



### PROGRAM UPDATE by Judy Boyle

Hello to all of our Voc. Ventures Families and Friends! As we begin the fall season, we are very pleased to announce that with all of the state budget cuts, our programs continue to move forward! We are very fortunate to have survived the state budget cuts with little impact on our programs. We continue to work with a very basic, no frills budget—but we are so happy to know that none of the services we provide will be taken away. Thank you to everyone who contacted the governor's office prior to the budget cuts. Our voices were heard!! We continue to grow; we now have 8 individuals in the program, with the possibility of another new person joining us in early November! We have people out at community jobs (paid and volunteer) and our thrift shop "Thrifty Threads" is busier than ever! Everyone is enjoying the YWCA and thanks to Jon Younger, Ben's Dad, we are now wireless and can access the internet on several computers!

Tanya, George and I appreciate all of the support we continue to receive from all of our families. As the holidays approach we would like to take this opportunity to ask you to consider our smaller "Wish List" items in place of staff gifts. We will be updating the wish list monthly; so if you have the opportunity to donate something in the middle of winter or in the heat of the summer...we appreciate it any time you can do it. You will find the most recent list on the back page of this newsletter. Your support is appreciated by everyone!



### THE NEWBURYPORT YWCA by Haylee Eastwick

On August 11th, we started our workouts at the newly renovated Newburyport YWCA. We all have the choice to go into the fitness room or the pool. I like it a lot; the people there are real friendly. Most of the time, I walk and do stretches in the fitness room. I just started walking on the treadmill at the end of September - I'm doing great! Here are some comments from other members of Voc. Ventures:

Ben: "I love the Y! I like swimming and doing fitness. My favorite cardio. machine is the elliptical."

Nate: "I like the treadmill very much. I like the people at the Y. I really like talking with Heidi."

Jess: "I like the Y because it's closer than going to Ipswich. I like the new + clean fitness center. The treadmill and the new bike are my favorite machines. I absolutely love Heidi and Karen's class on Tuesdays; it's fun!"

David: "I like the elliptical machine and the people who work at the Y. I like having a choice between fitness and the pool. The locker room is large and clean."

Cory: "I like working out on the elliptical and the treadmill; I think it's fun to listen to my ipod as I workout on the machines. The showers are private and I think it's great to workout and feel fit!"

Kris: "I like to listen to my ipod when I workout on the bike. Sometimes I like to go into the pool; the water is warm."

## OUR NEWEST MEMBERS



Please enjoy reading about two of our newest members at Voc. Ventures. Both Jackie and Cory will be participating in the program on an individualized schedule.

“Hi, I’m Jackie. I attend the program part time. I have a job at Stop & Shop in Amesbury and I am spending my other days learning to assist with some of the individuals at Petalworks! I like to help out people who need help. I like joining the group for the YWCA. Some of my interests are softball, going to Dunkin’s for coffee, hanging out with my friends and going for long walks around my hometown of Amesbury.”

“Hello, my name is Cory. I started Voc. Ventures on September 2nd, I felt that I was very welcomed. On the 1st day I was a little nervous, but after a while, I got used to it. I am a big fan of music and I like to go to the Newburyport YWCA. I like the nice atmosphere at Voc. Ventures. It’s nice to see my Next Step friends and meet some new friends. Thanks to everyone at Voc. Ventures for making me feel welcome! It’s nice to be with Mrs. Boyle again. I like talking to my friends on the phone and getting together with my best friends is really fun.”



### YWCA STRENGTH TRAINING CLASS

By Ben Younger

On Tuesday, September 16th, we started our 7 week strength training class. Our instructor is Heidi, and she has an assistant named Karen. They are both very nice. Some of the things we do are stretches, yoga positions, running, balancing and we use hand weights to get stronger. We really enjoy the class. We all get a good workout in this class!



Voc. Ventures will be **CLOSED** on the following days...

**\*Thanksgiving\***

Thurs., Nov. 27

+

Fri., Nov. 28

**\*Christmas Break\***

Wed., Dec 24

Thru

Thurs., Jan. 1, 2009

Return Fri., Jan. 2

**\*Mon., Jan. 19\***

Martin Luther King, Jr.  
Holiday

## THRIFTY THREADS

By Jess West + Kristine Knowles



Kristine and I work in the thrift shop almost every day. There are always customers coming in and buying clothes or donating more clothes and books. We check clothes racks for empty hangers. We also look for clothes that have been on the racks for a long time and give them to the Salvation Army or other charity. Next Step Program comes up to help us out on Tuesdays and Wednesdays. They are really a big help. It's a lot of fun working in the thrift shop!

**Kris' input:** I like helping the customers. I take the clothes they are buying off of the hangers, fold the clothes and put them in a bag. I always remember to say "Have a Good Day" to the customers I wait on.

## MY JOB By David Freccero

I work every afternoon at Petalworks. My job is bus duty. I have to take everyone's bag and put them on their wheelchair. I announce peoples' names when their van arrives. There are vans that come every afternoon. When the group is out back waiting in the nice weather, sometimes I have to run back into Petalworks "like a maniac" to get lunch bags that were left by the lockers! I love this job; it keeps me very busy!



## THOUGHTS FROM NATE.....

I've been at Voc. Ventures since June. One of my favorite things about the program is that we go to the YWCA. At the Y, I use the treadmill. Some days, I am on the treadmill for 42 minutes! Sometimes I like the music that they play in the fitness room. I like to donate my old movies, games and other things to the thrift shop. I'm happy when we sell them!

## VOCATIONAL VENTURES WISH LIST 11/08

Our wishes from reasonable to beyond.....

Plastic forks + knives

Paper cups, plates, napkins

Double boiler pan

Tissues

Paper towel

Gift cards to Staples, Walmart

Gas gift cards

White copy paper

Poland Springs water service

Nintendo Wii

Clothes rack for store (to hang multiple items)

### HOLD THE DATE!!

SATURDAY, NOVEMBER 22 CRAFT FAIR AT PETALWORKS! 9:00am-3:00pm

The folks at Petalworks are making some beautiful things and we have some really nice things for our 'white elephant table'!!

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