



Stay Connected

Disability Services Quarterly

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227 Elm St., West Haven, CT 06516

West Haven Community House Has Served the Needs of West Haven and its People Since 1941

Mystic Surprise!

One only need go as far as south-eastern Connecticut to visit one of the premier tourist attractions on the East Coast, and that's exactly what two groups of clients from both the Day and the Residential programs did one day last summer. The visitors watched a live sea lion show, and even got to touch the sting rays. The groups also visited the underwater world, viewing the many colorful fish, turtles and sea creatures that the prolific oceans and seas have to offer.

Clients and staff also enjoyed a short boardwalk nature walk, where they observed animals living in their natural habitats.

And despite the heat, Day program participants found the perfect antidote – ice cream in Mystic Village, while Charlene, Desiree, Yolanda, Karla, Isabelle, Russell and Carlos enjoyed feeding the local ducks swimming in the village pond. The affectionate animals spent several minutes frolicking around them. In addition, John, pictured below, was eager and happy to try and touch the sting rays in the aquarium's open touch tank.



Everyone enjoyed the entertainment provided by the large beluga whales, one of which definitely showed its friendly side to Devan, pictured here. Meanwhile, John had his own close & personal encounter, below left.



Seeing sights from Port Jeff ferry

There is no better place to spend a hot August summer day than on a Port Jefferson Ferry ride across Long Island Sound. Four residents, pictured below, joined staff on the excursion, taking in lunch and all the beautiful views of Long Island Sound and the many boats that were docked on both the Long Island and Connecticut shorelines. The group walked around, visiting local

shops and even treated themselves to ice cream prior to the return trip back to Bridgeport where the ferry service is located in Connecticut.



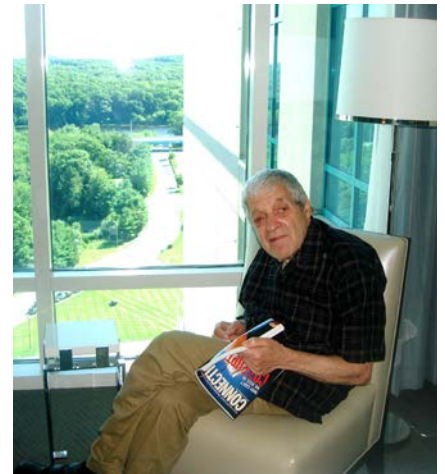
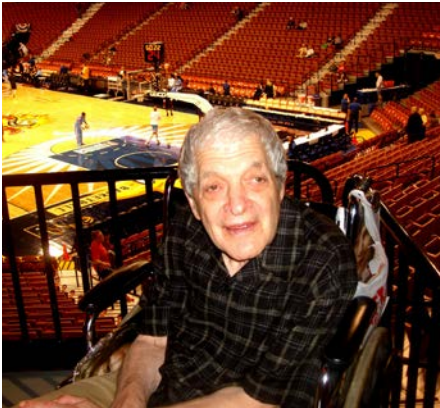
Perfect summer afternoon = watching Bluefish baseball



Warm weather, summer – the best time to see a baseball game. Day program clients recently journeyed to see the Bridgeport Bluefish play and all had a good time. Karla, Carlos, Theresa, Robert, Russell, Nina and Caprice joined staff at fan-friendly Harbor Yard field and even arrived early to see batting practice. It was a wonderful opportunity to get out and socialize while enjoying nine innings of minor league baseball. Joining other eager fans, Carlos came equipped with his glove hoping to snag an errant foul ball. One came pretty close, but was snatched up by another fan. Maybe next game, Carlos! Baseball souvenir – or not – you can bet just as the summer will be back again in 2014, Carlos will be at the ballpark again with his glove.



Frank enjoys a special time out ...



Frank recently enjoyed a one-on-one outing with staff member Consequella to the Foxwoods Casino. He took part in a variety of activities including trying his luck at the slot machines, a boat ride, watching a WNBA women’s professional basketball game at the Sun Arena and just taking some time to relax and enjoy the view from the new Foxwoods hotel.

