

NEW BEGINNINGS FOR LIFE, LLC

QUARTERLY NEWSLETTER
QUARTER 2, 2023 EDITION
APRIL - JUNE

ELLEN'S CORNER

The past few months have been jam-packed with activities and fun here at New Beginnings for Life.

Our individuals have had the opportunity to participate in field trips and art activities! The field trip to the Nautilus Submarine Museum, located in Groton, was a favorite among our individuals, as well as the picnic at Mohegan Park where we played corn hole, football, and enjoyed lots of different foods provided by New Beginnings. Our individuals have also been very busy creating masterpieces with Rock Painting and Mandala Paintings, as well as attending weekly art classes at Art Space right here in Salem!

Our individuals also participate in monthly classes learning about different countries and cultures from around the world! These past few months, time was spent learning about Cape Verde, Malaysia, and Guatemala. Each day during morning greeting, our Individuals were offered different facts about each culture. For example, while learning about Malaysia, they were able to learn that the language spoken is called "Malay", and the national animal is called a Malay Tiger. We also can't forget monthly Day Program trivia, nature walks, and outdoor scavenger hunts.

We are looking forward to plenty of sunshine, more field trips and lots of opportunities to learn and explore in the upcoming months.

MUCH LOVE,
ELLEN

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EMPLOYEE AND INDIVIDUAL OF THE MONTH



Anthony Satiro

April



Ethan Dubiel



Mardi Santana

May



Wendy Enslow



Florence Hunter

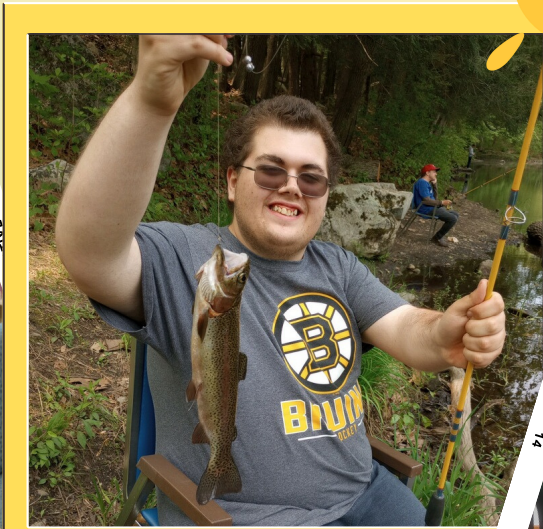
June



Timothy Stewart



Summer



WELCOME TO OUR NEW INDIVIDUALS!

Nicole Demoranville
Timothy Bouchard
Bryan Hoffman

WELCOME TO ALL OUR NEW STAFF!

Carol Dukette
Ashli Elliott
Markisha Harris
Eugert Islamaj
Shakena Jenkins
Landy Jozile

Michael Korten
Lynn Martin
Zachary Piette
Dionne Porter
Novalee Sanchez



UPCOMING BIRTHDAYS

July 2 Allura F.
July 7 Dan R.
July 8 David N.
July 13 Hamza K.
July 27 Erica B.

July 5 Nicole L.
July 7 Stephanie P.
July 7 Carol D.
July 13 Jeffrey G.
July 13 Renee W.
July 14 Dione P.

August 3 Kathryn M.
August 6 Josh F.
August 10 Martin J.
August 11 Justin E.
August 21 Bryan S.
August 27 Aiden T.
August 28 Matthew W.
August 30 John G.

July 16 John Y. III
July 21 Iris D.
July 29 Landy J.
July 30 John Y. IV
July 31 Gavin N.
September 6 Ashli E.
September 9 Sarah S.
September 13 Tim McA.
September 14 Zenaida L.
September 18 Louie M.
September 21 Harli K.
September 23 Dequan W.
September 25 Angela F.
September 26 Kim G.

September 2 Russell B.
September 7 John V.
September 15 Nicole W.
September 16 Edmer C.
September 17 Jeffrey P.
September 22 Bryan Q.
September 25 Andrew M.
September 27 Ericka J.

