



Stone Belt

Lifelong Learning Newsletter

Volume 1, Issue 4

December 2011

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.
December Newsletter Committee: Jeff B., Sarah, Brandon K., Julie, Richelle, Jeff S., Tina, Victor, Adrienne Propsom, and Shawna Arnesen. Contributing photographers: Christy Roux and Allison Pack

The votes are in: Client Council elected

On November 29th Monroe County Lifelong Learning clients came together to listen to campaign speeches and cast their ballots for Client Council. Sarah was elected Council President. In her acceptance speech, Sarah stated *"I am happy to be President. I will help other people at Stone Belt. I will try my best to be a good President."*



Richelle explains why clients should vote for her

In a tight race for Vice President, Shirley won the seat. Running on a campaign that emphasized her love for counting money, Richelle was elected Treasurer. Melissa will serve as Council Historian and, to capture all the exciting council activities to come, Denise was elected Photo Historian.

Additional council members and alternates for officer positions include Victor, Ron, Matt, Brandon K., and Aaron B. Members of the newly elected council are eager to begin their roles as representatives for their peers. As council members, elected officials will play an important role in deciding program activities and planning special events.



Misha casts her ballot

Spotlight on volunteerism

Monday through Friday, rain or shine, Lifelong Learning clients are hard at work giving back to their community. Each morning, the community volunteer group delivers freshly prepared hot meals to the elderly for Meals on Wheels.



Brandon K. picks up meals at the church

Monday afternoons they run two regular routes for the Hand-in-Hand project, where donated food is picked up at homes and delivered to the Community Kitchen. Tuesdays and Thursdays are dedicated to collecting day-old pastries from Starbucks locations throughout the city and delivering them to the Hoosier Hills Food Bank. To round out their busy week, the group transports recycling on Wednesdays and Fridays from two local homeless shelters, Martha's House and Middle Way House, to the Monroe County Recycling Center. When asked why they choose to participate in the community volunteer program, clients unanimously reported that they enjoy helping the community and making people happy by helping them get something to eat.



Jared collects food for Hand-in-Hand



Tyler receives pastries from Starbucks staff

New drumming program gets underway

Thanks to a generous donation from the Bloomington Rotary Club, the Lifelong Learning program recently acquired a collection of drums and is gearing up to start an innovative drumming program. The collection includes a variety of congas and bongos, as well as djembe drums which can be placed between the knees or held over the shoulder with a strap, and a cajon drum that is played by slapping the front of the drum while sitting on it. Participants in the drumming program will learn about the different types of drums and have a chance to explore the various ways of playing them.

To kick start the new program, the Lifelong Learning program brought in a special trainer from Fogerty Music Therapy to educate staff on how to facilitate the drumming sessions. The purpose of the drumming program is



Denise and Phyllis get a preview of the drumming program

to provide a supportive environment for clients to express themselves creatively, provide opportunities for clients to express themselves without using words, and to promote physical, emotional, and mental well-being and development. An additional goal of the program is to help clients develop important social and work skills by working together to create music and by performing in front of audiences.



Janie helps keep the beat

While the program will be implemented in the Lifelong Learning programs in each county, drumming sessions at 10th Street will be facilitated by Josh Davis and Beth Barnett. The sessions will take place in, an appropriately named location, Martha's Grooving Melody (Room 1) on Tuesday and Thursday mornings. All clients will have a chance to participate in the program. Clients and staff are excited to get this new program up and running and look forward to opportunities to showcase the skills they will learn. Keep your eyes and especially your ears peeled for news of special performances and events.

Say Hello to...

Newsletter Committee member Jeff S. recently sat down with the new Program Support Coordinator, Laura Flowers, to get the inside scoop on what her position entails and what keeps her going outside of work.



Here's what he learned....

As Program Support Coordinator, Laura is responsible for filing important paperwork with the state, helping with staffing, ordering program supplies, keeping track of van maintenance, and backing up the front desk.

When not at Stone Belt, Laura enjoys watching football and Modern Family, having barbecues with friends, and adding a little salt and butter to her popcorn. She would like to someday run a marathon.

And to...

We also have five new volunteers working in the classrooms. While they are stationed in certain areas, they all agree they enjoy getting to know clients from all areas of the building.



Becca & Brittany in the kitchen with Karla

Becca and Brittany are speech pathology majors at IU. They enjoy spending time with clients in Room 100 during Friday's cooking class.

Candice has been volunteering on Thursdays with yoga class. She has a degree in biology from IU and is currently applying to masters programs in social work. She also donates time to the Brown County Humane Society.

Santoshi is a Fulbright Scholar at IU and associate professor at the University of Calcutta in India. She has been assisting with recreational activities in the gym on Tuesday and plans to present a slideshow discussion of her experiences in India.

Marine has been volunteering in Karen Holtzclaw's art class on Tuesday mornings and says she really enjoys being able to work hands on with the artists.

On behalf of Monroe County Lifelong Learning clients and staff, the Newsletter Committee welcomes Ms. Flowers to the Stone Belt team and extends its deepest thanks to all our volunteers.

December a month to celebrate cultural diversity



It's the time of year when the trees are bare, rain turns to snow, daylight is at its shortest, and excitement reaches an all-time high. People are boiling over with anticipation of the holidays. What better time of year than December to celebrate cultural diversity and

learn about the various traditions associated with the holiday season?

