

NEW BEGINNINGS FOR LIFE, LLC

QUARTERLY NEWSLETTER
SEPTEMBER 2022
EDITION



ELLEN'S CORNER

Over the last few months, we have had so much fun here at New Beginnings! Starting with a picnic at Mohegan Park for Memorial Day, we have spent a lot of time outside this summer. Our clients have been to the Mystic Aquarium, Ray of Light Farm, and Rockland Farm to visit some of their favorite animals. They've also been bowling at the Groton Bowling Center, visited the sunflower maze at Lyman Orchards, and attended some PRIDE events in June! On rainy days, our clients have enjoyed indoor crafting days making bird feeders and paper flowers for our "Garden of Gratitude" wall, game days playing Twister, UNO, and Jenga, and a Movie Marathon day.

There have been some big, exciting changes over the last few months! We've welcomed two new Co-Assistant Directors, Kaitlyn Gada and Angela Young. We've also welcomed 11 new clients and 13 new staff. In addition to our new clients and staff, we are excited to announce that 10 of our clients are starting work at Mohegan Sun! Our clients learned about interview and job preparation, how to dress and act for an interview, and they successfully navigated the interview process. These clients really showed that hard work, positivity, and persistence pays off when looking for employment, and we are so proud of all of them!

Great things are coming this fall, with our return to Camp Harkness, which has been on hold since Fall 2019, excited clients moving into new NBFL housing, and our thrift store, the Hide and Seek Boutique, being up and running. Stay tuned for more exciting happenings at New Beginnings this fall!

MUCH LOVE,
ELLEN

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OUR NEW CO-ASSISTANT DIRECTORS

ANGELA YOUNG

KAITLYN GADA

AND



We are happy to welcome our two new Co-Assistant Directors, Angela Young and Kaitlyn Gada!

Angela is new to the NBFL administrative crew! She is learning the ropes quickly and is excited to be handling all staff-related issues!

Kaitlyn Gada has been with NBFL for many years as our Data Analyst/Program Auditor and is thrilled to step up into the Co-Assistant Director position, handling all client-related issues!

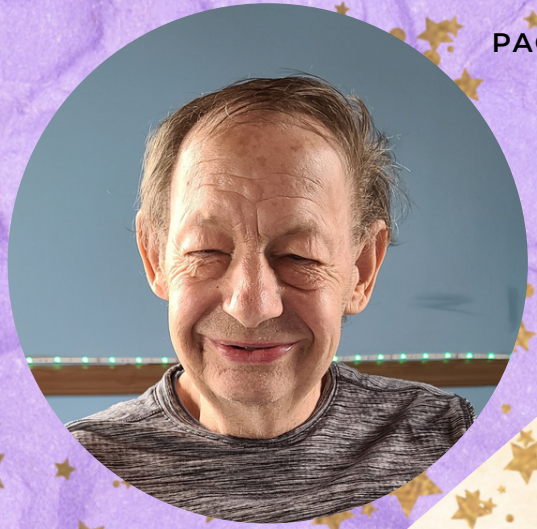
CLIENT OF THE MONTH

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Russell Butler

Russell has been an asset to the Day Program over the last several months! He is courteous and considerate of all those around him. He enjoys completing puzzles, gluing them together, and putting them around the Day Program to showcase his talent. He works hard during his work hours for Meals on Wheels and ensures that the job gets done completely and in a timely manner. Whenever Russell is asked to complete a task at Program, he does so with no questions asked!

Thank you, Russell, for being your awesome self!



September



Day Program Management Team, Olivia Blais and Ruzlaini Shaharom nominate Angela Fournier! Angela works for the Day Program and Old Hebron House. Angela is relatively new to New Beginnings, but has shown extreme dedication to not only the individuals she serves, but to all of NBFL. Angela is loved by all the clients that she has the pleasure of working with. Angela is outgoing, funny, and hardworking. She never says no when asked to complete a task or assist with shift. Thank you for all your hard work!



Angela Fournier
EMPLOYEE OF THE MONTH

WELCOME TO ALL OUR NEW CLIENTS AND STAFF!

