

VOLUME 2 * OCTOBER 1ST

THE ROUND UP

St. Coletta Day Programs and Services Newsletter





September we celebrated our DSPs!! Here you will see two of our Jefferson Excel Staff, Elti and Alaijiah :) The selfless love and kindness our DSPs express every hour of every day for the well-being of the people we serve, speaks to they are as people. They are kind, generous and strong. They put other peoples' needs before their own to ensure that our individuals are safe, happy, healthy and respected. Thank you to our DSPs for all that you do! (text credit to Facebook- Noah Smith)

Kristi participates in Genesis 2 and has recently been accepted to be on the WI Board for People with Developmental Disabilities!

She will be a Living Well Self-Advocate Leader and we couldn't be prouder! Kristi brings a lot of laughs and the best attitude to St. Coletta!

She is truly an amazing advocate for all!

Sue, below, has been a long standing participant of the Excel program of Jefferson. With her generous hearts and quick wit Sue brings her own unique spark to the program and everyone involved. You can find Sue sharing her stories, memories and that clever humor throughout the campus; as well as, providing people with a daily dose of smiles, wisdom, and the lighthearted laughter of a generous heart.



Say
HELLO!!



Golden Options

Golden Options stayed busy in August and September continuing to keep their mind, body and soul active! Some activities participated in were Jesus Loves Me, Rosary, walking club, karaoke club, floor hockey, trivia, bean bag toss, ribbon dancing, arts and crafts and cooking. Outings included Mustard Museum, Coffee Shop, Jefferson Library, Wal-Mart, Brooks Garden, Pet Smart and of course to Willowbrook for some balloon volleyball!!! Golden Options loves having young visitors to help with art projects :) One more activity that we can't ignore is the visits from our furry family!! We love having Pet Therapy come in!



Genesis 1

In September, Genesis 1 did their monthly volunteer work at the Jefferson Food Pantry. We unloaded several skids of various canned goods while we were there.

Everyone pitched in and worked hard. Other community outings were: The Jefferson Historical Museum, touring The Mother House in St. Francis, a cookout lunch at Korth Park in Lake Mills and a lunch outing at The Corner in Jefferson.

Some of the classroom topics from the online curriculum were: healthy eating, planning balanced meals within a budget, perishable foods, and basic food groups according to myplate.gov. Then, we practiced what we learned in our weekly cooking class. We also started a new book to read in book club titled, Rumble Fish by S. E. Hinton.

In October, Genesis 1 fulfilled their monthly volunteer work at the Jefferson Food Pantry. We also went shopping for personal items and groceries for cooking class at Walmart. Other community opportunities were enjoying lunch at the Pizza Ranch in Watertown, visiting A Simple Life Country Store and touring Rustic Roads nearby to see the fall colors. Classroom topics in October covered appropriate cleaning procedures, proper food storage, community safety signs, and basic recipe abbreviations. Additionally, the Genesis I group has started making dishes during cooking class for their annual Thanksgiving Dinner that will take place on campus on November 21st.



Genesis 2

In September Kristi applied for a seat on the WI Board for People with Developmental Disabilities (BPDD)- Living Well Self-Advocate Leader and was accepted! Way to go Kristi!!

Career Readiness lessons included improving work ethic (there's always room for improvement), workplace communication, managing conflict, and speaking and listening. Everyone is working on individual online courses. We will be participating in a new employee forms presentation and practicing appropriate work applications and interviewing skills. Career Club with our Job Developer, Chuck continues to meet every Friday.



Moving forward, we will continue with our job-seeking, skill-building, and retention skills. We will be welcoming a new participant to Gen II. Several individuals are continually working in many areas, both on campus and in the community.

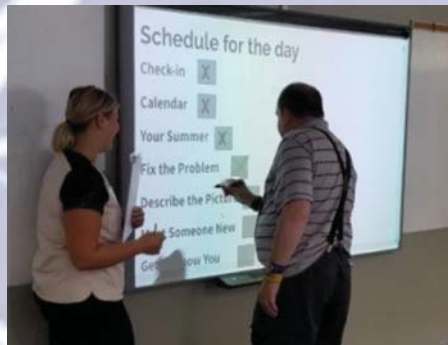
Coming up in October: Career Readiness lessons will include: dealing with change, coping strategies, healthy and safe stress reduction activities, community resources for all, job advancements, and dealing with absenteeism. We will be starting a new book in book club: Don't Sweat the Small Stuff. Career Club with our Job Developer, Chuck will continue every Friday.

