Everyone ‘A Buzz’ At Spring Fling

The Residential program hosted a Spring Fling and asked all attendees to “Bee Yourself”.

With bobble antenna in place, everyone buzzed around the room socializing with friends. Music, provided by DJ Bob, started the party out strong and kept the hive of the black and yellow-clad dancers swarming to the dance floor throughout the evening.

Everyone had an un-bee-lievably good time all around. The delicious dinner, provided by Johnny Ziada of Z’s Corner Cafe, and some Rita’s Italian Ice for dessert had everyone a buzz.

Bus Ride To The Mall

A few individuals from our SMILE (Seniors Maintaining Independent Lifestyles Everyday) program hopped on a city bus and visited the Connecticut Post Mall in Milford for an afternoon of shopping and strolling. They got in some exercise while enhancing skills and promoting independence.
“Where Words Fail, Music Speaks”, Hans Christian Anderson

It is proven that music therapy has been highly successful in helping individuals express themselves creatively as well as benefit from the soothing qualities of sound. Recently, one of our staff members, Mary, volunteered her time to entertain our participants by playing her guitar. Everyone sang along and had a chance to play their own tune.

Walking Warriors Teams Getting a Jump on Fundraising

Each September, since 2012, the Community House’s holds their annual Family Fun Walk fundraising event; and for each of those years, the Walking Warriors Team has taken first place for ‘Most Funds Raised’ and ‘Most Walkers on a Team’.

In fact, over the years with support from residents, clients, families, staff and friends; the Walking Warrior’s have raised close to $25,000 for the Community House. The team runs mini fundraising events throughout the year including penny wars, 50/50 raffles, scooping ice cream at Rita’s, collecting household items to donate to Savers, sitting outside at Walmart collecting donations, movie nights, dinners, and much more all while working on social skills that help our clients in their everyday life.

This Fall, the event organizers are adding music to the event in partnership with Rock House School of Music. ‘Rock & Stroll Fun Walk and Music Festival’ will take place on Saturday, September 22nd at the Savin Rock Conference Center. So mark your calendars, lace up those sneakers and come out in support of the Community House.

Community Connections staff, clients and friends donated more than 1,000 lbs of clothing and 500 lbs of books and household items as part of a partnership with Savers Thrift Store. Savers purchased the donated items and gave us a check for $269.
A Visit to Local Museums Provides a Lesson in History

Participants from The Avenues Program visited “Ireland’s Great Hunger Museum at Quinnipiac University” where they watched a video about the great potato famine in Ireland, which initiated mass emigration to the United States. The museum’s art collection told the story of inspirational expressions of who the Irish once were, and how they became who they are today.

Another museum they chose to visit was the “Yale Center for British Art” where they participated in a lunchtime sketching class with some friends from our Individual Day program. They were encouraged to pick a sculpture and sketch from their perspective. Together they chose a greyhound sculpture, and sat around sketching using the techniques they learned.

Having Fun While Discovering New Skills

Lynn expressed interest in sewing, and with help from her coach, she made a pillowcase. She expressed that she would like to sew or even crochet together with a friend.

Anthony uses a computer program to learn about how to identify coins and how to count them correctly. In the future, Anthony would like to learn how to purchase items at a store.

Carlos and Bryan teamed up and practiced their handyman skills taking apart a coat rack for some much needed repairs.

Kanita made organic shaving oil and shaving cream for father’s day gifts while improving her kitchen skills of mixing and measuring.
The Community Connections’ Garden Club is in full swing and has expanded in collaboration with the Avenues, DSO, IDN and Residential programs. Planting Day officially took place on May 25th when our members and staff worked together planting vegetables and herbs in five raised garden boxes located in the back yard of our residential home on Elm Street. The plants include tomatoes, squash, eggplant, cucumbers, bush beans, peas, and strawberries, as well as basil, thyme, rosemary, lavender and lemon burst.

Members of the Avenues Program researched a variety of vegetables, herbs, and flowers to include and then carefully mapped out how and what to plant based on the amount of sun vs shade the plants would have in the yard.

They visited UConn’s Floriculture Greenhouse where they learned how to replant and grow 35 tomato plants from seedling growing them inside for about a month until they were strong enough to be transplanted outside.

Members from the the DSO program are also involved and active in the planting process where herbs will be used to make herbal flavored teas and flavored waters. These activities combine sensory stimulation and simple cooking and microwave skills, while promoting healthy alternatives to soda and other sugary drinks.

The goal of the club, since its inception in May 2017, is to harvest enough pesticide-free vegetables and herbs to hold a weekly farmers market at our Community Connections building.

The Garden Club members wanted to honor our beloved friend Frank Perlin, who enjoyed the backyard for more than 30 years. So they planting perennials flowers around the gazebo that will return year after year in his memory. This way all will be able to enjoy “Frank’s Place” as much as he did.