

Lincoln Self Reliance Review July 2021

Wyoming Developmental Disabilities

Conference 2021

Individuals from Lincoln County LSR got to have an amazing three day experience in Cheyenne, Wyoming for the Developmental Disabilities Conference. When you enter the conference you are greeted by a great group of people who register you and then you get to visit the vendor tables where you collect information and goodies. Everyone got to enjoy three keynote presentations. The first, was conducted by Jeff Gardner and Lee Grossman this was a very insightful look on the past, present, and future of funding for Wyoming's Medicaid Home and Community Based waiver for people with intellectual and developmental disabilities and acquired brain injuries. The second, conducted by Gina and MaryBeth was a presentation on creating a value-driven culture, this was an amazing eye opening and inspiring topic for employees, they talked about giving yourself and others in your work place permission to be human, to work from your values and to learn your companies values so you can learn to bring the two together and create a place you are happy to work and that keeps you thriving! Third, a presentation conducted by Jen Kelchner on empowering citizen and human centric futures, participants really enjoyed this speech as she used a lot of comic book, super hero comparisons and related a lot of her speech to finding your own super powers within yourself, she spoke on ways to handle fast changes, and how to deal with unpleasant individuals without losing yourself. Along with keynote speakers we had the chance to attend four break out sessions some of the ones the clients chose to participate in were; chalk talks, a connection of mind and body through movement, what to expect from your provider, mindfulness meditation for self-care, and human trafficking. The end of day one of conferences we all got to enjoy a wonderful awards banquet, a stand up comedian, Dominic Syracuse, and dinner followed by the highlight of the event MEGA BOOGIE, everyone danced until the late hours! We want to extend our thanks to the individuals who worked so hard to put on such a wonderful event, as well as to the Red Lion Hotel staff for their hard work and accommodations.

I really like going to the Governor's council this year.... I really enjoyed the ride down with the Afton and Thayne clients and staff... Rissa did a great job on driving the bus I did a good job going down there on the bus.... (This is a big improvement for ED) I really liked all of the talks we went to and I talk a lot about the two ladies I cannot remember their names. The food was good that they made for us and the rooms were very nice and I had a great time I would like to go back next year... I told everyone that is was good to see people in person.

Written By: Ed Mayne, Kemmerer Participant



When I went to DD Conference I learned about; relaxing through breathing as well as releasing body tension. One of favorite classes was mindful meditation. The dinner served was very good and I really loved the cheese cake. When I got back to my day program I taught my staff about "squeezing the lemon and releasing" this made everyone feel really good inside.

Written By: Nina Kennington, Afton





In the month of April, I enjoyed driving to Salt Lake with friends and staff. Where we boarded our flight left on a plane to San Diego, during my flight I watched a movie and relaxed. After arriving in San Diego we rented a small white van and started our journey. We took the van to go get checked into the hotel, that night at the hotel I swam with friends and staff. Upon waking up we enjoyed a breakfast at Denny's. Drove to the San Diego Zoo to look at some of my favorite animals, like the tiger and turtles, watched a movie at the zoo, and ate lunch at the zoo. We then went back to the hotel where we relaxed a staff took our orders and brought back Wendy's for dinner. I then set aside my outfit for the morning. The next morning, we rode to Sea World where I enjoyed watching Shamu, the whale, riding rides, spending money on souvenirs, and eating lunch. My favorite part about sea world was riding the spinning tea cups with a friend, and watching the dolphins splash in the water. When I woke up the next morning we went to San Diego Safari and saw platypus and flamingos. The next morning packed up our stuff, went to the beach, took back the rental, and enjoyed our flight back to Salt Lake.

Written By: Connie Eggleston Thayne LSR Participant

Ways To Support Lincoln Self Reliance

- While shopping at Smiths in Evanston during checkout mention Lincoln Self Reliance to donate a percentage of your purchase.
- Shop online with AmazonSmile selecting Lincoln Self Reliance as your charitable organization and we receive 0.5%
- Donate your used, in good condition items to the Afton Thrift Store
- Do you have a special talent, and would like to teach others? Volunteering your skills in our day habilitation settings would be a great way to support our communities.
- Join our local fundraising events

We appreciate the support we get from our amazing community members. Without you all we could not be as successful as we are in running our programs.

On June 17, 2021 Thayne and Afton participants got to enjoy the Bar J Wranglers during their last season of performing. As always it was a great night out with delicious food, wonderful company, and a great show. This has been a long loved tradition for clients and staff!



Teresa Sruoginis, is one of our clients who resides in our Afton residential home, she is a bright, funny, intelligent individual who loves to tell stories of her past. Teresa grew up in Big Piney, Wyoming on a ranch with her mom, dad and siblings. Some of her favorite past times include; fishing with dad, going to Disney Land, and pinching fleas. Teresa is a HUGE fan of The Beatles she can tell you about all the members of the band as well as sing you each of their songs, she loves the movie Grease, going bowling, animals, bubbles, and her weekly conversations with her older sister, Sandy. Over the past years she has received awards at our recognition celebrations for, being kind, offering warm hugs, adapting to her surroundings, and being a word game wizard. Teresa is a wonderful spirit and brings so much joy to our staff as well as her peers, she has a smile that will light up a room and her laugh is one in a million!



FANTASTIC FOUR

Some may be thinking... WHAT... Afton has a team of Super Hero's... WHO are these people; well let me tell you a little bit about these magnificent people. I consider our graveyard crew our FANTASTIC FOUR, they work in the cover of the night, in and out with little recognition, they battle the full moon spells, and take on nightly earthquakes (medical needs) with grace and stability!

