

NEW BEGINNINGS FOR LIFE, LLC

QUARTERLY NEWSLETTER
QUARTER 4 EDITION

ELLEN'S CORNER

As the year comes to a close, I have been looking back on what turned out to be an amazing year! In the past year, we have welcomed more than 20 new clients and just as many staff. We have welcomed two new Assistant Directors, a new House Manager, two new House Assistant Managers, and opened a new house in Colchester. This year has been full of growth and new friends, and I am excited welcome even more new friends as the New Year approaches!

Throughout the fall, our clients have been so busy and have enjoyed many activities, such as participating in arts and crafts like pumpkin painting, fall leaf tea lights, and creating centerpieces for the Halloween Party, a Halloween Party (complete with crazy cool costumes!), a Thanksgiving Party with amazing food generously made by our staff, and bowling at the Groton Bowling Center.

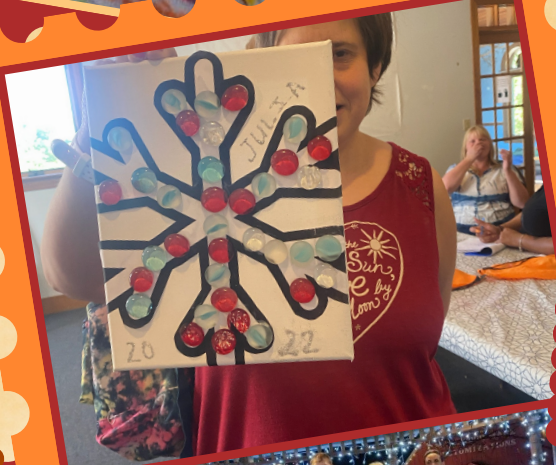
With winter already here, and 2023 on the very near horizon, we were so excited to once again end the year with our Annual Holiday Party at the Gardner Lake Fire House! Our clients were able to enjoy food generously prepared and donated by our dedicated staff, a Secret Gift Swap, and a great Holiday Music Experience put on by our own resident disc jockey, DJ Rad Ron!

On a more serious note, I would like to take this moment to say thank you to all of our staff here at New Beginnings for Life. Without your hard work, dedication, and love for our clients, our clients would not have the program, the home, the life they do. I appreciate all of you and admire how far we have come together. As we turn the corner into the New Year, I look forward to all we can accomplish in 2023! Happy New Year, everyone!

MUCH LOVE,
ELLEN

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EDMER CINTRON

Edmer has grown tremendously and he has been behavior free for months. He has adapted well to the multiple volunteer positions he holds and does amazing work at each one. He is funny and outgoing, and loves to be outside or in the car going to new and exciting places with his staff.

He has been able to relax as he has gotten to know his staff, and has been able to explore new hobbies in his free time. Edmer has discovered that he really enjoys coloring in his free time! We are so happy that you have been able to relax and really be yourself here at NBFL! Thank you for being your awesome self, Edmer!

DECEMBER

Eric has been with New Beginnings for Life for over 6 months and has shown incredible dedication and support to his client and to NBFL. He is a hardworking and self-starting employee, going above and beyond by finding his client multiple volunteer opportunities to choose from.

Eric is creative and thinks outside the box, providing his client with exciting new things to do all the time. He is kind to everyone and is someone his client and his client's family can rely on to be there when they need him. Eric's amazing dedication and the care and kindness he shows his client every day is why he is deserving of this award. Congratulations, Eric, and thank you for your hard work!

ERIC SENECHAL



WELCOME TO ALL OUR NEW STAFF!

Veronica Castro
Alyssa Long
Thomas Simone
Clara Stephen
Rochelle Vassell
Virtue Leonard
Amber Tift

Robin MacLellan
Georgiana Powell
Anthony Satiro
Faith Jean-Pierre
Harli Kettle
Viktoria Resto
Chynell Haley

UPCOMING BIRTHDAYS



CLIENTS

1/3 - Phil M.
1/5 - Ryan S.
1/5 - Gillian R.