We will be researching dessert recipes for our Thanksgiving feast.

Jefferson Excel

Jefferson Excel had a busy month! We are back at the Jefferson High School for swimming and are back to 3 days a week! The group has also been keeping active with Drums, walking club, fusion fitness, chair exercises and more.

We are getting out as much as possible before it gets to cold, so a group enjoyed some kickball! A few more activities included: science time, self-awareness activity, chapel, academics, geography lesson, Name That Tune, My Plate, pizza party, National days and that is only a few!



Communication Class @ UWW started back up! Student clinicians are working with our individuals on social, communication skills and daily living skills.



Whitewater Excel

Enjoying the last bit of summer was what WW Excel had on their minds :) Many of the activities were spent getting out and about. One activity that was a big hit was the nature scavenger hunt! The group also participated in the following: personal hygiene, Today in History, reading club, library, bowling, functional academics, social skills, art expression, self awareness, parachute and ball toss, Milwaukee Zoo, Roosevelt Park, Humane Society, chapel, creative writing and MORE!!!



Brookfield IGC

As we grow seemingly closer to the end of summer, the Brookfield IGC staff has been working diligently to ensure clients continue to enjoy the nice weather before it's over.

We've found a few new places to hang out and cool things to do.

Bear Den Zoo: We recently went to the Bear Den Zoo in Mukwonago, WI. Bear Den is a small petting zoo that allows our clients to pet, feed, and interact with the animals. We made a whole day of the event and enjoyed having a picnic lunch outside. There was a nice variety of animals that we were able to pet. There were goats, alpaca, kangaroos, cows, pigs, and camels. Everyone appeared to enjoy, and we will be returning!

Every day we discuss what the National days are and sometimes we can incorporate them into cooking club. On July 31st we celebrated National Avocado Day. We went to our local

Pick n Save and picked up a few items to make a delicious Guacamole.

We've also found a farm in Franksville, WI. Jo-Don farms have over 100 animals that were eager to meet and interact with us. The Zoo at Jo-Don Farms seeks to provide unique, intimate, educational, and above all, safe encounters between people and animals. Jo-Don is self-funded and has been in business for over forty years! This farm also offers affordable pony and camel rides for \$5 along with pet feeding. We had lunch and socialized, and then we hung out with the animals.



Recreation

We had fun in August and September with a variety of outings! In August we went to the WI State Fair and enjoyed cream puffs, the Packer Jump, pig races and good company! The group also attended the Day at the Dells attending Mass, meeting Bishop Donald Hying and watching the Tommy Bartlett Show.



Recreation

In August we also attended a Packer Training up in Green Bay and had lunch out. The weather was beautiful and we could not have been happier watching our beloved Packers!



Recreation

September was spent visiting the Milwaukee County Zoo! We enjoyed several days out and the smiles say it all!



Recreation

Classes/Activities

Individuals were able to enjoy a variety of events which included: Mass & Brunch, apple picking and baking, Jefferson football game, game night and a boat tour. Woodside Ranch was rescheduled to Oct. 4th-6th!



Special Olympics

Bowling is well underway and we are excited to head to Regionals! Our Athletes also had a great time supporting our Law Enforcement at the Cop on a Roof and Tip A Cop fundraiser!



Birthdays

October/November



October

Patty G- 1st
Jack- 4th
Ryan B- 15th
Johnny- 18th
Felicia T- 20th
Ellen- 27th
Brogan P- 28th
Peter N- 28th
Charles- 29th

Annette- 29th
Mary- 30th
Holly- 30th

Staff
Erica B
Rachel R

November

Shaun W- 4th
Sue S- 5th
Makala L- 4th
Gail J- 5th
Gina C- 6th
Stacy B- 6th
Don L- 7th
Paul R- 8th
Bernice- 10th

Daisy G- 16th
Chanda B- 19th
Tommy M- 23rd
Paul R- 24th
Jim D- 29th
Amy T- 30th
Maria R- 30th

