

# Life Skills News

A newsletter from Life Skills Learning Center

## Fall 2011

### Holidays and Closures

Life Skills Learning Center Program will be closed on :

Veterans Day Furlough:

Friday November 11, 2011

Thanksgiving:

Thurs. Nov. 24th and Fri. Nov. 25th, 2011

Christmas:

Friday Dec. 23

Monday Dec. 26

and Tuesday Dec. 27, 2011

## Exercise Bike Anyone?

Life Skills and ABLE Industries has been very fortunate to have the on-going support of the community. Periodically, we are asked if there is anything specific we need for the program. At this time, we need to replace our worn out exercise bikes.

Due to the needs of our clients, we would like to replace them with recumbent bikes. (the kind with the whole seat with a back)

If you have a *working* recumbent bike in your home that you would like to donate to the program, your tax-deductible gift would be very much appreciated. Contact Mark at 651-8150 ext. 250.

### MISSION STATEMENT

ABLE Industries is committed to improving the lives of people with disabilities by creating opportunities to maximize their independence.

### VISION STATEMENT

To be the leader in quality job training, employment, life skills education and community supportive services to people with disabilities.

## Life Skills Recognizes Personal Growth



Karen Hamilton

Congratulations to Karen Hamilton and Shawn Crespo, others recipients of the annual Life Skills Learning Center Shining Star Award. Recipients of this award are nominated and selected by the Life Skills staff in



Shawn Crespo

recognition of personal growth and achievements.

Karen Hamilton began attending the program in October of 2010. Karen has consistently shown good citizenship

and often sets the example for treating others with respect and dignity. Shawn Crespo, attending since August of 2004, has shown a great deal of improvement in his personal program goals this year. He has

worked very hard to increase his stamina on the job and now enjoys the personal satisfaction of seeing a project through to its completion. We are pleased to recognize their achievements.

## Smart Tips for Flu Season

### **Avoid close contact.**

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

### **Stay home when you are sick.**

If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.

### **Cover your mouth and nose.**

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

### **Clean your hands.**

Washing your hands often will help protect you from germs.

### **Avoid touching your eyes, nose or mouth.**

Most experts believe that flu viruses spread mainly by droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might also get flu by touching a surface or object that has flu virus on it and then touching their own mouth, eyes or nose.

### **Get a flu shot.**

The Centers for Disease Control and Prevention recommends that "everyone 6-months and older should get a yearly flu vaccine".

## Food and Toy Drives

As we approach the holidays, one of the highlights of the season is the spirit of giving that is embraced by the people ABLE Industries serves.

Each year ABLE Industries collects food and toys for the holiday season. How humbling it is to witness people with varying levels of disabilities giving back to the community in which they live; helping to support others through their personal contributions and efforts.

This year, ABLE Industries is proudly collecting food and clothing for the Visalia Rescue Mission. Please drop off your generous donation of non-perishable food items or clean clothing at Life Skills or The ABLE Work Center. A Christmas time toy drive will be announced very soon.



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**We're on the web**

**[www.ableindustries.org](http://www.ableindustries.org)**

## Life Skills Scenes



Halloween dance

Thriller!



The Thing and Elvis

"Rrreach for the skyyyyy!"



## ABLE Cookbook

ABLE Industries has collected recipes from the community and will be selling a compilation cookbook just in time for Christmas. The cookbooks are only \$10 each and will make great Christmas gifts. Pre-orders are being accepted now by calling ABLE Industries at 651-8150. Don't wait! Supplies are limited and when they're gone, they're gone.