NEW CLIENTS

Jon-Michael Clark
Fabian Dickerson
Ethan Dubiel
Allura Fitch
Laura Godaire
Karen Jordan
Julia Maretsky
Catherine Mereno
Dan Roberts
Jose Reyes-Santiago
Aiden Teel

NEW STAFF

Kim Gladue
Denise Reed
Darnell Williams, Jr.
Joseph Gallant
Angela Young
Adalise Ortiz
Elisa Ouellette
Angela Fournier
Dylan Smith
Jamie Gaudet
Mary Washington
Daniel Colon
Shariah Bradley

UPCOMING BIRTHDAYS

CLIENTS

9/2 - Russell B
9/7 - John V
9/15 - Nicole W
9/16 - Edmer C
9/21 - Riley C
9/25 - Andrew M

10/1 - Joe B
10/7 - Molly S
10/22 - Wendy E
10/25 - Terry B
10/26 - Brian C

11/18 - Alan G
11/28 - Jonathan N

STAFF

9/9 - Sarah G.
9/13 - Tim Mc.
9/18 - Louie M.
9/25 - Angela F.
9/26 - Kim G.

10/9 - Donte P.

11/6 - Alonzo V.
11/11 - Trevin Mcl.
11/14 - Kathryn I.
11/14 - Adalise O.
11/15 - Beth C.
11/28 - Timothy M.
11/28 - Quincy C.

THE HIDE AND SEEK BOUTIQUE

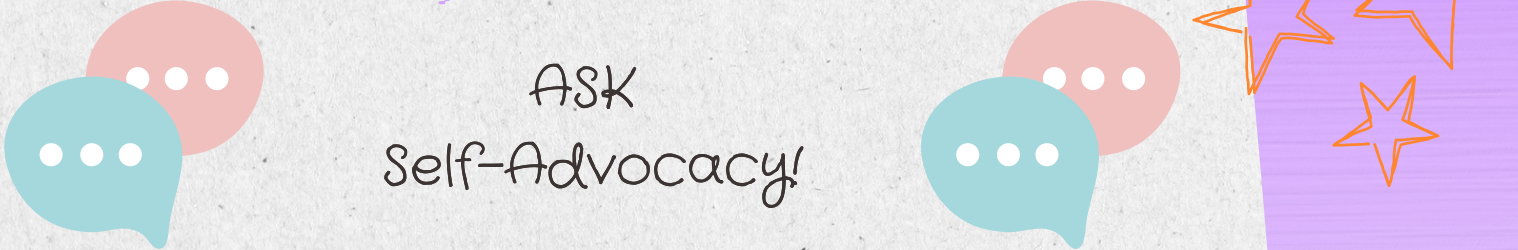
We are proud to finally announce the GRAND OPENING of The Hide and Seek Boutique! Our clients have been working diligently since February of this year, sorting, folding, tagging, and organizing thousands of items of donated clothing, and with the help of our dedicated staff and our friends at Mohegan Sun, the thrift store is up and running!

Completely client-managed and run, The Hide and Seek Boutique is a unique work opportunity for our clients! Family and friends of New Beginnings receive a **10% discount** on everything in-store!
Come check us out today!





SUMMER PHOTO GARDEN



ASK Self-Advocacy!

Every month, the members of the Self-Advocacy Group gets together and talks about important topics that have impacted them recently. This month, the topic was Maintaining Healthy Relationships. Self-Advocacy Group has received a few letters that they were able to answer in their time together this month! Let's see what they had to say!

Dear Self-Advocacy,

I'm in a new relationship! What can my significant other and I do to keep our relationship healthy?

Sincerely, Lucky in Love

Dear Lucky in Love,

Sounds like you've got a blooming new romance! Here are some tips and tricks to try to help you both feel happy and healthy in your new relationship!

- Be happy and kind to your significant other. Kindness goes a long way!
- Have good communication with each other! This doesn't mean call them every second of every day. Good communication means talking to your partner about your feelings, wants, and needs in the relationship.
- Take time to eat meals together. Sharing good food is a great opportunity to relax and unwind together.
- Play games together and remember to always have fun! Life is short! Spend time doing the things you both love doing and have a good time!

Dear Self-Advocacy,

I feel like my significant other and I are on different wave-lengths sometimes! Things are uncomfortable! What can we do to help this situation?

Sincerely, Uncomfy Bean

Dear Uncomfy Bean,

We are sorry to hear you and your partner are having troubles. We think there are a few things to try in this situation. Have you told them how you feel recently? Being honest with them and expressing yourself can help open the discussion! Then, when you both are talking, remember to not yell or scream. Be kind with what you have to say, even if you are angry! Always talk out your issues. It's not good to let things bubble around inside. Finally, once the conversation is over, give your partner AND yourself space to process what was said. Hopefully these tips help and we wish you the best!