Elizabeth Park is a great summer destination

Day program clients spent a fun day at the park in July. Elizabeth Park in Hartford was the destination for Lasaundria, Theresa, Chuck, Shawn, Russell and Karla, pictured at right. It was a beautiful day to enjoy the wonders of summer including an outdoor picnic among the trails and the greenhouse and other features of the park. In fact, clients learned that more than 50 different varieties of roses were cultivated there. In all, there were more than 10,000 roses in bloom, a wondrous sight and smell.



Feeling lucky!

Chuck takes a chance on a slot machine at Foxwoods Casino during a trip recently.

Six Flags New Jersey part of three-day getaway trip

Three residential clients and staff enjoyed a three-day mini-vacation recently on a trip that included time at the amusement park, Great Adventure, Six Flags New Jersey. The group had a great time going through the animal safari and enjoyed being up close with the animals, especially the various monkeys that came up and sat on their cars.

The wildlife preserve presented a wonderful opportunity for residents to learn about many different animals that live in the wild, including elephants, giraffes, and bison. Also

at the amusement park, everyone enjoyed the rides, games and the food. It was a great get-a-way that everyone said they enjoyed.



Clients enjoyed both Six Flags in New Jersey, above & left, and the more local Six Flags New England park, below, over the summer.



Clients learn good nutrition

The Choices program paid a visit to the SMILES program folks over at the Upper Lang meeting room on Elm Street in July. The subject was healthy eating, and specifically learning how much fat and sugars are in the foods everyone normally eats. Among the details that participants learned about regarding a healthy diet was determining proper portion sizes for each meal. Also, the SMILES clients helped the Choices staff in making a fresh and healthy snack of homemade hummus dip that they all enjoyed with their favorite vegetables.



New England park amuses, too

Six Flags New England was the destination in July for a group of four residential program clients, who spent the day enjoying the rides, shopping for souvenirs, playing the carnival games and even winning a few prizes. Evette showed absolutely no fear trying out the Six Flag rides, including the roller coaster. Andrew reported that everyone had a good time and that he is looking forward to his next trip there soon.



At All-Staff Meeting previewing ‘Community Fun Walk’ activities ...



‘Walking Warriors’ & ‘Coolest Walkers’ excel!

Disability Services clients, family and staff, aka the “Walking Warriors” and “Coolest Walkers” teams have been cited for total participation and team fundraising honors on behalf of the “Community Fun Walk” held on Oct. 6, 2013, at the Savin Rock Conference Center and boardwalk.

Beginning last June, led by Director Marie Watson and her committee of “Walking Warriors” staff began securing raffle prizes including JetBlue and Disney tickets. Then,

the Warriors concentrated on the “fun walk” participation. itself, planning and then previewing some of the activities for walkers to do along the route at the All-Staff meeting in August, as seen in the pictures, above.

Along with the agency’s Board of Directors team, the Walking Warriors led in total donations, raising more than \$3,300. The Coolest Walkers team, organized by Paula Gary-Riles, also made an outstanding effort with excellent fundraising and walker

On the day itself, even a little rain and wind could not dampen the spirit of the team members on the route, hula-hooping, dribbling basketballs, jump roping and all the other activities. Shout outs to Day Case Manager Rachel Cushion, Day Services Case Worker Joe Canelli, Dianna Hoyt, Gwen Henderson, Ed Weller and all the rest of the committee for their fine efforts on behalf of the event.

Wood Street residents enjoy trip to Myrtle Beach, SC

Myrtle Beach, South Carolina, was the summer destination for the Wood Street residents who enjoyed a seven-day vaca-

tion accompanied by staff. Among the activities they enjoyed was participation in a live, pirate-themed dinner show, a

visit to see the Grand Ole Opry, and even flying in a helicopter.

Enaida, pictured below in the cockpit, was so thrilled with her helicopter ride that a big smile was still on her face nearly a month later!

The group stayed at the wonderful Ocean Reef Hotel, which offered breathtaking views of the beach along the Atlantic Ocean and a buffet selection of food that was fit for a King.

