



Stone Belt

Lifelong Learning Newsletter

Volume 2, Issue 1

January 2012

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.
January Newsletter Committee: Jeff B., Matt, Sarah, Brandon K., Julie, Richelle, Jeff S., Tina, Victor, Adrienne Proptom, and Shawna Arnesen. Contributing photographers: Georgia Emmert

***I Am You* rehearsal to begin this month**

Rehearsal is gearing up for Stone Belt's 3rd annual performance of *I Am You*. On January 10th, participants from all counties will begin meeting each Tuesday at the 10th Street facility to start practicing for the upcoming show. According to director Michelle Davenport, the annual *I Am You* production provides individuals with disabilities an opportunity to express themselves through performance art. The production also aims to foster a better understanding of individuals with disabilities among the broader community.

This year's production is inspired by Stone Belt's seven principles of service and includes a variety of monologues, musical performances, and films. Monroe County client Richelle plans to deliver a monologue centered on self-determination, which she hopes will "help people see the real me," and encourage them to "not be afraid to stand out for who they are."

The production débuts at the Bloomington Playwrights Project Theater March 8, 2012. Opening night features a performance reserved for Stone Belt clients and staff at 7:00pm. Tickets for this event are \$5.00 and will be available for purchase at the front desk in February. Two additional performances will be open to the community. A gala performance will take place at 7:00pm, Saturday, March 10. Tickets for this event are \$30.00 and include a catered reception, dance, and discussion session with the actors. The production concludes with a Sunday matinee at 2:00pm, March 11th. Tickets for the matinee are \$15.00.

Spotlight on volunteerism

Kind, caring, and determined are all words used to describe Kim and her dedication to the volunteer work she does for three local agencies. Helping to improve the community in which she lives is Kim's number one goal.

When asked why she likes volunteering at the Hoosier Hills Food Bank (HHFB), The Monroe County Human Association (MCHA), and Mother Hubbard's Cupboard, Kim said she likes "the people." Perhaps it's the people that have kept Kim going to the HHFB each week for nearly ten years. During this time, Kim has diversified her skills. Currently, she weighs, calculates, and records in-coming food donations, sorts and packages dry food items, processes recycling, and washes laundry. Her favorite job, however, is cleaning eggs donated by a local farm.

Kim also collects money from donation cans from seven downtown businesses each week for the MCHA. She then delivers the funds to the office, where she enjoys socializing with staff, fellow volunteers, and the therapy dogs. She then heads to Mother Hubbard's to shelve food and prep shopping bags. When talking about the work she does, Kim smiles and says, "it's an important job," and she looks forward to gaining more skills.



Kim records weights



Kim visits Audrey and Gauge

Remembering good friends

It was with great sadness that Stone Belt clients and staff recently said goodbye to clients Michael M. and Tina K. Michael was a good friend to many, a prolific worker in the life science manufacturing area, dedicated Special Olympics athlete, and creative artist. Last summer, Michael put his creativity to work painting the garden bed at 10th St.



Michael M. (1964-2011)

Tina was a great friend, with a terrific sense of humor, who loved to dance. She was a Special Olympics athlete and founding member of the Monroe County Newsletter Committee.



Tina K. (1977-2011)

We were so fortunate to have known Michael and Tina. Each made unique contributions to the program and to the lives of those around them. They will both be greatly missed.

Resolutions for a new year

January 1st marks not only the beginning of a new year, but the start of New Year's resolutions. As defined by the Newsletter Committee, a resolution is meant to fix or improve something.

To find out what kinds of resolutions clients were making for the new year, the Newsletter Committee asked around. We learned that while some people make resolutions, others do not; either because they did not want to or because they felt they wouldn't follow through.



Julie M.

Here are a few of the New Year's resolutions we heard: Julie plans to improve her computer skills. Joy has resolved to snack less. Melissa's resolution is to be more active; while Gordie says he plans to walk a mile each day. David W. wants a job in the Manufacturing Program, and Sarah has resolved to having more fun in the coming year.



David D.

Keeping it upbeat

The Newsletter Committee caught up with Josh D. to talk about dance class and the new drumming program. Josh reported that dance class is currently working on rhythm fundamentals and learning a vocabulary of dance steps. Dance class participant Brandon K. says he has enjoyed learning the "Cha Cha Slide."



Josh D.

Drumming class has been up and running for a couple of weeks now. While everyone is still getting familiar with the instruments and activities, Michelle Davenport says, "Things are going great!" Classes are running two days a week, with two sessions each day, and everyone is getting into the groove. Overall, Josh is really pleased with the work each person is putting into the classes. He further explains that when it comes to dance and drumming, "Knowing the basics lets you express yourself."

Say Welcome Home to...

Monroe County Lifelong Learning Program is happy to welcome back Joe Moore. Joe is a member of the Bedford National Guard and has just returned from Iraq. He recently sat down with the Newsletter Committee to talk about his job, his travels, and how it felt to be home.



Victor gets the story from Joe

Here's what they learned...

As janitorial crew leader, Joe is responsible for keeping the building clean and in good repair and spends a great deal of time supporting day program needs. He said the weather in Iraq was hot and "*there was always sand blowing everywhere.*" At this time of year, committee members couldn't help but ask about his plans for the holidays. With a smile on his face, he said he loves spending this time of year with friends and family and listening to all the laughter the season has to bring.

Other fun facts about Joe....

Favorite Music: Country

Favorite Drink: Coffee

Favorite Food: Potatoes

Favorite Sports: football and golf

When you see Joe in the halls or classroom be sure to say hello and welcome him home.