Staff
Dana



Contacts

Director of Day Programs

Elizabeth Bouchard- 674-8453 or ebouchard@stcolettawi.org

Program Manager

Stephanie McDonald- 674-8242/ 920-220-0261 or
smcdonald@stcolettawi.org

Program Coordinator

Beth Alexander- Golden Options- 674-8252 / 920-222-0895
or balexander@stcolettawi.org

Rachel Riedel- Excel/Recreation -674-8235 / 920-691-2283
or rriedel@stcolettawi.org

Erica Bailey- Excel- 674-8235/ 920-220-0130 or ebailey@stcolettawi.org

Director of Education and Employment

Bob Schmidt- 674- 8219 / 920-220-0451 or bschmidt@stcolettawi.org

On the Horizon.....

Information will be sent closer to the time of these events:

- Special Olympics Regional Bowling- Sunday October 13th
- Best Buddies: Starting October 20th- Limited spots due to student enrollment
- Halloween Dance: Thursday October 24th
- Special Olympics Banquet: Saturday October 26th
- Special Guest: Miss Wisconsin, Alyssa Boehm- Tuesday October 29th
- Special Olympics State Bowling- Saturday November 2nd
- Watertown Holiday Parade: Saturday November 30th
- Jefferson Holiday Parade Decorating: Friday December 6th
- Jefferson Holiday Parade: Saturday December 7th
- St. Coletta Open House: Saturday December 7th
- Jefferson High School Choir- TBA
- Nova Choir Concert- TBA



Recreation Activities

Purpose

Our Recreation Program is designed to provide individuals with various opportunities to participate in variety of different activities. Joining in the Recreation Program can enrich lives, increase skills for successful daily living, allow individuals to meet new people and give individuals opportunities to have fun!

Programs offered through Recreation are:

Special Olympics- Bocce Ball, Basketball Skills/Team, Aquatics, Track & Field, Down Hill Skiing, Cross Country Skiing, Bowling, Golf.

Best Buddies- This is a "Friendship Club" through UW Whitewater where we pair students and individuals w/ disabilities to be buddies during the school year.

Recreational Activities/Trips- These are activities/trips in/outside your day to day activities that provide learning, social events & fun- Swimming, Bowling, Drums Alive, Walking Club, Sporting Events, Museums, Fairs, Dances, Advocacy Events etc.

Classes- Cooking, Health/Wellness, Arts/Crafts, Dinner & a Movie, Game Show Night, Game Days etc.

Spirituality Activities- Mass, Holy Hill, Mother House, Apostolate for the Handicap etc.

Goal

It is the goal of the Recreation Program to improve the physical, psychological, behavioral, and spiritual health of its participants which allows them to experience a greater quality of life. The Recreation Program is offered through the Day Programing Department of St. Coletta of Wisconsin. We offer qualified instructors, individualized classes and a curriculum with an emphasis on practical living, social and recreational skills.

Contact Information

If you have questions about class listings, registration requirements or other question, please contact:

Stephanie McDonald- Day Program Manager
920-220-0261/ smcdonald@stcolettawi.org

Enrollment Information

Enrollment for classes will run up until the activity or until the class is full

Individuals must be able to attend independently, with minimal supervision or an additional support person must accompany the participant. Determination will be made by the Program Manager or Coordinator and on a case by case basis. Please let us know if additional support is needed.

If an individual requires medication during an activity or event, the medication must be packaged according to the St. Coletta policy. All medication will be placed in a ziploc bag with the med, MAR and any protocols that are needed. If an individual requires an altered diet, staff must be notified and a protocol sent.

Trip Symbol Legend



Handicap Accessible



Not Accessible or not easily Accessible



Light Walking



Moderate Walking



Considerable Walking



Heavy Walking

Please complete the registration/Sign up form in its entirety
Mail/Email or bring completed registration form to:

Recreation Department
c/o Stephanie McDonald
N4637 County Rd Y
Jefferson, WI 53549
smcdonald@stcolettawi.org

Payments:

You will receive an invoice at the end of every month with the total amount you owe for the classes that the individual participated in.

If an individual has signed up for an activity that requires us to buy tickets ahead of time (ex: Fireside, Sporting events, etc.), and they do not attend the activity/class, they will be responsible for the ticket price, and an invoice will be sent. The only exception to this is if there was a medical emergency.