August 6 Mary W.
August 8 Faith S.
August 8 Docia A.
August 11 Anthony S.
August 17 Megan B.
August 17 Latoya G.
August 20 Mekhi W.
August 21 Melissa R.
August 21 Michael K.
August 26 Sonny J.
August 29 Sherry L.

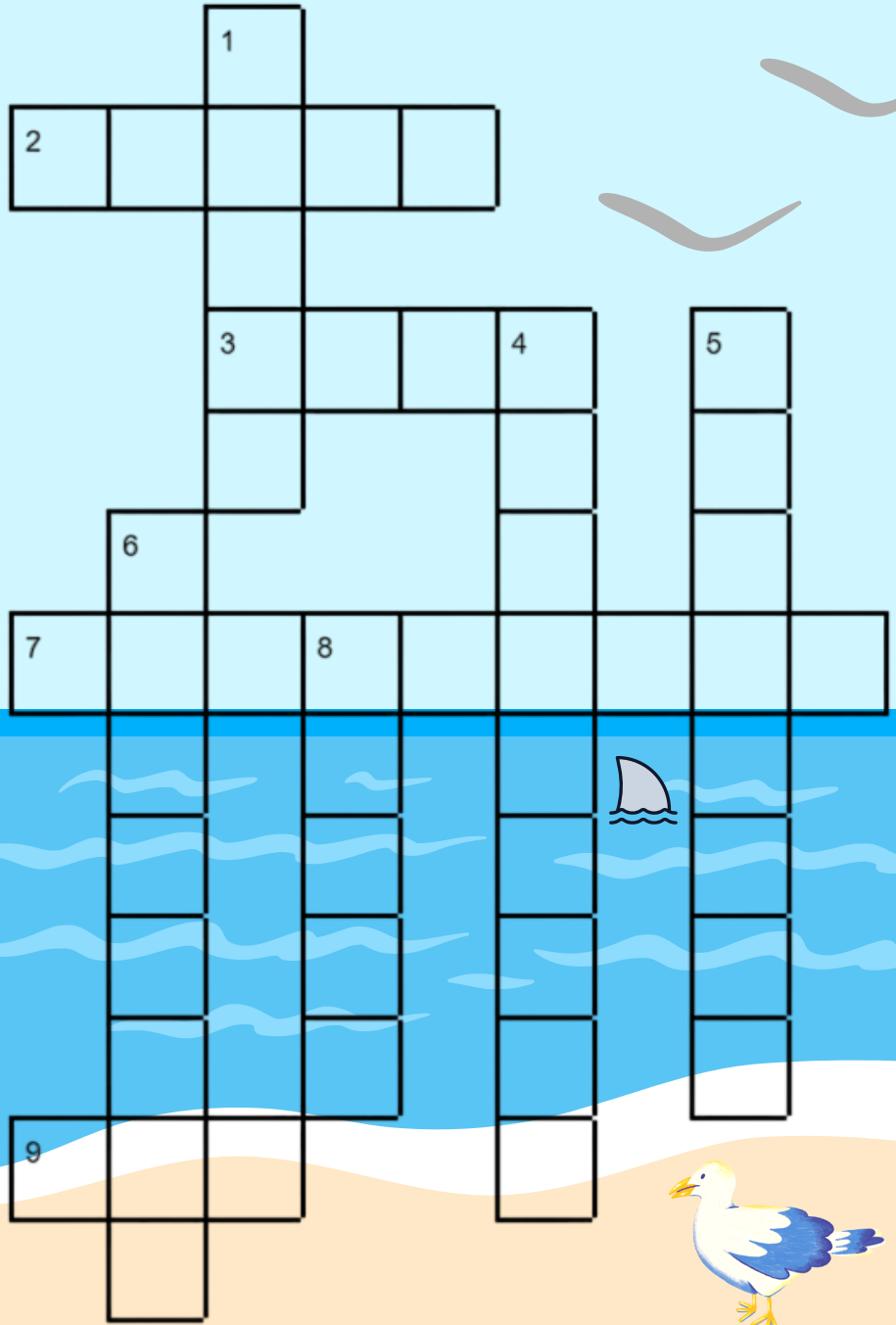
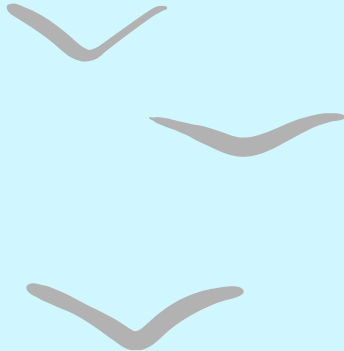
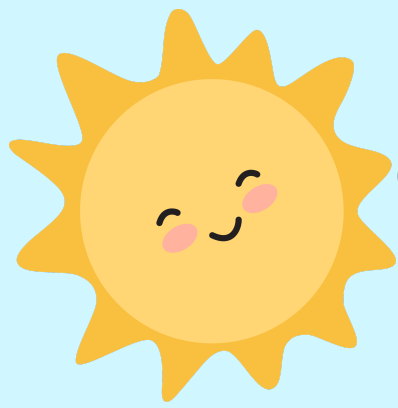
INDIVIDUALS

