



News and Information from.....

# Community Workforce Solutions

## From the desk of the Executive Director

### CWS Announces the Launch of the Clean Start Diaper Service

As we reported in our last issue, CWS has been exploring several different ways to provide job training services to the individuals we support. As a result (and after over a year of research), we have launched a new program which we have branded the **Clean Start Diaper Service**. **Clean Start Diaper Service** offers weekly home pickup, cleaning and delivery of cloth diapers, which are made of sustainable and renewable 100% cotton by OsoCozy . This service provides an affordable, greener alternative to disposable diapers for Triangle parents. In-home customer consultations are also available to train parents-to-be on the use of cloth diapers as an environmentally friendly alternative.

**Clean Start Diaper Service** gives customers the opportunity to do something good for the environment and their baby, and it will also provide valuable training to CWS program participants as they prepare to transition into the workforce. This is a win-win for the community and the individuals served by CWS because it fulfills a local need and enables us to

provide training and directly transferrable skills to the population we serve. We are continuously searching for new ways to provide real-world training for adults with disabilities, and this model fits that description perfectly.

Of course, we have a responsibility to our customers as well, so **Clean Start Diaper Service** offers cleaning, delivery and pick-up of cloth diapers at a very competitive price with a focus on quality and customer service. A starter kit costs only \$65.00 and the service itself is only \$23.00 per week.

For more information on this new program, please visit:

[www.cleanstartdiaper.com](http://www.cleanstartdiaper.com)

A number of other ideas are also in the works, and we hope to be reporting on those soon!



Fall 2013

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- Employee Recognition
- Artful Pathways news
- Community Pathways events
- CWS supports Autism Walk
- Gateway Clubhouse busy as ever
- Updates from Henderson
- 3rd Annual Green Fest

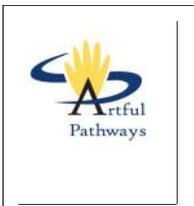
## Employee Spotlight

Shonteia is a participant in the Durham Career Connections program. She completed training at Eastern Regional VR Facility where she received a certificate in Environmental Services in July 2013. Shonteia began employment as a full-time Floor Technician at Rose Manor Healthcare Center, a Kindred Community. They have served as a strategic partner with the CWS Career Connections program. Shonteia excelled immediately and earned unprecedented recognition for a 'new employee'. Shonteia was recognized by her co-workers and staff for "GOING ABOVE AND BEYOND" in executing her job duties.

Shonteia is pictured with Francis Emodi, Rose Manor Executive Director, and Willie Stanton, Housekeeping and Laundry Supervisor.



## Artful Pathways is Growing



Our Artful Pathways program continues to expand. In addition to jewelry, coasters and cards, we now offer kitty toys, Doggie Delights pet treats, and hand painted birdhouse gourds. Our goal with the program remains the same, to offer creative projects that provide income for our participants. All of our products are available for purchase through our Etsy store ([www.etsy.com](http://www.etsy.com)). Our Store name is **artfulpathways**. Purchases at our main site in Raleigh is also an option. Artful Pathways now accepts credit and debit cards through **Square**.



Kitty Toys



Doggie Delights



Handpainted Gourd Birdhouses

## Community Pathways Raleigh Update

We have been very busy this quarter. We have continued Music Mondays classes providing an opportunity for participants to share their musical gifts. Each Monday the participants meet, practice and learn new songs. This is beneficial in learning how to work together, be part of a team, and how to support one another. We have discovered some major talents within our

group.

In addition, we have been volunteering at the *HandMeUps Thrift Store* on Litchford Road which just had their grand opening. We have also started the fourth week of a six week Cooking Matters session offered to us through the Inter-Faith Food Shuttle. Its purpose is to promote healthy eating and lifestyle

through hands-on learning by cleaning, cutting, and preparing the food. At the end of each class the participants sit down and eat with one another and share whatever culinary creation was made that day. The class is set up to include nutritional instruction that highlights each of the food groups and how they can be put together to create healthy yet simple meals.

## CWS Staff participates in Autism Walk

We will be participating again in the Autism Society's Triangle Run/Walk for Autism. In addition to staff running/walking, we are heading up a bake sale with proceeds going to the charity. We are also designing an iron-on t-shirt decal for the day of the event. We are looking forward to a fun and successful day!

## Summer Happenings at the Brain Injury Clubhouse



It's been an exciting summer at the Clubhouse! Starting in June and all summer long we participated in the *Meals on Wheels* program for senior citizens. Our members delivered an average of six to fourteen lunches every Monday to the residents of southeastern Wake County.