IU students bring Global Speakers Series to Lifelong Learning

As part of the IU Global Speakers Series, students from the East Asian Studies Center conducted an interactive presentation for clients of the Lifelong Learning program on the Korean New Year celebration. *Learning to play Yut Nori* Known in Korean as *Seollal*, the celebration begins on the first day of the lunar calendar and lasts for three days. It is the most important of all Korean holidays.



Clients learned about Korean New Year's customs, such as *Sebae*, a deep traditional bow the children perform to honor their elders and to wish them a happy new year. They tasted rice cake and discussed the Korean idea that when you finish eating the rice cake you are one year older than you were when you sat down to eat. Clients also learned to play *Yut Nori*, a Korean board game played on holidays and at other social gatherings.

Next in the series is a presentation by the Center for Asian and Uralic Resource Center on January 23, the first day of the lunar calendar this year. A presentation by the Center for Studies of the Middle East is also scheduled for February.

Training begins for Summer Special Olympics Bowling Tournament

Training for the 2012 Special Olympics Summer Bowling Tournament begins January 10th. To qualify for the tournament, bowlers must submit scores for 12 practice games to the Special Olympics in Monroe County (SOIMC) bowling league. Qualification games can be bowled during official practice on Tuesday nights at 6:00pm at Classic Bowling Lanes; 1421 Willis Dr. Athletes can also qualify by turning in practice game score sheets at Classic Lanes. Just ask them to put your scores in the SOIMC folder. Athletes who submit 12 practice scores by June 3rd will qualify to participate in the summer tournament, a two day event in Terre Haute. The only cost for participation in the tournament is a \$5.00 fee for transportation to Terre Haute. Accommodations and meals are provided.

Special Olympics bowling prices at Classic Lanes are \$2.50 a game, which includes the cost of shoes. Volunteers are also needed to assist during Tuesday night training practices. For more information on SOIMC Bowling go to www.specialolympicsmonroecounty.org.

Client Council Report

In their first month of meetings, Client Council members have been hard at work representing their peers and providing valuable feedback on newly implemented Lifelong Learning programs and classes. Council members reported people are enjoying the new drumming program and would like to have dance class twice a week. Council members also suggested starting a Movie Club, where everyone comes together to watch a movie on the big screen once a week.

The Council's first initiative was a two week food drive. During the drive, 46 non-perishable food items were collected for the Community Kitchen. For Valentine's Day, the Council proposed a 50's themed drive-in movie night and is currently planning events to celebrate Chinese New Year, International Women's Day, and Mardi Gras.

Call for Submissions

The Newsletter Committee is currently accepting submissions to be included in the February 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 February issue, submissions should be received no later than January 26th.

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

Letters to the Committee

"We really enjoy the Lifelong Learning Newsletter! Love the updates and the calendar. The cooking class makes some great recipes – how about including a few in the newsletter or even create a Stone Belt Cookbook to sell as a fundraiser?"

- Trish Ierino, Stone Belt Board Member & Cheryl T

JANUARY

CALENDAR OF ACTIVITIES & EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 (CLOSED)	3 DRUMMING 9-11 BINGO 1-2 NEWSLETTER 1-3	4 DANCE 10:30-11:30 NAIL CARE 1-3	5 DRUMMING 9-11 YOGA 1:30-2:30	6 CLIENT COUNCIL 9-11 COOKING 1-3	7
8	9 SEWING 1-2 NEWSLETTER 1-3	10 DRUMMING 9-11 BINGO 1-2 NEWSLETTER 1-3 I AM YOU REHEARSAL 1-3	11 DANCE 10:30-11:30 NAIL CARE 1-3	12 DRUMMING 9-11 YOGA 1:30-2:30	13 CLIENT COUNCIL 9-11 COOKING 1-3	14
15	16 SEWING 1-2 NEWSLETTER 1-3	17 DRUMMING 9-11 BINGO 1-2 NEWSLETTER 1-3 I AM YOU REHEARSAL 1-3	18 DANCE 10:30-11:30 NAIL CARE 1-3	19 DRUMMING 9-11 YOGA 1:30-2:30	20 CLIENT COUNCIL 9-11 COOKING 1-3	21
22	23 GLOBAL SPEAKERS SERIES 10AM SEWING 1-2 NEWSLETTER 1-3	24 DRUMMING 9-11 BINGO 1-2 NEWSLETTER 1-3 I AM YOU REHEARSAL 1-3	25 DANCE 10:30-11:30 2011: THE YEAR IN REVIEW 2-3	26 DRUMMING 9-11 YOGA 1:30-2:30 SUBMISSION DEADLINE	27 CLIENT COUNCIL 9-11 COOKING 1-3	28
29	30 SEWING 1-2 NEWSLETTER 1-3	31 DRUMMING 9-11 BINGO 1-2 NEWSLETTER 1-3 I AM YOU REHEARSAL 1-3		<p align="center">2012 HOLIDAYS (DAY PROGRAM CLOSED)</p> <p align="center">JANUARY 2 - NEW YEAR'S MAY 28 - MEMORIAL DAY JULY 4 - INDEPENDENCE DAY SEPTEMBER 3 - LABOR DAY NOVEMBER 22 & 23 - THANKSGIVING DECEMBER 24 & 25 - CHRISTMAS EVE/DAY</p>		

<p align="center">SPECIAL OLYMPICS BOWLING</p> <p align="center">Tuesday evenings at Classic Bowling Lanes 1421 Willis Drive 6:00pm Contact: info@soimc.org Phone: 812.325.1548</p>	<p align="center">"2011: THE YEAR IN REVIEW"</p> <p align="center">Please join us Wednesday, January 25 at 2:00pm in the 10th St. Gym for a slideshow picture presentation 2011: The Year in Review</p>
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