STAFF



SUMMER SAFETY

Can you complete this crossword about Summer Safety?



Down:

1. If you feel unwell while out in the sun, make sure to tell your _____ Immediately!
4. Call 911 if there is an _____!
5. (2 words) Always wear a _____ when on a boat.
6. (2 words) Make sure to wear _____ to keep the bugs away.
8. If you get too hot in the sun, find some _____ to sit in and cool down.

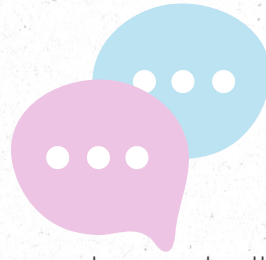
Across:

2. Make sure to drink extra _____ on hot days to prevent dehydration.
3. Make sure to never leave an open _____ unattended.
7. Wear _____ to protect your skin from the sun.
9. Put on a _____ to protect your neck and ears from the sun.





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 quarter, the topic is What To Do in an Emergency! Self-Advocacy Group has received a letter that they were able to answer in their time together this quarter! Let's see what they had to say!

Dear Self Advocacy,

Now that summer is here, my friends and I are spending more time outside and getting active! However, if there was an emergency, we are a little unsure of what to do. Could you give us some steps to follow during an emergency?

Sincerely,
Prepared for Anything

Dear Prepared for Anything,

It's great that you are being so active this summer! You must have read our last edition, where we talked about "how to get active in the spring"! And you're right, it is always good to be prepared for an emergency, because it's better to be prepared and not need it, than to need it and not be prepared.

So, here's a scenario: you and your friends are hiking in the woods and you come across another hiker who is lying on the ground, unresponsive!

Step #1: Make sure the area is safe.

Step #2: If it is safe, approach the hiker and try to wake them.

Step #3: If they are still unresponsive, call 911 immediately. Stay on the line with 911 and do your best to describe exactly where you are.

Step #4: Follow the 911 operator's instructions and do your best to stay calm.

Step #5: Stay with the hiker until paramedics and police arrive.

