



# In The Know

Vol. 1, Issue 6

June 2009

## CONTENTS

- 2 Ladies Clothing Event
- 2 Celebration
- 2 Birthdays
- 3 Day Program
- 3 King Tut Exhibit
- 3 Father's Day
- 4 Shopping Spree
- 4 Volunteering
- 4 Michelle's Thoughts

## Find The Quote

Who said the following quote somewhere in this newsletter?

"... I like volunteering there, the staff at the school are very nice".

## Camp Twin Lakes

Reporting by Linda Danzig

On May 6, 2009, we went to Camp Twin Lakes in Rutledge, GA.

The camp is about an hour away from Atlanta, it was a great time up there. The weather cooperated for us on our visit.



Camp Twin Lakes has two lakes where you can go fishing. Nelson, Rachel, Colin, Todd, David, Elliott and Lyn all caught fish. The camp also had miniature golf, walking trails, peddle boats, tennis courts, a radio station and so much more.

The cabins looked very nice too. Each cabin has a mailbox with a different character on it to help campers remember which cabin is theirs.

I hope those who were unable to attend this time will have an opportunity to visit or use the camp as a different means of activity in the fall or summer.

We all enjoyed our day at Camp Twin Lakes and look forward to going again.

The staff at Camp Twin Lakes were very caring. They made the campers feel happy and welcome. ♦

# Ladies Clothing Event

On Monday, May 4, 2009, from 5PM to 6PM, the Zimmerman-Horowitz Independent Living Program (Z-H ILP) hosted a Ladies Clothing Event.

The event was open to all of the ladies who receive support in any of the programs offered through Tools for Independence.

Diane Bland donated several pieces of brand new CAbi (Carol Anderson by invitation) clothing to Z-H ILP. This generous donation allowed the ladies an opportunity to browse and select clothing, all for free.

Lyn said, "It's wonderful to be able to come here and pick clothes out for me". Lyn chose a new outfit to wear for her next date with her boyfriend.

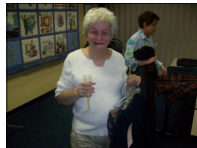
Not only did the ladies have an opportunity to choose designer clothing, by doing so, this event helped with their self-esteem. We feel better about ourselves when we look good!

The Ladies Clothing Event also gave the ladies a chance to catch up with friends they haven't seen in awhile.

Thanks again to Diane Bland for her generous donation to the ladies in the Z-H ILP. ♦



(Browsing through the clothing)



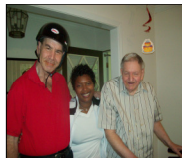
(Lyn making her selections)

## Happy Birthday Nelson and Steve

By Linda Danzig

On May 8, 2009, Michelle and I went to Nelson and Steve's birthday parties. Nelson and Steve have known each other for many years and have shared a house for the past four years.

Many of Nelson and Steve's friends and staff from the Zimmerman-Horowitz Independent Living Program (Z-H ILP) helped celebrate



with Nelson and Steve.

There was plenty of food and beverages for the guests to enjoy. A special cake had a design of a photograph of Nelson and Steve, the cake was very pretty.

Nelson and Steve got many gifts. They each received a framed photograph just like the one on the cake. It was a fun time. ♦

### Happy Birthdays

Birthday Fact:

The number of birthday candles used on a cake represent the age of a person celebrating his or her birthday.



### June Birthdays

Julie Medoff - 7th

Kay Booth - 25th

### July Birthdays

Darrell Lynch - 6th

Trevor Durrett - 13th

Carla Lindemann - 15th

Zach Aiken - 16th

Robbie Grollman - 16th

**Please wish them all a Happy Birthday!**

# Day Program

By Julie Medoff

The Day Program now participates in workshops that help us with learning. We have workshops every Wednesday. The workshops are "Staying Safe", "Hygiene" and "Respecting Others at Work". Lyn said, "I learn how to be safe and how to work". Nelson added, "I learn something new every day".

We started a cooking class with the Weinstein Center. We made kosher vegetable pizza during one of our classes. Steve said, "I enjoyed it". Lisa was able to try the first slice of pizza and said, "It was very good".

On Thursday, April 23, 2009, Day Program went to an orientation at the Atlanta Humane Society. We are going to start volunteering there on Fridays. Brian liked the cats, they are his favorite pet. Nelson mentioned he learned something new about pets, he really liked the puppies. We will be volunteering in the puppy room and the cat room. Some of us will also be shredding paper for the puppy play area. We are excited to be with the animals.

