

# Stone Belt

## Lifelong Learning Newsletter

Volume 1, Issue 1

September 2011

Welcome to the 1st issue of the Stone Belt Lifelong Learning Newsletter. This newsletter is produced and distributed by a committee of Stone Belt clients and staff. Please send comments, calendar events, story ideas, and requests to receive this newsletter electronically to [llnewsletter10@stonebelt.org](mailto:llnewsletter10@stonebelt.org).

### Smile for the Camera!

Over the last few months you may have heard the phrase "Say Cheese!" echoing through the halls. That's because a group of Stone Belt clients spent the summer learning the fundamentals of digital photography.



Participants Shirley, Kimmi, Tyler, Brandon K., Melissa, Phyllis, Kelly, and Jeff S. were split into two five-week sessions. In week one, artist-in-residence Suzy Wootton and staff assistant Brad Ashba focused on teaching basic camera functions, such as turning the

camera on and off, using the shutter button, and zooming in and out. With a solid understanding of how to operate the camera, the next step was to build on the previous week's experience by shooting at community locations including: the IU Student Union and Arboretum, Cascades Park, and the Tibetan Mongolian Buddhist Cultural Center. The culminating event for each session was a slideshow presentation where participants shared their photographs and experiences with peers and staff.

For those interested in working with cameras – Good News! The cameras will be finding new homes in the classrooms. Ask your instructor about getting your hands on one and snapping some pictures of your own.

### Summer Garden

Despite the scorching heat, Lifelong Learning clients and staff worked together this summer to construct a long-awaited raised bed garden in the courtyard at 10th Street.



*Brandon K. keeps things steady during construction*

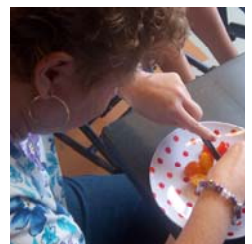
Clients from all program areas helped build, paint, and decorate a 3x15 foot garden bed that offers easy access for all individuals interested in gardening.

For the summer garden, participants in Friday afternoon cooking class constructed a trellis and planted a variety of vegetables and herbs including cucumbers, cherry tomatoes, okra, potatoes, yellow squash, and basil. Over the summer, clients enjoyed snacking on veggies right out of the garden, pickling cucumbers, and preparing dishes with the fresh produce that they helped grow.



*Melissa plants cucumbers in front of the trellis*

With cooler weather on its way, a fall garden, featuring the surprisingly popular brussel sprout, is in the works.



*Cheryl slices tomatoes during cooking class*

## GOING THE DISTANCE

Ever wonder how far you walk in a day? A week? Or even a month? Well, clients in Route 66, also known as Room 16, found out. It was this query that prompted the purchasing of a pedometer.

At first there were many questions. Where the pedometer should be worn? What happens if it falls off? The biggest question of all - where were they going? With this question, Walk Across America was born!



With Bloomington as the starting point, Julie and Brandon K. assisted staff Brad Ashba in locating areas throughout Indiana where they wanted to walk to and learn more

about. As featured destinations, Indianapolis, Bedford, Fort Wayne, South Bend and Evansville were added to a large map of the United States. Major cities in neighboring states were added as well.

Their journey began on February 28th. For an hour each day an individual was selected to wear the pedometer and lead the group throughout the gym and Stone Belt campus. In one week clients and staff traveled 19 miles. The quest grew as clients throughout the Lifelong Learning program helped members of Route 66 tack on the miles. During a ten week-agency wide wellness program, walking team The Stone Belt Strollers (Melissa, Kimmi, Glenn, Denise, Brandon D. and Brandon K.) joined Route 66, plotting an additional 646 miles to the Walk Across America map.

Each day clients and staff are taking steps to improve their fitness, reach their goals, and learn about their community and surroundings. Just as the Stone Belt Strollers added to Route 66's mileage, individuals in all program areas have an open invitation to Walk Across American and see how far they can go.

## SEW YOU THINK YOU CAN STITCH?

Sewing class has been added to the schedule in Room 100. Beginning September 15th, Lifelong Learning clients have the opportunity to learn to stitch, crochet, and weave.

## DANCE CLASS WITH JOSH D.

So far we've worked on line dance, including the Electric Slide and the ever-popular Cupid Shuffle. We will continue working on practical skills with Beginning Social Dance. Visit Room 100 on Wednesday mornings at 10:30 for music you love and the chance to express yourself!



*Janie invites Vaughn to dance*

## Say Hello to...

For their first assignment, the newsletter committee sat down with Michelle Davenport, Stone Belt's new Lifelong Learning Curriculum Developer and Trainer.



*Photo by Brandon K.*

Here's what they learned.....

- Michelle joins Stone Belt as a recent graduate of Kansas State where she completed a Master of Arts program in drama therapy.
- While earning an undergraduate degree in therapeutic recreation at IU, Michelle organized and directed Stone Belt's 2009 production of I AM YOU.
- In her new role as Curriculum Developer, Michelle looks forward to implementing innovative programs and curriculum in the Lifelong Learning programs within each of Stone Belt's three regions.
- Michelle's biggest goal is to create lessons that are FUN. When you see her in the classroom be sure to share your thoughts and interests.

Other fun facts about Michelle....

Favorite Color: Pink  
Favorite Movie: I am Sam  
Favorite Drink: Chocolate milkshake  
Favorite Food: Cheese pizza  
Favorite Sports: swimming and hiking

On behalf of Monroe County Lifelong Learning clients and staff, the newsletter committee welcomes Ms. Davenport to the Stone Belt team.

# SEPTEMBER

## CALENDAR OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2 COOKING CLASS 1-3	3
4	5 LABOR DAY (CLOSED)	6 NEWSLETTER COMMITTEE 1-3	7 DANCE CLASS 10:30-11:30	8	9 COOKING CLASS 1-3	10
11	12	13 NEWSLETTER COMMITTEE 1-3	14 DANCE CLASS 10:30-11:30	15 SEWING CLASS BEGINS! ROOM 100 1	16 COOKING CLASS 1-3 IPAS VOTER TRAINING 10-11	17
18	19	20 NEWSLETTER COMMITTEE 1-3	21 DANCE CLASS 10:30-11:30	22 SEWING CLASS 1-2	23 COOKING CLASS 1-3	24
25	26	27 NEWSLETTER COMMITTEE 1-3	28 DANCE CLASS 10:30-11:30	29 SEWING CLASS 1-2	30 COOKING CLASS 1-3	

UPCOMING HOLIDAYS (DAY PROGRAM CLOSED)		<b>EVERYONE LOVES A DSP!</b> Lifelong Learning celebrates national Direct Support Professionals Recognition Week September 12-16. In appreciation of all their hard work and the difference they make in the lives of the individuals we serve, events are planned throughout the week to honor our DSPs.
9/5	Labor Day	
11/24 & 11/25	Thanksgiving	
12/23 & 12/26	Christmas	
1/2/2012	New Year's Day	

Want to contribute to the Lifelong Learning Newsletter? The Committee meets every Tuesday in Room 16 at 1:00 pm. September Committee Members: Jeff B., Sarah, Brandon K., Shirley, Adrienne Propsom, Brad Ashba, and Shawna Arnesen