

YOUR MIND IS A GARDEN.
YOUR THOUGHTS ARE THE SEEDS...
YOU CAN GROW
FLOWERS.
OR YOU CAN GROW
WEEDS...

Nevins Inc.

APRIL 2018



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March was Developmental Disabilities Awareness Month and Nevins had the opportunity to celebrate and showcase our commitment to providing quality services and educating others on the opportunities that Nevins has to offer. Nevins attended the Metro School and East Mecklenburg Transitional Fairs, and these two events offered options for families and the support they need for post-secondary success for students needing ongoing services. We look forward to connecting with the families again in the future! Our 2nd Annual Chili-Cook off was a huge success! Thank you

to everyone that came out to support Nevins, and thank you to our Nevins team, Rudy, Gail and Delores for a near perfection chili they prepared. \$1,300 was raised, and this will help fund our 1st. Annual beach trip to Myrtle Beach for our staff and individuals that Nevins supports on May 4-6.

The Nevins Special Olympics Team has been preparing for the big games on April 24th. Share the moment with them at the Opening Ceremony at Bojangles Arena on April 23rd at 10am and help cheer all

the Olympians on to victory.

Our Spring Fling is April 28. There will be many fun activities, much yummy food, music and dancing and an Awards Ceremony. It will be a fun-filled day. Please come out and join us!

The 13th Annual Festa Italiana is right around the corner! You still have time to purchase Early Bird tickets. Please go to www.festaitalianacharlotte.org. I look forward to seeing everyone there!

- Adam Lawlor

March Employee of the Month - Robby Payne

Congratulations to Robby Payne, our March Employee of the Month!

Truly a man of few words, Robby said "I enjoy working at Nevins and working with the individuals we serve".

Robby has been working at Nevins for 4 years. He is dedicated to the individual he serves and to fulfilling the Nevins Mission. He is always willing to help others in any way and is the embodiment of a "team player".

Congrats again Robby! We love having you on the Nevins team!



Events and Happenings!

April 7—Nevins Community Yard Sale (8am-12pm)

April 14—Volunteer Day

April 19—Festa Italiana at Nevins Lunch

April 23—Special Olympics Opening Ceremony, Bojangles Arena, 10am—Noon

April 26—Eat Out for Nevins—1911 Central Avenue

April 28—Spring Fling (11am—2pm)

Join us on Facebook to see what fun we have been up to:
www.facebook.com/Nevinscenter



Management Staff:

Adam Lawlor
 Executive Director
 Natasha Young
 Program Director
 Kimberly Hailey,
 Program Manager
 Patrice Baldwin
 Team Lead
 Linda Moore
 Team Lead
 Deon Chism
 Team Lead
 Jonathan Martin
 Program Supervisor
 Cathy Duenkel
 Admin. Assistant

Abilities and Possibilities

Is that a worm on your shoulder?..... April Fools!!

In the month of April, we are going to be having some Fun, Fun, Fun! We will be observing National Twinkie Day, National Pet Day and Bugs Bunny Day. We will be starting our Kickball Team! We encourage everyone to be a part of the fun.

We are still sponsoring the Music Therapy and Art Classes and welcome all participants to be a part of these groups. Stay tuned for more exciting activities that we hope to add to our lineup!

We are gearing up to change Abilities and Possibilities into a Summer Camp theme again this year! For more information or if you

know anyone that is just chilling at home for the summer, please call Natasha Young at 704-596-1372, ext. 201.

We are always searching for new adventures, so if you have a suggestion please share.

- Natasha Young

Transportation News



For any transportation issues regarding the Nevins vans, please call 980/505-2388. This phone is monitored 24 hours a day.

CPCC/Nevins I-LEAD

During April, the Community/Language/Computer classes Monday thru Thursday will continue to work hard to complete their Community Goals.

Students will continue building on their skills using the computer to Google then create a fun worksheet on Earth Day, Sunday, April 22. Due to the success of last years "Clean Sweep Walk" we, along with the Abilities & Possibilities program, will observe it this year on Thursday, April 19. We will be armed with gloves and trash bags as we make a clean sweep of the Nevins campus.

The Wednesday 10 am Vocational Education class will be learning about jobs in the Hospital Workbook in class. Jackie & Marlon will be the speakers. They will each speak about their jobs at CMC then answer questions the students may have. We will take a field trip to Carolina Medical Center (CMC) to shadow Nevins' Enclave at their jobs.

Myra Robinson, CPCC/Nevins Instructor

Nevins Easter Eggstravaganza!



