



News and Information from.....

Community Workforce Solutions

From the desk of the Assistant Director

CWS had its CARF survey in March and were pleased to receive accreditation for a period of three years for all of our programs. This was the first CARF survey for the Gateway Clubhouse; however, the agency as a whole is very familiar with CARF as this latest accreditation is the thirteenth consecutive Three-Year Accreditation that the international accrediting body has awarded to us. This accreditation decision represents the highest level of accreditation that can be awarded to an organization and shows our substantial performance to the CARF standards. For more about the accreditation process, please visit the CARF website at www.carf.org.

Music Mondays

The Community Pathways program has been a wonderful addition to our continued its **Music Mondays** program. Several of the participants originally created in 2012. It is lead by one of our Vocational Support Specialists, Ann Arader, who works in the Community Pathways ADVP Department. Ann is a talented musician who plays the guitar and leads the group in song each Monday at 1 p.m. The program includes participants from two of our on-site programs (ADVP and Innovations) who come together in our board room to learn how to sing and harmonize a multitude of songs. Some of the songs the participants are currently working on are *Happy*, *Stand By Me*, *Don't Worry Be Happy*, *Everyday People*, *Somewhere Over the Rainbow*, and *All You Need is Love* to name a few. The program builds skills that assist participants in working together, memory, focus, attention to details, and builds overall self-esteem. Through generous donations from within our community the program recently acquired a piano and we were able to have it tuned. It has since been placed in our Board Room and has



Reggie playing our new piano

Summer 2014

Inside this issue:

- Accreditation for CWS
- We have a piano
- Henderson Update
- Green Team News
- Gateway Clubhouse News
- A Success Story
- Annual Picnic



News from CWS Henderson

Cardinal innovations conducted our routine monitoring review at the end of June. Our overall score was well above the minimal requirement. The implementation of additional training opportunities should result in improvements where deficiencies were noted.

Thank you to all the Henderson staff for their hard work and dedication!

Innovations Information.....

Community Integration has been the theme for the Innovations staff and participants. Innovations participants continue to engage in volunteer opportunities at local churches, senior centers and the **Salvation Army**. Volunteers take care of the plants and provide assistance in sorting, hanging, and tagging clothing when engaged in

volunteer opportunities at the **Salvation Army**.

In addition to trips to local malls where participants learned about goods and services, educational field trips have been presented. Participants visited **Newell Farms** and had the chance to observe one of our staff members petting and interacting with a wild fox! A recent visit to **Sunset Ridge Buffalo Farm** in Roxboro provided many individuals the opportunity to see "real Live" buffalo for the first time!

Other recreational activities have included having lunch and cook-outs at local parks and hikes. **Aycock Recreation Complex** continues to provide participants with ongoing opportunities to engage in a variety of social and physical activities.

Community Pathways Communications.....

The annual **Torch Run** was held in May and CWS program participants were a part of the festivities. We were proud to hear one of our participants sing the *National Anthem* at this event!

Due to the fact that work has been slow in the production areas, participants engaged in community integration visiting local parks, utilizing recreational facilities, picking strawberries and other local fruits at local farmer's markets and nurseries. Everyone enjoyed picking the strawberries and sharing them with friends!

Green Team News

The **Green Team** hosted the third annual **Green Fest-Growing Towards a Healthier Lifestyle** in October 2013. The focus of the annual **Green Fest** is to provide fun activities (presenters, booths, games, healthy food, and raffles) to assist with educating individuals regarding our impact on the environment, growing our own food, and making healthy choices with respect to exercise and eating. Individuals from the community as well as persons served, family members, referral sources, and Community Workforce Solutions, Inc. staff members were all invited. This year the **Green Fest** proves to be even better including a plant sale and Food Truck. Attendees from the community, volunteers and donations are welcome.

For more information please contact Julie Griffin at 919 231-3325.

The **Gardening Program** is going strong at CWS. The 2014 gardening season started with a substantial donation of herbs, veggies and flowering plants from the *Graham Johnson Cultural Arts Endowment, Cotton Company, and Mosaic Community Garden*. These plants were added to the raised beds, cold frames and in the

ground at the main office site. Some were also planted outside of our Community Pathways Department. So far this year a kale harvest was held where all of the kale harvested was donated to persons served first, with the extra going to staff. Cucumbers, squash and peppers have also been harvested and received by persons served. The fresh vegetables have been incorporated into cooking classes for persons served. The **Gardening Program** offers individuals with disabilities the opportunity to learn specific job skills related to their interests while planting, watering, weeding and harvesting plants.

The **Healthy Lifestyle Committee** of the **Green Team** will be participating in the **Autism Society's** 5k in October and is currently in the process of raising money in order to have a table for Community Workforce Solutions at the 5k. One of the ways the Healthy Lifestyle Committee is raising funds for the table is by recycling printer cartridges.

For more information on ways to donate printer cartridges please contact Denise Monkovich at 919 231-3325.

Gateway Clubhouse Goings-On



It was a busy summer at the Clubhouse! In addition to the Clubhouse's regular administrative and maintenance operations, members and staff exhibited and walked at the **Brain Injury Association of North Carolina's Walk-and-Roll-athon** in April and participated in a brain injury Legislative Day in Raleigh in May. Members attended a six-week cooking class which wrapped up in June, just in time to focus on the cucumbers, kale, eggplant, tomatoes, peppers and cantaloupe growing in the garden! The Clubhouse **partnered** with occupational therapy assistant students from *Durham Technical Community College* for the summer on a service learning project, an accessible carnival! Clubhouse warmly welcomes its two newest

members, Allyssa and Darweshi!



The Clubhouse garden is thriving!

Henderson Success Story

Larry, who is hearing impaired, has been successfully employed as a Sewing Operator at **The Blind Industries and Services of Maryland** located in Raleigh. Larry lives in Townsville in Vance County but is willing to commute for what he considers to be his dream job. Larry aced the entry sewing test and earned the highest score ever in the history of that organization. He has received accommodations such as interpreters for the first two weeks on his job and some of his supervisors know sign language also. Larry has been receiving temporary transportation assistance from his Vocational Rehabilitation Counselor to aid him financially during his first month of employment. He possesses a valid driver's license and will use his car to get to work after that. On three separate

occasions, due to traffic jams and adverse weather conditions, Larry's transportation was late after work and because the facility is in an isolated area and he is hearing impaired, one of his supervisors, Thelma, stayed with him until his ride appeared. This kindness and understanding is just a reflection of the overall support Larry receives. He has been learning to manipulate new cutting/sewing machines and as his repertoire of skills continue to expand, he will become more and more valuable to his employer.

Larry is working full time for now but if in the future he chooses to cut his hours, his manager has indicated that she would gladly accept Larry on a part-time basis as they are simply not prepared to let him go. Larry is considered stable on his job and he

is in the 90-day countdown to terminate services successfully. Larry is happy and there is added dignity in his stance. This is what we are all about.



Larry at his work station

Annual Picnic

On May 22nd, CWS held their Annual Company Picnic. This year's picnic was held at the *Stephen's Annex* in Wake Forest.

Along with some delicious food and desserts, we had basketball, cornhole, volleyball, and music. This is a chance for our Raleigh,

Henderson and Garner locations to get together for some good food and fun!





Community Workforce Solutions

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We invite you to learn more about us by visiting our websites at
www.CommunityWorkforceSolutions.com,
www.gatewayclubhouse.org, or 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.
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Making a difference in your community!



Community Workforce Solutions



Community Workforce Solutions
Innovative Solutions Since 1964



Community Workforce Solutions

"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."