



Kim set a goal of learning to read.

Moving Toward A Dream

Support and mentoring is especially important when we want to tackle something which we were told as a child we **can't** do. This is what happened to Kim Thalhuber. Her brother told her that she was dumb and that she couldn't learn to read. Growing up in Germany, Kim did not learn to read English. Thankfully, Kim didn't entirely believe her brother and as an adult set a goal of learning to read.

When Kim shared her dream to learn to read with CCP manager, Jennifer Putnam, she shared it with just the right person. Jennifer knew of an expert to talk to about how to help Kim make this dream come true...her own mother. Jennifer's mother, Marlyce Putnam, is a retired teacher with expertise in teaching people to read in a fun and engaging way according to their learning style. She taught for forty-three years and co wrote a book on phonics, *PUTNIK, Phonics of Today & Tomorrow*. Marlyce volunteered to tutor Kim and the first step towards realizing a goal to read was set in motion.

Marlyce and Kim met two times a week in the fall for a concentrated and fun hour focused on reading. While everything that was covered in their sessions together related to reading, Marlyce teaches in such a way that the student doesn't necessarily know that they are concentrating on reading.

Kim is more confident in her reading now. Marlyce says that Kim was "a quick study and delightful to work with." Jennifer reports, "Kim has made great progress in the short time she has been working on this goal." One result of the tutoring is that Kim is better able to read cards and letters that her father sends her. Jennifer expects that in the future Kim will be able to read her own "Consumer Rights" and other documents that people have been reading to her in the past.

CCP Holiday Celebration 2009

This year the weather cooperated and all the people who like a good party were out in full force on a Saturday in January for CCP's annual holiday celebration. Roommates, long time friends, family, and CCP staff all gathered together at the Prom Center and enjoyed some added elegance this year with candlelit tables and table service. Seeing how many people could fit into a photo booth for a picture and getting a photo on the spot added some spontaneity and new fun to the event.



Any winter blues that might of been lingering in the crowd surely got a lift when the music started. As the DJ started playing the first song requests, without hesitation several people got up and danced with such joy that it was infectious, and soon the dance floor was packed full. Those who love to express themselves through singing got their chance to shine with Karaoke. All in all, it was another good celebration, and a reminder that a gathering like this can help to break up the long Minnesota winter and to celebrate the friends and connections we have in our lives.

KUDOS Award Program

The Kudos Awards Program was recently developed to further recognize CCP employees who go above and beyond in their work.

CCP Employees of the Month

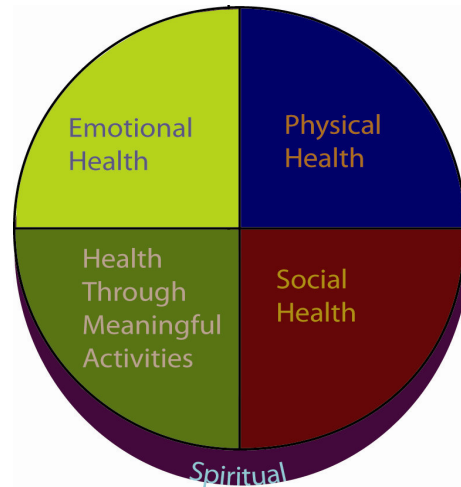
January-Gail Miller, Judy Daggy, Cheryl Anderson, Marlys Schoenhals

February-Sam Mbaya, Doug Benson, Lynn Chaney-Hanson, Wanda Simmons

Anniversaries

Mary Anderson 20 years
Deb Monk 15 years
Robert Smith 15 years
Karen Pugh 10 years

The Healthy Lifestyle Wheel



Promoting Health and Wellness

CCP is excited to be selected to participate in a project to promote healthy lifestyles for persons with developmental disabilities. As part of this initiative, CCP Administrator, Alison Campbell, and Program Specialist, Abbey Sullivan attended a three day training workshop February 2, 3 and 4th. The training covered the best ways to support adults with developmental disabilities in adopting healthier lifestyles using the curriculum, *Healthy Lifestyles for People with Disabilities*, developed by the Oregon Health and Sciences University. Out of the providers participating in the Ramsey County initiative, CCP is one of two agencies selected to receive additional support and following from the University of Minnesota's Institute on Community Integration

The curriculum is unique, not only because it was specifically designed for people with disabilities, but because it is holistic. Many health trainings focus on physical health, but this training offers a broader view of what contributes to being healthy. The Healthy Lifestyle Wheel (pictured above) illustrates areas that curriculum covers including physical, social, emotional, spiritual, and meaningful activities. Plans are underway to test the curriculum out with three women who have already had some success improving their health through changing what they eat.

The Ramsey County Developmental Disabilities Division initiated the Healthy Lifestyles Project, which is a collaboration with U Care, the University of Minnesota's Institute on Community Integration, the Center on Community Accessibility at Oregon Health and Sciences University, and community agencies like CCP.

Advocacy in Action



Bob Hagglund at the Capitol

Many CCP staff and clients showed up at ARRM Day at the Capitol rally to communicate the importance of funding and supporting services for people with disabilities. The event was well attended with people on all three levels of the State Capitol rotunda.

One individual being served by CCP, Bob Hagglund, was especially motivated and prepared to connect with legislators at the event. He decided to stand in a strategic spot behind the podium where he could greet politicians as they stepped off of it. He says his heart was pounding, and he wasn't sure what to say. Despite this reaction, he knew who his representative was and went to meet with her that day to express his opinions on issues important to him. Since attending his first caucus and voting for the first time, Bob is learning more about the political process and is becoming a strong advocate. Advocacy in action, we love to see it!

New Partnership With Eastside Food Co-op

At Community Connections Partnerships, we value developing partnerships with businesses and community organizations to work towards common goals. That is why we are especially excited to have a new contract with Eastside Co-op to do recycling work. The recycling program is a partnership among the City of Minneapolis, the Eastside Food Co-op, and Consolidated Container Company, a Northeast Minneapolis business.

Eric Johnson lives in Northeast Minneapolis and has become a working member of his community. He began working at Eastside Food Co-op through a partnership with CCP and the City of Minneapolis. Eric is collecting and sorting post consumer plastics for recycling. This pilot project has been greatly appreciated by community members who

Two days per week Eric arrives to work with a smile and a helpful attitude. Since the start of his position, Eric has gained knowledge of the types of plastics acceptable for recycling. He assists customers with identifying and sorting the plastics they drop off. He checks for the recycling numbers and symbols on these items. Eric has developed his customer service skills and proven to be a reliable and hard working employee. Most importantly, Eric is contributing to a community effort to go green and work towards a sustainable planet.



Eric Johnson at the Eastside Food Co-op

Celebrating 30 years of your life, your way!