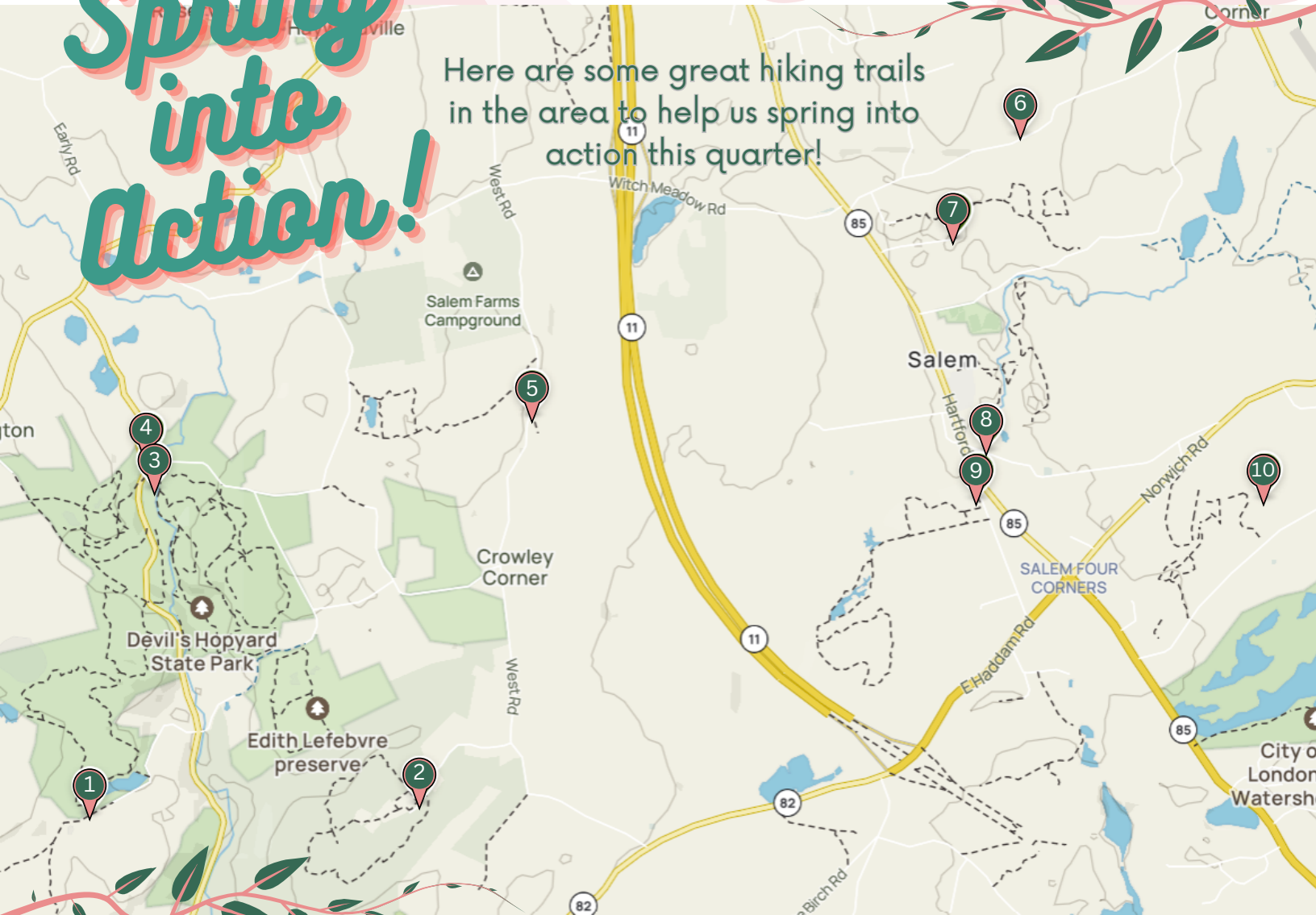
The main thing to remember in **any** emergency is that you can call for help any time by calling 911!

We hope this helps ease your mind, and remember, you are capable of doing great things! Have a great summer and stay safe out there!

Much Love,
Self-Advocacy

Spring into Action!

Here are some great hiking trails in the area to help us spring into action this quarter!



Map and locations from AllTrails.com

1. Devil's Hopyard Blue and Yellow Loop (3.6 miles) **Moderate**
2. Burnham Brook Preserve (2.1 Miles) **Easy**
3. Vista and Devil's Oven via Orange Loop Trail (2.2 miles) **Moderate**
4. Witch Hazel Trail via Millington Loop Trail (5.4 miles) **Easy**
5. Woodland Warbler Preserve (2.9 miles) **Easy**
6. Zemko Sawmill Orange Trail (1.6 miles) **Easy**
7. Smuggler's Rock Preserve (1.8 miles) **Easy**
8. Salem Nature Trail (1.0 miles) **Easy**
9. Walden Preserve Trail (3.2 miles) **Easy**
10. Ble Hiking Trail to Salem Community Center (0.7 miles) **Easy**