Creating opportunities for intellectually & developmentally disabled adults in Mecklenburg County through person – centered care and employment services.



Notes from Natasha

We have introduced a new column from our Program Director, Natasha Young, to provide helpful tidbits for our Nevins community and your life.

Teammate- Being a member of a team.

The simple fact of being on a team makes you a teammate, but do you consider yourself a teammate? Being a teammate is also considered a verb because it requires that you actively listen, communicate and participate with your immediate and extended team. In this season, let's evaluate where we are as a teammate

and consider how we can assist the Nevins mission by striving to do more.

Natasha



Nevins Events!

We have a very busy April ahead so check the calendar and look for flyers for each as they get closer. First of all, on the 19th. the wonderful folks from Festa Italiana bring the Festa to Nevins! Vincent Vocci and the Festa committee will bring wonderful pizza from Brooklyn South (long time contributor to the Festa.) We will have a short program and we will officially kick off the Festa Season!

Sticking with the Pizza theme, we are bringing back the Eat Out For Nevins event. This is the easiest way to help raise a little money, just go have dinner at our restaurant partners on the Nevins Night. This month it is Pure Pizza at 1911 Central Avenue. Come have some delicious pizza and tell them you are "Eating Out For Nevins" and 15% of your check will be donated to Nevins! While you're there come say "HI!" to Nevins participants, staff and friends.

Of course we can't forget Nevins Spring Fling on April 28th. from 11am to 2pm. We will be opening things up with something fun that features our participants: Karaoke! Don't worry we will also have all the great awards recognizing the people that really make a difference at Nevins. The Nevins Board of Directors will be providing a wonderful lunch and of course the Cake Walk! Please have all donated cakes to the Spring Fling by 11:30am. We are also working on some other great surprises! We will see y'all there!



Clinical Services Update

Spring is nature's way of reminding us that every day is worthy of celebration. Spring is officially here at Nevins, and April is dedicated to National Autism Awareness Month.

Autism, or Autism Spectrum Disorder, refers to a range of conditions characterized by challenges with social skills, repetitive behaviors, speech and nonverbal communication, as well as by unique strengths and differences. There is not one autism but many types, caused by different combinations of genetic and environmental influences.

Autism Facts:

The Centers for Disease Control and Prevention (CDC) estimates autism's prevalence as 1 in 68 children in the United States. This includes 1 in 42 boys and 1 in 189 girls. An estimated 50,000 teens with autism become adults – and lose school-based autism services – each year. Around one third of people with autism remain nonverbal. Around one third of people with autism have an intellectual disability.

Certain medical and mental health issues frequently accompany autism. They include gastrointestinal (GI) disorders, seizures, sleep disturbances, attention deficit and hyperactivity disorder (ADHD), anxiety and phobias.

Here at Nevins, we serve a very diverse population, and this includes several individuals that have been diagnosed with Autism Spectrum Disorder. Therefore it is important that we as caregivers understand both the diagnosis, as well as how to effectively communicate with our individuals.

A Few General Tips:

Teaching individuals to advocate for their own needs is an important skill that can ease the transition from school age to adulthood.

Behavior can be a form of communication, to determine a pattern, pay attention to what occurs right before and immediately after a behavior. Know that just because an individual may be nonverbal, he or she is still able to hear and understand much of what is said around them. Make sure all messages are positive. It is important to teach individuals on the autism spectrum social skills. Turn-taking and social distance are skills that may not come naturally and need to be taught.

Every individual is different, so it's important to be mindful of sensory input in the individual's environment. If these sensory issues are not addressed, repetitive behaviors and a failure to respond to certain relevant stimuli may develop. Break tasks into small steps. Showing pictures of each step, modeling task, and saying each step out loud can facilitate learning. Provide rewards when goals are reached. Try to keep language as simple as possible by using minimal words when making your point or providing information. Avoid the use of sarcasm and idioms, as these may be taken literally. Unstructured activities and wait time can be a source of anxiety and confusion for some individuals. Specific directions and checklists of what to do during unstructured activities can be beneficial. Individuals on the spectrum will read our emotional level about a situation. Use a calm tone of voice and avoid physically touching the individual, even in the midst of a behavioral outburst. Many individuals with autism spectrum disorder may be less likely to communicate for social purposes and will need to practice their conversation skills.

