



## ADULT SERVICES

### PROGRAM NEWS

### February 2012 Newsletter

Issue 152 • January News Update

#### Celebrate Love

"Love has no other desire but to fulfill itself. To melt and be like a running brook that sings its melody to the night. To wake at dawn with day of loving."

~ Kahlil Gibran on love

May this Valentine's Day be filled with love, understanding and compassion as you travel through life with those you hold dear.

#### Baggo League

A group from the Day Service Program will be participating in a **Baggo League on Fridays in February and March**. The object of Baggo is to throw as many bean bags as possible through a hole in a board from a set distance marked by a second board. The league will consist of members from KUSD's STEP Program, Rec Plex's Therapeutic Program, Easter Seals Day Program and KAC's Day Service Program. This collaboration allows the students from the 18-21 year old program (STEP) to meet staff and other members of various programs and become comfortable with the many options available to them after they finish school. Over the last few months the groups have participated in a bowling league, a movie morning and a Winter Hoe-Down Dance. Great fun has been had by all and we all look forward to many more adventures with our new friends.

#### American Heart Month

During the month of February, the Health and Well-Being Class will explore 25 tips to a healthy heart. Activities will center upon learning about heart healthy foods, exercise, sleep, relaxation/stress reduction, and the importance of friends and family as well as simply having fun. The objective is for everyone to have a better understanding of ways to maintain a healthy heart through lifestyle changes.

#### Super Bowl Party

A Super Bowl Party will take place at the KAC on Sunday, February 5th. Kick off time is at 5:30 p.m., so a 5:15 p.m. arrival time is recommended. Food, beverages and appetizers will be provided at no charge and everyone is invited to attend. The KAC Peer Council sponsors this event. Please **RSVP Norma at 658-9500 by Friday, February 3rd**.

No personal care will be provided to those attending. If you need assistance, please make sure your care provider attends. Also, make sure to make arrangements for transportation.

#### Snow Sculptures

On **Monday, February 6th**, a group from the Day Services Program will brave the outdoors in Lake Geneva for some fresh air and artistic inspiration while viewing original works of art sculpted from blocks of compacted snow by artists from across the country.

After exploring the breathtaking works of art, all will enjoy a warm and cozy luncheon at a local restaurant in Lake Geneva.

#### Arc Dance

The Arc Recreation Program will host a **Valentine's Day Dance at the YMCA on Friday, February 10th, from 7:00 to 8:45 p.m.** Along with dancing to a live DJ, all will enjoy cookies and refreshments. Those attending are asked to join the Arc of Kenosha County and bring a dozen cookies or cupcakes to share.

Questions about the Valentine's Day Dance or Arc Recreation Program can be directed to

Shelly at 658-9664, David and Nancy at 652-1931 or Ken and Susan at 948-1015.

Chaperones are always welcome and necessary to keep the Recreation Program in existence.

#### Mark Your Calendars – KAC's Annual Spaghetti Dinner

KAC will be hosting its Annual Spaghetti Dinner on **Thursday, March 22nd, from 4:30 to 6:30 p.m.** The dinner includes spaghetti with homemade meatballs, a breadstick and a choice of either milk or coffee. You will also have the chance to purchase fresh baked goods, raffle tickets and soda.

**A limited number of 48¢ advance sale tickets may be purchased through March 8th at the KAC reception area! Tickets at the door will be \$5. Sorry, no carry-outs.**

#### Spotlight On ...

**Ulzelas J.** is a strong-willed survivor who has overcome many challenges throughout her life. She is also a cheerful and happy person with a warm disposition. Ulzelas can often be heard softly singing songs while she works. She likes to spread happiness with others and enjoys surprising people with a beaded necklace or bracelet.

A graduate of the **Bradford class of 1987**, Ulzelas worked in the **Carthage College food service department for 17 years** until faced with unexpected health concerns. Ulzelas enrolled at KAC in March of 2005 and currently trains in the Palmer workshop. She has recently found a niche in the KAC kitchen where she primarily packages bread and butter for mobile meals using an auditory heat sealer. Ulzelas's future plans include once again finding meaningful employment within the community.

In her spare time, Ulzelas likes to listen to auditory books and Country music, play bingo and enjoy Disney movies and comedies. She belongs to BOD (Blind Outdoor Development), an organization sponsored by the Lions Club that plans special events throughout

the year such as riding snowmobiles, hayrides, fishing, bowling and theatre performances.

Ulzelas is always quick to share stories of her past service dogs. She is now in the process of looking for a new dog and will eventually be matched through a national search. When the dog is located, she will travel to where the dog is located to train with her new companion. People are often surprised to learn that Ulzelas is the only person who ever knows the service dogs real name, all others only learn of the dogs nickname.

This is a big safety precaution in times of emergencies.

Ulzelas, you are a determined individual who has accomplished great feats in life, and till this day, you continue to astonish us all with your iron will to succeed. We all wish you continued achievement both here at KAC and within the community.