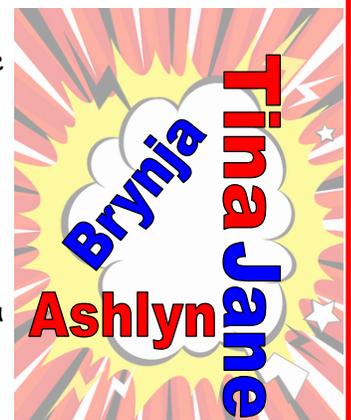
Let me introduce you to...

Tina Myles, recently reaching her FOUR years of service with Lincoln Self Reliance, she is a mother of three, loves the out doors, and is a jack-of-all- trades. Not long after I was put in as lead I saw a woman with a lot of heart, and a lot of drive, she speaks to the clients as if they really matter, when she is working with a client she has a way of making them feel like they are the only person that matters at that time! "It is only with heart that one can see rightly; what is essential is invisible to the eye."

Jane Scott, recently reaching her THREE years of service with Lincoln Self Reliance, she enjoys time with her family, gaming, and taking a bit of time to travel. When she walked into her interview it was her first experience into the work field, she was timid, she was confident, and she is so intelligent, she has opened our eyes to so many different ways to view things and address things, Jane has helped us realize that each of our clients all need different things to learn, live, and flourish! "Respect the differences between people it makes people unique"

Brynja Hansen, she came to Lincoln Self Reliance 7months ago originally working day shift and recently transferring to nights. She enjoys the outdoors, doing makeup, and spending time with her two beautiful children. She brings a fresh, great, and fun atmosphere to her clients and co-workers. Brynja has a way about her that makes everyone smile. "Vibrate good energy into others souls; making them never forget the beauty of yours."

Ashlyn Burdick, coming in as our newest member of the Fantastic Four, she has worked with Afton Lincoln Self Reliance for 6months now, she is the mother to a beautiful little girl whom is the center of her world, Ashlyn enjoys time with her friends and family. She is cool, calm, and collected, as a mom to a young child she is gentle and knows to move at a slower speed when a client needs, she knows how to "pick your battle" and has great patience! "Patience is the ability to count down before you blast off"





Evanston Lincoln Self Reliance has been doing some really fun activities the last few months. A couple of their favorite activities have been, a trip to Lagoon where they got to experience fun rides, good food, and entertainment as well as a day spent at the Drag Races. As staff we always really enjoy these activities and getting a glimpse of the world through our participants eyes

Staff Years Of Service For This Quarter

ONE

- Kelly Gordon (Thayne DSP)
- Autumn Nalley (Afton LDSP)
- Austin Nalley (Afton DSP)
- Brandie Rodgers (Afton Thrift Store)
- Nellie Blakeman (Evanston DSP)

TWO

- Thomas Skinner (Thayne LDSP)
- Janis Speth (Thayne DSP)
- Wendy Hurd (Thayne DSP)
- Matt Blakeman (Evanston DSP)
- Forrest Smith (Evanston DSP)
- Ronda Bullock (Evanston DSP)

THREE

- Jane Scott (Afton DSP)
- Danielle Blakeman (Evanston Program Manager)

FOUR

- Rissa Grisamer (Afton Program Manager)

SEVEN

- Connie Barton (Evanston DSP)
- Josh Davis (Evanston DSP)
- Julie DuBois (Evanston Office)
- Jeff Lancaster (Evanston DSP)
- Sandra Sharp (Evanston Office)
- Stacie Sheets (Evanston Office)
- Judy Symes (Evanston Office)
- Sharon Wagstaff (Evanston DSP)
- Paige McIff (Evanston DSP)

EIGHT

- Chelsea Reeder (Diamondville DSP)

TWELVE

- Kallie Bennion (Afton Office)



Kemmerer LSR got the chance to have a surprise visit to the Afton LSR. It is always so fun to break up our day to day routines and visit with friends we haven't seen in over a year. The pandemic was hard on all of us but it is in the moments like this visit that you truly realize how much friends, smiles, hugs, and laughs were missed and how human touch and interactions lift a person up!

Afton's clients have a few activities they highly enjoy to do every year, and we were so happy to be able to get back to it after having to skip last years favorite events. One event is taking a day and going to the Idaho Falls Zoo, we left early morning, got to Idaho Falls had a group picnic then broke into smaller groups and enjoyed the animals of the clients choosing at the speed they saw fit, we then gathered up and went to the mall to find some air conditioning, after everyone got cooled down we had a snack and headed home it was a long and fun day. A guardian sent a message that stated, "Thank you so much Afton staff, my participants came home happier than I have ever had them come off of a day trip." Although we don't do DSP work for a thank you it is always so nice and encouraging to get good feed back for the hard work these activities take! Another one of the clients favorite summer activities is, Therapeutic Horse Back Riding, LSR has been fortunate enough to partner with C-V in Jackson , Wyoming allowing our Afton and Thayne clients to have this opportunity each Thursday morning. C-V has a new program coordinator this year and the lessons that have been provided have far exceeded our clients expectations! Thank you for your time and this great service you provide.



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 achieve participation in the community.



LSR

Lincoln Self Reliance, Inc.

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Board of Directors

Darren Bateman, President

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Harold Jones, Member

Jayson Kennington, Member

LSR

Thrift Store

Monday-Friday

10:00am-5:00pm

Saturdays

10:00am-2:00pm



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