



CLP SPOTLIGHT



HOME OF GUIDING HANDS **COMMUNITY LIVING PROGRAM**
Providing Independent Living Services in San Diego County

December 2011

Volume 1, Issue 10

Highlights from 2011 -by Liane Wilson

One of the goals for the Community Living Program (CLP) this year was to create more socialization and leisure opportunities for the clients served. Staff made great efforts to provide the needed support, and clients embraced the message of the self-advocacy movement by taking an active role in planning and participating in the activities of their choosing. The results were amazing!



Smiles and laughter were abundant, and close friendships were formed during the 11 Art Socials, 8 Movie Nights, 10 Birthday celebrations, Harlem Globetrotters game, Padres game, HGH Walk and Fun Run, Staff Appreciation Dinner, HGH Gala, Halloween Party, and Thanksgiving Lunch at Hometown Buffet. And we still have the end of the year Holiday Party to look forward to!!! Some comments shared by the clients remind us why these social

and recreational opportunities are so important. One client spoke at the Staff Appreciation Dinner "I am so grateful for the social activities because I never used to get out of my house. I am so relieved now to have somewhere to go!" Another client shared privately with a staff member, "I love coming to the Art Social. It makes me feel like I am worth something." Sentiments like these make our goals truly worthwhile. In addition to having fun, the CLP Program also focused on educational and outreach activities this year. With the support of our staff (and scholarship money donated by HGH!) nine clients were able to attend the People First Conference, and put on a presentation about healthy communication techniques. It was a lot of work, but the presenters were so proud of themselves afterwards, and got a lot of positive feedback!



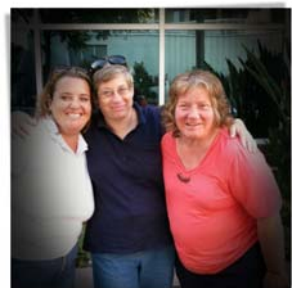
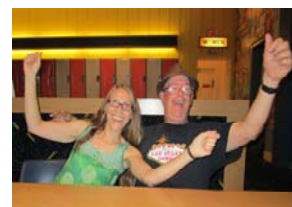
People First Presenters

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Upcoming Events & Activities

- December 18, 2011
Holiday Party
- January 11, 2012
Art Social & Self Advocacy Meeting
- January 27, 2012
Movie Night



In 2011, the Newsletter highlighted many wonderful accomplishments that our clients have made. Some clients have held steady jobs for decades, some have found success at new jobs in the community, some have the 24-hour job of raising children, and still others are volunteering or furthering their education by attending college classes. It is important to our clients to be productive members of society, and we are so proud to see them reaching their goals.



We celebrate the progress that clients are making in their independent living skills. With support from their counselors, all clients are working on goals in this domain and making progress,

whether they are living on their own for the first time, or maintaining a household independently for many years. Through a tough economic year when Social Security, Medi-Cal, and Section 8 cut-backs have been common, clients have been learning to stretch their money further so that they can afford to pay rent and bills to stay independent. There is also a focus on maintaining health by attending doctors' appointments and learning about healthy eating. Practicing cooking skills is always a favorite goal, and I have heard about many nutritious new recipes that have been tried this year. And gotten the chance to sample them as clients have volunteered to cook dinner for the Art Social—we've got a great group of chefs in the making! Overall, I am so proud of the growth and progress that I have seen in 2011. When completing the satisfaction surveys this year, one client who is living on her own for the first time, commented, "I really like working with my counselor because she has helped me grow up into an adult." I can't wait to see what 2012 brings!



Birthdays & Anniversaries

Happy Birthday to **Jake and Theresa**—celebrating in December!

Happy Anniversary to **Michael 7 years** with HGH in December!

Happy Anniversary to **Barb 16 years** with HGH in December!

Happy Anniversary to **Margaret 16 years** with HGH in December!



Happy Birthday to **Brigitte and Michael**—celebrating in January!

Happy Anniversary to **Marcus 1 year** with HGH in January!

Happy Anniversary to **Taylor 2 years** with HGH in January!

Staff are celebrating too. Happy Anniversary to **Laura 1 year** with HGH in December!



For more information about the CLP program or to sign up for a social activity please contact Liane Wilson at 619-954-8259 or liane@guidinghands.org