All staff are aware of scheduled activities/classes and are sent reminders weekly. Prices of activities include tickets, transportation and staffing. If money is needed for anything else it will be noted. When registering for a class, you reserve a slot that helps us decide the supplies that we purchase, the number of reservations that we make as well as the number of teachers that we schedule.

We expect and hope that everyone comes to the classes they have signed up for. If someone is unable to make a class, they signed up for please be sure to let me know as soon as you know.

**** Staffing ratios on outings have gone from 1:6 to 1:4. We have done this to provide more support to our individuals while in the community. Activities on campus will remain at a 1:6 ratio. You will most likely see some price increases for those community outings.**

Pre Payments: Can be sent and are always welcomed.

Accounts Receivable
N4637 County Rd Y
Jefferson, WI 53549

Note: If payments are not made, and the individual's account is not kept in good standing the individual will be notified that they will not be able to attend any further recreational activities until the account is brought into good standing.

Recreation Activities

Health Matters

Date: Wednesday October 9th, 23rd, 30th

Time: 4-630pm

Location: Jefferson Excel Dining Room

Cost: \$20.00- [Healthy dinner included](#)



Health Matters

Date: Wednesday November 6th, 13th, 20th

Time: 4-630pm

Location: Jefferson Excel Dining Room

Cost: \$20.00- [Healthy dinner included](#)



Fish Fry

Date: Friday October 11th

Time: 430pm-830pm (times could vary)

Location: TBD

Cost: \$30- [Money needed for dinner](#)



Fish Fry

Date: Friday November 22nd

Time: 430pm-830pm (times could vary)

Location: TBD

Cost: \$30- [Money needed for dinner](#)



Recreation Activities

Game Night

Date: Monday October 14th

Time: 430pm-730pm (times could vary)

Location: Jefferson Excel Dining Room

Cost: \$20- **Dinner included**



UW-Whitewater Volleyball

Date: Saturday October 12th

Time: 1030am-230pm (times could vary)

Location: Whitewater, WI

Cost: \$40- **Money needed for dinner**



Halloween Craft

Date: Monday October 21st

Time: 4pm-530pm

Location: Jefferson Excel Dining Room

Cost: \$15



Thanksgiving Craft

Date: Monday November 11th

Time: 4pm-530pm

Location: Jefferson Excel Dining Room

Cost: \$15



Recreation Activities

Enchanted Forest

Date: Saturday October 19th

Time: 4pm-930pm (times could vary)

Location: Janesville, WI

Cost: \$50- [Money needed for dinner](#)



Madison Capitals Hockey

Date: Sunday October 27th

Time: 1pm-7pm (times could vary)

Location: Middleton, WI

Cost: \$90- Suite, dinner and snacks included

Limited spots available



Milwaukee Public Market/ HOP

Date: Saturday November 9th

Time: 930am- 330pm (times could vary)

Location: Milwaukee, WI

Cost: \$60



Recreation Activities

Information on some outings:

Enchanted Forest:

The Enchanted Forest & Hollywood Hayride is a non-scary Halloween event featuring a lighted walking trail complete with 8 scenes from famous fairy tales and nursery rhymes.

<https://www.travelwisconsin.com/events/tours/enchanted-forest-hollywood-hayride-77974>

Milwaukee Public Market:

Join us for a day at Milwaukee's most unique downtown food destination!

Bursting with unique, high quality selections of artisan ethnic products, and freshly-made prepared foods.

Our group will also enjoy a ride on the Hop, Milwaukee's new modern streetcar system!

<https://milwaukeepublicmarket.org/>

<https://thehopmke.com/>

Madison Capitols:

Join us in cheering on the Madison Capitols in style! We will be watching from a suite and enjoying dinner!

<https://www.madcapshockey.com/>



Here are a few more activities
that we have been doing...



ST. COLETTA MISSION STATEMENT

Inspired by the Franciscan Values of compassion, dignity, and respect, we support persons with developmental and other challenges to achieve their highest quality of life, personal growth, and Spiritual awareness.

WE WELCOME ANY IDEAS THAT YOU HAVE FOR CLASSES!