Day Program went to Camp Twin Lakes. At camp we played miniature golf, walked on the nature trails and went fishing. It was fun fishing, we put pieces of bread on the fishing pole to

catch the fish. We put the fish back in the water. We had a good lunch and a fun day.

The Day Program also had a dog come to visit us from the group Happy Tails. We took turns petting the dog. It was a lot of fun to have a dog at Day Program.

We still have our music group. We played a game where we had to listen to music and guess which song it was. Lyn said, "It was a lot of fun".



Tara, Katie, Carla, Lyn, Lisa and I went to a concert at Centennial Park to listen to a Jazz band. The band was very good. Lisa said, "I enjoyed the music very much". Katie liked the music too, she was dancing.

I would like to wish everybody a fun summer!

By Michelle Horowitz

On March 21, 2009, I went to the King Tut Exhibit at the Civic Center.

I saw a lot of Egyptian artifacts and gold treasure. There was a lot of jewelry too. The jewelry was very pretty. I also saw statues of the Pharaohs and a mummy of King Tut.

## The King Tut Exhibit

A movie was playing about all of the treasures that have been discovered. There was also a lot of photographs about the excavation dig. It was interesting to see the pictures because it is history.

I also had the opportunity to experience what it is

like to go underground to dig for artifacts, it was very dark in the room but it was very exciting.

My friends Linda and Mindy also attended the King Tut Exhibit with me. They both said they had a great time and thought it was interesting too! ♦

### Shopping Spree

By Michelle Horowitz

My consultant and I went on a shopping spree the other day. I had so much fun.

We first went to Stein Mart where I bought a purse and tried on some clothing. Our next stop was at Ross. I bought a new blazer and a warm up suit for when I exercise.

We ate lunch at Wang Chang Chinese restaurant in Snellville. The food was good. I had the vegetable deluxe and it was out of this world.

I had a lot of fun that day, I loved it!

### Father's Day Fact

By Julie Medoff

**The idea of Father's Day began in 1910 by a girl named Sonora Dodd who wanted to honor her father for raising six children on his own. It wasn't until 1972 when President Nixon made it official. ♦**

## Michelle's Thoughts

By Michelle Horowitz

For the past fifteen years I have acted in the theatrical plays presented by Habima Theatre.

This year we performed the play "Once Upon a Mattress". I played the part of Lady Matilda.

My favorite part about being in the plays is I get to wear different costumes. I love being somebody else and being on stage too.

I love being in the plays but it is a lot of work. We have to practice a lot and then we have to rehearse our lines. It takes a lot of time to learn our lines for the play.

The cast is very nice and helpful. I made a new friend this year and I hope we will keep in touch.

I am looking forward to next year's play but I am thinking about working as an usher instead of acting in the play. ♦

## Volunteering

Reporting by Linda Danzig

The TeamWORKS program began volunteering at Cheatham Hill Elementary school on Friday, May 8, 2009.

Cheatham Hill Elementary is located in Marietta, GA. The TeamWORKS team volunteers on Fridays from 10AM to 1:30PM.

Lyn explained her first day of volunteering was to assist the students during the Field Day. Lyn had the responsibility of making sure all of the hoops were full throughout the day. Lyn also began volunteering in the school cafeteria. She assists with emptying and stacking trays. When I asked Lyn how she liked

volunteering, she said, "I like volunteering there, the staff at the school are very nice".

Anne also volunteers at the school. She volunteers in the Media Room where she assists with keeping the books organized. Anne said, "The school is very nice".

Sandy, Jane and Rachel are volunteers at the school as well. Jane expressed how she enjoys going to the school each Friday and added, "I want to go more". Jane's responsibility includes working in the cafeteria alongside Lyn. Jane assists the students with emptying their lunch trays and making sure the area is clean.

All of the volunteers are enjoying their time at the school. ♦

Jewish Family & Career Services

# JF&CS

Your Tools for Living

**In The Know members:**

Linda Danzig, Betsy Goodrich, Michelle Horowitz & Julie Medoff. Layout & Design by Chuck Pettit.

If you have questions for the *In The Know* newsletter members, or if you have a suggestion for an article, please write us, Attn: Chuck Pettit.

*In The Know* is a publication for members of the Zimmerman-Horowitz Independent Living Program, a program of the Developmental Disabilities Services-Tools for Independence, a division of JF&CS.

Jewish Family & Career Services  
4549 Chamblee Dunwoody Road  
Atlanta, GA 30338  
770.677.9300  
info@jfcs-atlanta.org  
www.YourToolsForLiving.org

A Proud Partner of



Jewish Federation of Greater Atlanta  
Live Generously.



United Way of Metropolitan Atlanta

