireplace.

Outdoor hazards aren't the only dangers your dog faces this time of year. Many pet owners like to create a feeling of coziness with burning candles, and it's pretty much expected that those who have a fireplace will light them up when the snow falls. And those aren't problematic actions on their own, but it is important that, whenever you have an open flame, you also have an eye on your dog. Keep his bed far enough away from the fireplace to avoid any flying embers and move play to a different area of the house, as both the fire and the fireplace tools can be dangerous for roughhousing dogs. Use candles sparingly, and when lit, always keep them high enough that a wagging tail won't knock one over or pass through the flame.



Eye on Talent

We were offered an exciting opportunity a short time ago, to have the art work of those we serve, be featured in the art gallery at White Mountain Library! They displayed all of our art work, and held a reception, to share it with the community as well! We were overcome with great appreciation for our local opportunity they shared with us!

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