

COMMUNITY WORK OPPORTUNITIES L.L.C.

QUEST FOR KNOWLEDGE

C.W.O. MONTHLY NEWSLETTER- IMPORTANT EVENTS AND HAPPENINGS AT C.W.O.

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RECENT EVENTS

C.W.O. hosted it's 2nd annual Luau dance on July 7th!! It was a great evening filled with tropical fun!! Thanks to everyone that helped make this dance a night to remember!!



(that's a funny looking coconut!??)

UP-COMING EVENTS

- **July 4th— Independence Day!!**



CANCER

June 22-July 22

HAPPY BIRTHDAY!!!!



G.W.O REPORTERS

Jane Vermuelen
Andy Lacis
Ben Riley
Greg Marshall

The Life of an Olympian

By: Jane Vermuelen

“Skill, Courage, Sharing and Joy” : an important motto a Special Olympics athlete endures. Why you ask? I know this because I have been a Special Olympics athlete for over 25 years!! Being a Special Olympics athlete keeps my self-esteem high and lets me keep on going! Also, it's a ball to be a part of the Special Olympics...I enjoy spending time with old friends and making new friends each year. As for our oath: “Let me win! But if I cannot win, let me be brave in the attempt!” When you compete in the Special Olympics it is a lot of fun getting a medal! When you have several of them hanging around your neck they “clink” when you walk! As people say “I'm proud to be an American”...I can also say “I'm proud



JOB SITE CORNER:

Welcome to the job site corner! Each month we will spot-light a job site or individual that has made great strides in the area of job development or placement.

JULY:

Tyrone Turner has been a member of the C.W.O. family since 2006!!! Tyrone is an employee of Quest and works in the shredding department. Tyrone has learned many valuable skills here at C.W.O. and we are so proud of his success!! Tyrone is a friendly, hard working employee and a joy to be around. Keep up the good work Tyrone, we are very proud to have you as a member of the C.W.O. family!!



Inspirational Quote of the month:

“Putting others first doesn’t mean putting yourself last, YOUR HAPPINESS MATTERS TOO!!!”

MONTHLY MICRO-BUSINESS SPOTLIGHT

PARTY PLANNERS

This is one of our newest micro businesses. The owners of this business assist in planning our C.W.O. special events, such as our themed dances. These individuals are responsible for the planning of the event, purchasing supplies and helping to set up for the event. If you would like more information about this business or service opportunities please contact Mary Ellison 734-981-3709.



INDEPENDENCE DAY!

The 4th of July is one of the only true, all-American holidays. It commemorates the adoption of the Declaration of Independence on July 4, 1776, declaring independence from the Kingdom of Great Britain. Summer is here and so is the 4th of July, so get out the BBQ, the sparklers and smores and get ready for a safe and happy 4th of July!!! A day to truly celebrate our **FREEDOM!!!!**



SENSORY CORNER

THE SENSORY DIET

Many people have heard the term sensory diet, but do we really know what it means? What exactly is a sensory diet? Is it a diet that includes the use of sensors, or a diet that requires you to eat special sensory food, or does it even involve food at all? Well, the answer is no, no and no. A sensory diet does not involve food, but rather is a personalized schedule of sensory activities designed to help adjust a person’s nervous system to help them effectively respond to the sensations in their environment. It can enhance the ability to focus attention and to maintain a calm state of alert. A sensory diet also helps reduce protective or sensory defensive responses that can negatively impact social contact and interaction. The term “sensory diet” was coined by occupational therapist, Patricia Wilbarger, an internationally recognized expert in sensory integration.

Certain types of sensory input would be considered the “main course” because they are very powerful and satisfying. These are the activities involving movement, deep touch pressure, and heavy work. These are the real powerhouses of any sensory diet as they make the most significant and long lasting impact on the nervous system (Wilbarger, 1995; Hanschu, 1997.) There are other sensory activities that are also beneficial, but their impact is not as great. These may be thought of as the “sensory snacks”. These activities affect the nervous system for a shorter duration, and generally involve mouth, auditory, visual, or smell experiences. The most successful sensory diet includes the individual as an active participant not just a recipient.



NEWTON’S CORNER:

Hi Everyone!!

HURRAYYYYYY!!!! **Summer is finally here!!** Make sure when you are playing fun-in-the-sun remember your sunscreen!!



Woof!!

Newton (Fig Bar) Vermuelen