Remember: Here at Nevins we see the ABLE, not the LABEL

- Kimberly Hailey

Aktion Club

Charlotte Mecklenburg Aktion Club met in the month of March. We discussed upcoming service projects for April and May 2018. For their April service project the Aktion Clubbers donated candy filled Easter eggs for the Nevins Annual Easter Egg Hunt. Thanks to Natasha Young, Program Director of Nevins Inc. for accepting our service project. On April 7th. at 6 p.m. we will be attending our Mid-Year Conference Hockey Event at the Bojangles Arena. There will not be any associated activities this year; only the hockey game. If you are interested in attending, please let Club Advisor Delores know and we will get you tickets. The cost of the tickets is \$17. There are also some free tickets that we are offering.



Our next Aktion Club meeting will be held the first and third Wednesdays in April. If you're interested, the meetings are at 9 a.m. until 11 am. Thank you to all of our staff for supporting our individuals during the meetings.

Club Advisor, Delores Miller

Atrium/Nevins Team

I would like to give a big THANK YOU to Sylvia Crawford, Shimica Boular, Demarcus Nance, Marcie Stafford, Nancy Burris and the all the individuals on the Atrium/Nevins Team for showing that there is no I in Team Work! Thanks for all you do for our patients!

Linda Moore, Nevins Team Lead
Mercy Team

Supported Employment News

I would like to take the time to thank Lexilee Enterprises (McDonald's) for giving our individuals the opportunity to work and for helping Nevins make our mission possible! We have several individuals employed at McDonalds. The Lexilee Management Team is very understanding of our mission and the individuals love their jobs at McDonalds!

Thanks again for helping change the lives of the individuals we serve!

Jonathan Martin, Supported Employment Supervisor

Mission: Nevins, Inc. provides developmentally disabled people over the age of 16 with opportunities to achieve their fullest potential through employment and community involvement.

April Birthdays

Robert Harris	15th.
Helen Weeks-Martin	17th.

Nevins Inc.

3523 Nevin Road
Charlotte, NC 28269
<http://www.nevinsinc.org>

Phone: 704-596-1372
Fax: 704-598-7052

**Helping developmentally disabled
adults reach their fullest potential for
over 50 years**

**Nevins is a 501 (c)(3) organization supported
by public contributions and aided by volun-
teers. If you wish to learn more about how you
can help us provide person-centered care to
the developmentally disabled community
please visit our website at www.nevinsinc.org
or call 704-596-1372.**

Nevins Needs

We are looking for a group of enthusiastic volunteers to spearhead a volunteer day at Nevins on April 14th! We have some painting, staining of the new deck and some work in the garden that could keep a class, work group or volunteer organization busy for a few hours on a Saturday. If you know of a group that might be interested contact Phillip Gussman pgussman@nevinsinc.org. Thank you!

Keep in Touch with Nevins

Here at Nevins we have a large “family”, a family that consists of consumers who utilize our programs, the parents or caregivers of those consumers, our talented staff, the dedicated volunteers, our generous donors and our community. To help us keep in touch we have a Newsletter that lets you know what’s happening at Nevins and helps us celebrate the accomplishments of that wonderful “family.”

Our monthly newsletter has been going for over a year and it’s finally available by email and ready to share with everyone. That is why we are asking for your contact information so we might be able to minimize costs while keeping everyone informed on how we are “Creating Opportunities.” You may also email this information to info@nevinsinc.org or send to 3523 Nevin Rd., Charlotte, NC 28269 or just subscribe to the newsletter on the website! www.nevinsinc.org

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____

















Phone: _____

I want the Nevins Newsletter emailed to me: _____ Please contact me. I want to learn more: _____

How are you “related” to Nevins?

I participate in Nevins programs: _____ I am a family member/caregiver: _____ I am a volunteer: _____

April 2018

Events and Happenings!						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2  Easter Egg Roll Day	3 Good Eats Tacos or Burritos with fixins.	4  Vitamin C Day	5  Deep Dish Pizza Day	6  Hostess Twinkie Day	7  Yard Sale
8	9  Jumbo Day	10 Good Eats Salad Day	11  National Pet Day	12  Astronaut Day	13  Happy Hour	14 Volunteer Day at Nevins!!
15	16  Save the Elephant Day	17 Good Eats Tuna Macaroni Day	18  Radio Announcer Day	19  Festa Pizza Party	20  Happy Hour	21
22	23 Special Olympics Opening Ceremony	24 Special Olympics Games	25 Good Eats HoBo Beans and Corn on the Cob	26  Pretzel Day	27  Hairball Awareness Day	28 Spring Fling 11am-2pm
29	30  Ehh, What's Up, Doc? Bugs Bunny Day					