

# The Life Skills Times



## Summer Edition 2018



We are elated to finally have this beautiful summer weather upon us! There's nothing better than sunshine and summer time! Our calendar is already looking pretty jam packed with a bunch of wonderful events and activities to take us through these next few months! Be

sure to watch for emails and flyers being sent home as each event approaches! If you have any questions, please contact our office 362-6422 and ask for Rebecca!

We will be attending the summer movie series this summer at the Star Stadium theatre in Rock Springs. We will be attending Monday mornings and Tuesday afternoons! If you haven't had the opportunity to attend some of these, you are missing out! There's just something about a theatre full of smiling faces and outrageous, gut-wrenching laughter! If your loved one would like to attend, just send them with \$3 for their ticket, and any \$ for snacks that you would like them to have! These are always fun for everyone to enjoy!





## Special Olympics



Area and State Special games were one for the books! about being surrounded by so best sportsmanship around! We are incredibly proud of ALL of the Sweetwater County Athletes! Way to go, guys!

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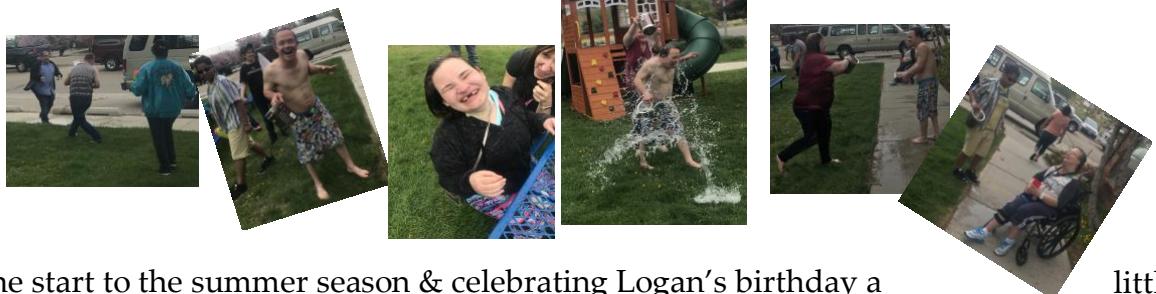


Our 3<sup>rd</sup> annual Comedy Night is set to take place October 27<sup>th</sup> at the Broadway Theatre! Back by popular demand, is the ever-hilarious Josh Blue who will take the stage that night! All proceeds from this event will go to Sweetwater County Special Olympics! Fundraisers like Comedy Night help to offset 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. For more information about this event, please contact our office and ask for Rebecca! We certainly hope to see you there!



**Viva Las Vegas!** We set up our Annual Summer Vacations a little different this year and broke it out into two different trips! The adults took their trip in March and had the time of their lives! Memories were certainly made, and everyone returned home with smiles from ear to ear! Our second trip to Vegas was wonderful! The group spent their time enjoying the beautiful weather and hanging by the pool!



We celebrated the start to the summer season & celebrating Logan's birthday a little early with a water fight at our Life Skills office! We had a pot luck that afternoon and thankfully the rain held out long enough for us to enjoy the BBQ!

In May, we kicked off our "Independent Living Skills" curriculum for many of our folks. This is a 10 to 12-week program, that will help teach them about what living on their own really means and focuses on the skills and responsibilities around someday living on their



own. We will focus on things like budgeting and bill paying, personal hygiene, responsibilities of having your own home, and many other fun, but important things! This will happen on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of every month. On the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday's we will continue with the cooking class and helping them be more aware of cooking skills and kitchen safety. We have encouraged everyone to bring in their favorite recipe to help teach their peers how to make these scrumptious things!



Sweets & Beets is now OPEN 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!



Our Life Skills work crew has hit the pavement with their lawn mowing, and yard clean up contracts! We offer a variety of services and have very competitive rates! We do Poop (Animal Waste Removal)!! We would love to work you, so give our office a call and get your contract started today! 362-6422 and ask for Trista, Terrance or Josh!

### Juno's Corner-

Hi guys! Just a friendly reminder to all of my four-legged-friends and their families that summer is upon us, and the sun sure gets HOT, HOT, HOT! Please remember to give us LOTS of fresh water to keep us hydrated, and if you leave us outside, be sure to provide us with lots of shaded areas! If you take us in the car, or even keep us in the house, please be sure to have fans running, and cool air blowing! Our little pupper-feet don't do so well on extremely hot surfaces, so please avoid trying to walk us in the middle of the afternoon. We do best early in the morning, or later in the evening when the sun has gone down and the surfaces aren't scorching hot! Thank you for keeping these pet friendly tips in mind when loving on my furry friends this summer! XOXO