2/4 - Joshua E.
2/5 - Maureen D.
2.21 - Amber M.

3/7 - Jose R-S
3/18 - Joshua D.
3/23 - Scott P.
3/24 - Christopher B

STAFF

1/13 - Ellen Y.
1/14 - Tammy A.
1/19 - Julian M.
1/24 - Brenna G.

2/2 - James P.
2/5 - Ruzlaini S.
2/8 - Thomas S.
2/13 - Kaitlyn G.
2/13 - Eric S.
2/16 - Mardi S.
2/17 - Francesse U.
2/18 - Maeve C.
2/20 - Robin M.
2/21 - Sharhonda R.
2/25 - Louise B.
2/25 - Darrick S.

3/5 - Shawn L.
3/10 - Dan S.
3/16 - Jackie S.
3/22 - Michaela H.
3/23 - Alyssa Long
3/26 - Alyssa Landrey
3/27 - Irene W.
3/29 - Zachrey S.
3/30 - Raschida V.
3/31 - Angela Y

WINTER SAFETY

A FEW TIPS AND TRICKS TO STAY SAFE THIS WINTER!



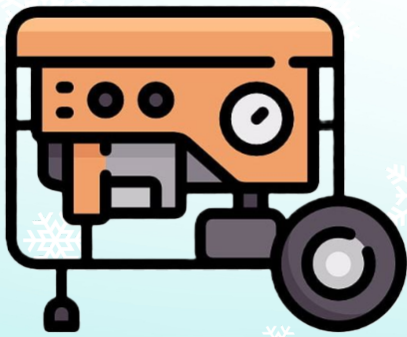
SLOW DOWN ON SNOWY/ICY ROADS



CHECK emergency medical kits, food, and water



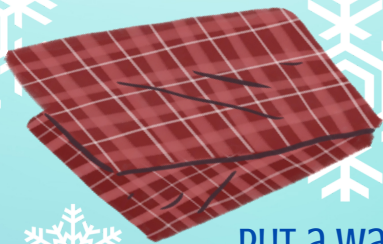
ALWAYS make sure to wear warm CLOTHING when OUTSIDE



CHECK generators TO ensure PROPER FUNCTION



SHOVEL and SALT all WALKWAYS



PUT a warm BLANKET in THE car in case of BREAK-DOWNS

** SALT and sand can be PICKED UP AT THE COLCHESTER FLEET Maintenance Garage, AT 300 OLD HARTFORD RD, IN COLCHESTER.

PLEASE BRING 5 GALLON BUCKET



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 is Making Healthy Lifestyle Changes. Self-Advocacy Group has received a letter that they were able to answer in their time together this month! Let's see what they had to say!

Dear Self Advocacy,

My New Year's Resolution is that I want to try to get healthier! What are some things I can do to make a healthy lifestyle change?

Sincerely,
A Healthy Hopeful

Dear Healthy Hopeful,

We are so happy that you have decided to get healthier this year! Making that lifestyle change can be hard, but here are some tips and tricks that can help you to reach and maintain your goals. Firstly, we recommend setting an exercise goal. Try walking! Taking a 30 minute walk every day is proven to lower the risk of heart disease and diabetes, and as an added bonus, it is proven to boost your mood! Walking is a great way to chase away the "winter sannies". Another tip we have is to change the way you eat. Start by eliminating extra sugars and salts, like soda and fast food. Next, we recommend adding color to your diet! Remember, the more natural the food is, the better it is for you! Try adding spinach to your next sandwich, instead of regular lettuce. Try having roasted cauliflower instead of having rice with your next dinner. Making healthy food substitutions is a great way to add vitamins and minerals to your diet while also eliminating heavy carbohydrates, which can make you feel tired and overfull. Finally, we recommend taking on this challenge with a friend. Making plans with someone who shares your common goals is a great way to make sure that you BOTH stick to your resolutions!

We hope these tips can help you (and a friend!) achieve your fitness dreams!

Happy Exercising! Much Love,
Self-Advocacy

