

LSR

Lincoln Self Reliance, Inc.

Serving individuals with disabilities in their local communities

FROM THE DEPUTY DIRECTOR, ANNETTE EGGLESTON

LSR has been working this last year to plan and give individuals in our service some new and different experiences. We have been planning trips that give them opportunities to go places they may not have seen before or experience something new to them. We are encouraging them to try new things and to focus on what they can do; not what limits them. We are trying to plan at least one big trip each year and three or four smaller ones during the year. This gives individuals and families time to plan and save for the trips they want to enjoy. For some people the cost of the bigger trip is more than they might be able to afford so they can plan to take one or two of the smaller trips.

LSR staff accompanied nine individuals on a wonderful opportunity in September to take six days and travel to San Diego, California to go to SeaWorld and enjoy the area. Logann Mace, Cheryl Sutor, Melissa Muir, Angie Hunt, Sharolee McCoy, Adam Gable, Alisha Geller, Leland Perry and Jackie Dana had a great time. We left on Monday and traveled to Mesquite, Nevada where we spent the night. We arrived in San Diego on Tuesday evening. This was everyone's first opportunity to try something new. We went to a local Thai restaurant and asked everyone to order something

they had never tried before. That was easy as none of them had ever had Thai cuisine before. The food was served family style so each of us shared what we had ordered with others this gave us an opportunity to try even more things. Everyone reported that it was very good and they would enjoy going to a Thai restaurant again.

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Lincoln Self Reliance has received a three-year CARF accreditation for Community Services: Community Integration, Housing, and Supported Living.



Community Partner

(Continued from page 1) **LSR Trips**

When we got to our hotel this was a great experience; for the hotel was beautiful. As one person said, "This is the nicest place I have ever seen." They all loved that it had a great outdoor pool and Jacuzzi. We spent at least an hour each night at the pool area.

While at SeaWorld most of the clients took the opportunity to have a dolphin adventure. Almost every client said that this was one of the highlights of the trip for them. They were able to pet, train, and yes, even kiss the dolphins. Although it was a little scary to be so up close and personal with the animals they loved every minute of it and most everyone had the opportunity to feed the manta rays and the sea lions. Everyone went on a roller coaster ride even one who had never been on a roller coaster because "it was too scary." She did overcome her fear and picked a staff she felt safe with and went for the first time on a roller coaster ride. On the other hand, we had one client that went on the same roller coaster six times and was ready to go again when we suggested finding a different ride to go on. All of the clients went for a whitewater rapids ride (twice). This was an experience for almost everyone. It took two staff to assist one client to be able to get on the ride but once she was there she said, "I love it, even if it is scary." All of the clients loved seeing Joe Park and I get drenched on the ride. (I think that is why they wanted to go a second time.)

The clients had the opportunity to learn about marine life and what great animals there are in

the ocean. They watched a number of different shows from killer whales to dogs and cats. Everyone got to pick up and examine live starfish and see a great aquarium. We had went to the beach and played in the sand, watched the waves, and walked in the surf. This was the first time one of our clients had ever seen the ocean and what a great experience it was for them and for everyone. We were able to get a special chair for one client that allowed her to go out on the beach and into the water safely. We saw dolphins playing in the ocean and learned about coastal lifeguards and what a great service they offer.

By the end of the week everyone was ready to start heading home. We stopped in Saint George for the night before heading home on Saturday.

We look forward to giving other individuals opportunities to have these types of experiences in the future. If you would like more information about upcoming trips please contact Annette Eggleston, Deputy Director
Phone: 885-1577 ext. 213



EMPLOYEE OF THE QUARTER

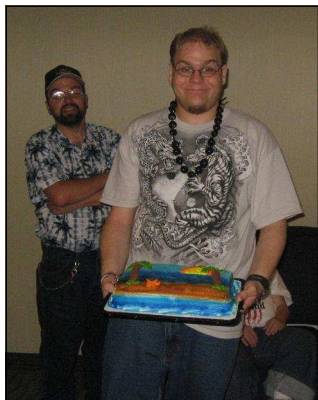


It is our pleasure to introduce to you Elaina Wade. Elaina started employment with Lincoln Self Reliance, on July 1st 2010. Elaina comes to us with a vast knowledge of computers. She is a whiz on Excel and has taken the lead in showing others how to use this program to the optimum. Elaina is a very patient, kind person and her professionalism shows daily. Elaina is definitely an asset to the Administrative Staff, persons served, and family/guardians and we all appreciate her talents in the office arena.

Elaina is married to Dwain Wade and they have one child and two grandchildren.

PARTICIPANT OF THE QUARTER

Josh has been with LSR for eleven years. He has unique communication styles and will let you know what is going on in his own way. Josh likes it when the other clients interact with him and loves being read to and looking at pictures. He also loves to watch football and drink Pepsi. Josh loves country and western music and The Beach Boys. He likes to eat out and go for rides like to the zoo, shopping, swimming, and camping. These are just a few things that Josh likes. He is the weekly chore supervisor and loves that job; Josh is very good at it.



SeaWorld by Adam Gable

Going to SeaWorld was fun. When we went on the rides it was a blast! And on one of the rides it pumped me up; my heart was racing but it was fun. When we did the dolphin encounter, I never touched a dolphin but doing the tricks was fun. And getting wet was refreshing, but it felt good. Searching for seashells, it was cool. But looking for a crab it was cool! They were small, but they were cool. And, trying sushi for the first time. It was good even though I tried crab. But on the way there, it was bumpy. I actually *really* touched a bat manta ray and I *really* fed a seal. It was cool to feed a seal and touching a starfish and going to see the whales. It was cool to see them and seeing them to perform. It was awesome! And getting wet? It was quite refreshing. The water was clean. I think that they clean the tanks that they perform at.

SeaWorld by Alisha Geller

I really enjoyed going to SeaWorld down at San Diego, California. It was a big blast because I like going on the Shipwreck and the Manta Roller Coaster ride. I really like learning new experiences. I would like to go back to SeaWorld again someday. I like when we went out to eat and I got some souvenirs from SeaWorld. There were different places to choose from and we stayed in some hotels. I got to train with some of the dolphins and I got to feed and pet them! I brought some ponchos because I didn't want to get wet by Shamu splashing me. The very first night it rained and it didn't stop until the very next day. And I got a SeaWorld pass so that I can go again someday.

I got some pictures to show to other people. It was a very big trip and it took a couple of days to get there so we could have fun and stuff. I wish others could have gone, too. I am glad that I was one of the lucky ones that I got to go and stuff. I had to really save for that trip.



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SeaWorld - September 2012

Diamondville

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Mission Statement

It is our mission to provide training and support to individuals with disabilities so they may achieve maximum potential for self reliance and active participation in the community.

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Lincoln Self Reliance, Inc.

is a private not-for-profit community based provider for individuals with disabilities. We provide Adult, Child, and Acquired Brain Injury Waiver services as well as Vocational Training.