Christmas occurs on December 25th each year and is most widely associated with the birth of Christ. The name Christmas comes from the Catholic church, meaning "Mass of Christ." Kwanzaa is a relatively new holiday that was first celebrated in 1966. This week long celebration takes place December 26th to January 1st and celebrates the seven principles of African Heritage: unity, self-determination, collective work and responsibility, family, purpose, creativity, and faith. Hanukkah is a Jewish festival that follows the Hebrew calendar. It is an eight day celebration known as the "Festival of Lights." This year Hanukkah starts at sunset December 20th and ends at sunset on the 28th.

Many of the traditions followed today are rooted in religion, while other traditions synonymous with the holiday season, such as the Christmas tree and Santa Clause, are truly secular. Each year a decorated tree sits in the lobby and greets all as they enter and adds holiday cheer. Santa almost always makes an appearance at the annual Kappa Kappa holiday celebration, which is scheduled to take place on December 14th this year.

Celebrate the season at the Stone Belt Art Gallery

Friday, December 2nd, is the opening reception for the new winter themed art exhibit at the Stone Belt Art Gallery. In addition to holiday refreshments and entertainment, artists will be on hand to celebrate their latest works. On Saturday, the gallery will be open from 10am-4pm for a holiday market featuring framed and unframed original pieces, one-of-a-kind holiday craft items and art merchandise. It's also a great opportunity to pick up your copy of the 2012 Art Calendar.

Call for Submissions

The Newsletter Committee is currently accepting submissions to be included in the January issue of the Stone Belt Lifelong Learning Newsletter. Articles considered for publication should highlight one of the following:

- Unique client activities, contributions, and/or achievements in the areas of volunteer work, employment, or self-advocacy
- Community and/or program activities and events that may be of interest to clients in the Lifelong Learning program.
- Other topics related to the needs and interests of the readership.

Articles may be submitted by clients or staff. However, client participation in the writing of articles is especially encouraged.

Submissions may be emailed to the committee at LLnewsletter10@stonebelt.org or delivered in person to Adrienne Propsom in Room 16. To be considered for the January issue, submissions should be received no later than December 22th.

In addition, the Newsletter Committee always welcomes comments, calendar events, and story ideas.

Letters to the Committee

"Again, a job well done! It's so very exciting to see what all of you are doing. Congratulations to all the artists for having a successful opening at the Stone Belt Art Gallery and to Denise for her new volunteer position. I'm looking forward to the next issue to hear more about the candidates for the Client Council. Exciting times at Stone Belt." Diana Costello

"I just wanted to say what a great job I think you've been doing with the newsletter. I have read all three of the newsletters and I loved each one. I have been so surprised with how much is going on in Lifelong Learning that I never knew about until you shared it with me through the newsletter. The photos in all 3 newsletters have been great, and I've really enjoyed getting to know people in Lifelong Learning better or for the first time through your articles. All I can say is keep up the great work and keep the newsletters coming." Michele Shepherd

"Wonderful newsletter! I was extremely excited to read about the Client Council and look forward to seeing who runs for office." Adam Hamel

DECEMBER

CALENDAR OF ACTIVITIES & EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 YOGA 1:30-2:30	2 CLIENT COUNCIL 9-11 COOKING 1-3 ART OPENING	3 STONE BELT HOLIDAY MARKET 10-4
4	5 SEWING 1-2 NEWSLETTER 1-3	6 DRUMMING 10AM BINGO 1-2 NEWSLETTER 1-3	7 DANCE 10:30- 11:30 NAIL CARE 1-3	8 DRUMMING 10AM YOGA 1:30-2:30	9 CLIENT COUNCIL 9-11 COOKING 1-3	10
11	12 SEWING 1-2 NEWSLETTER 1-3	13 DRUMMING 10AM BINGO 1-2 NEWSLETTER 1-3	14 DANCE 10:30- 11:30 KAPPA KAPPA HOLIDAY PARTY 2:00	15 DRUMMING 10AM YOGA 1:30-2:30	16 CLIENT COUNCIL 9-11 COOKING 1-3	17
18	19 SEWING 1-2 NEWSLETTER 1-3	20 DRUMMING 10AM BINGO 1-2 NEWSLETTER 1-3	21 DANCE 10:30- 11:30 NAIL CARE 1-3	22 DRUMMING 10AM YOGA 1:30-2:30 SUBMISSION DEADLINE	23 (CLOSED)	24
25 CHRISTMAS	26 (CLOSED)	27 DRUMMING 10AM BINGO 1-2 NEWSLETTER 1-3	28 DANCE 10:30- 11:30 NAIL CARE 1-3	29 DRUMMING 10AM YOGA 1:30-2:30	30 CLIENT COUNCIL 9-11 COOKING 1-3	31

UPCOMING HOLIDAYS (DAY PROGRAM CLOSED)		CLIENT HOLIDAY PARTY DECEMBER 14TH 2:00PM REFRESHMENT AND DECORATIONS WILL BE PROVIDED BY THE LADIES OF THE KAPPA KAPPA SORORITY SURPRISES PROVIDED BY SANTA & MUSIC BY DJ FORD
12//23 & 12/26	Christmas	
1/2/2012	New Year's Day	