Beginning in June Volunteer Buffy Driver led members and staff in learning and utilizing the techniques of Van Gogh to paint floral still lifes on canvas. The beautiful paintings now decorate the walls of the Clubhouse. The art lessons continued through the summer on Tuesdays and Thursdays. Also in June, the Gateway members, staff and volunteers traveled to Topsail Island for a day of fun, sunbathing and fishing. Everyone had a good time.

In July everyone visited the North Carolina History Museum. It was interesting learning about some of North Carolina's past.

The Gateway Clubhouse plans to start a support and outreach project for families and caregivers of TBI survivors. There are also plans to implement vocational training opportunities for Gateway Members.

In August we said good-bye to Louis Driver who has moved on to another company, but we are happy to announce that Jessica Conard has taken the position of Clubhouse Manager. We look forward to having her with us!

We want to thank all of our volunteers who work so tirelessly to bring us both informative and recreational programming!

## Bits and Pieces from Henderson

The Thrift Store has continued to conduct its monthly "Bag Sale" the first Wednesday of each month. This is an event anticipated by the community and is always well attended. Currently, Thrift Store staff are preparing for the seasonal changes as Fall approaches.

The Kiwanis Aktion Club continues to meet monthly. New club officers are being elected this month for the upcoming year.

The Hot Dog Cart staff has been very busy this summer participating in several events in the community including **Meet in the Streets**. The cart was a big hit at recent membership drives sponsored by

Moody Brothers Jewelers, Henderson Commerce, and the Aycok Center.

The Hot Dog Cart recently participated in a "Back to School" event with Warren County. This event provided back to school supplies for local students. Agencies represented include local Fire/Safety personnel, police, social services and mental health. A variety of topics were addressed including issues related to bullying.

The consumers attending the Henderson site look forward to 'Hot Dog Day' which provides the opportunity to purchase a lunch

combo twice monthly. Raleigh staff will have the opportunity to enjoy these delicious dogs at their upcoming Green Fest scheduled for October 10th.

The Cantina in Henderson is also available and offers a wide variety of snacks and sandwiches. Healthy snacks are available for our participants and are encouraged by staff.

In the production area program participants continue to work on contracts. The production team is planning a special cook-out/barbecue to thank participants for helping make 2013 a successful year for CWS!

## Green Fest is Coming!

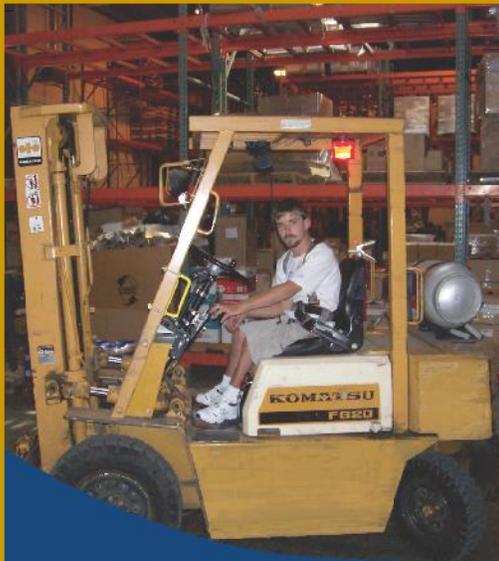
Our 3rd Annual Green Fest is scheduled for Thursday, October 10th. The focus of the Fest is to encourage all who attend to be more aware of health, fitness, and reducing our carbon footprint. Healthy food items will be available for sampling; we will have yoga and cooking demonstrations along with music provided by our **Music Mondays** group. Those are just a few of the activities planned. We expect this Fest to be our best one yet! Look for photos and a story about the Green Fest in our next newsletter.



Community Workforce Solutions

3011 Falstaff Road, Raleigh, NC 27610

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[www.gatewayclubhouse.org](http://www.gatewayclubhouse.org), or [www.flexiblepa.com](http://www.flexiblepa.com).

Contact a professional staff member at  
Community Workforce Solutions, Inc. today

Our services are based out of two locations with a satellite site in  
Durham, NC and the Gateway Clubhouse program in Garner, NC:

Raleigh	Henderson	Garner (Gateway Clubhouse)
3011 Falstaff Road	602 South Gamett Street	1805 Garner Station Blvd.
Raleigh, NC 27610	Henderson, NC 27536	Raleigh, NC 27603
Phone 919-231-3325	Phone 252-492-9555	Phone 919-662-0940
Fax 919-231-9189	Fax 252-492-6167	Fax 919-662-0950

# Making a difference in your community!



Community Workforce Solutions



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"It's great that people that need help and need to be guided in a positive direction have groups like this to show the light can be brighter if given a chance."