



# Community & Fitness NEWS

September 2024

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## SPIN COM FIT'S SPOOKY STROLL

OCTOBER 13TH-19TH

*Help us to continue to shine bright & have our voices heard!*

**PLEASE ASSIST US IN RAISING FUNDS TO EQUIP THE SPIN COM FIT HAILEY TEMPLE FOISY MEMORIAL THEATER WITH A NEEDED UPDATED LIGHTING + SOUND SYSTEM.**

**WAYS TO GET INVOLVED!**  
JOIN A TEAM, DONATE TO SUPPORT, PURCHASE A T-SHIRT, AND SHARE THE LINK!

[CLICK HERE TO DONATE OR CREATE A TEAM:](#)

[CLICK HERE TO ORDER A T-SHIRT](#)

## SPIN COMMUNITY & FITNESS HALLOWEEN DANCE & FRIGHT NIGHT

\$10.00 PP

OCTOBER, 25TH  
6:00-8:30 PM

SAVE THE DATE

S.P.A.R.C  
SPIN Self-Advocacy Meeting  
Wednesday,  
9-18-24  
12:00-1:00pm  
All Are Welcome!





Community  
& Fitness

WE WILL BE

**CLOSED**

September 2nd

for

**LABOR DAY**



HAVE A SAFE AND HAPPY HOLIDAY



# Employment Spotlight



Meet Frank! He is beyond excited to be working at one of our local GIANT supermarkets as a Cart Attendant! He officially started working this week and is LOVING his new job so far. He is responsible for ensuring that the parking lot at GIANT is free of shopping carts and that there are plenty of carts at the front of store for customers to use. Frank had been exploring jobs where he can build on his independence and GIANT has given him the opportunity to build new community relationships and earn a paycheck! We are beyond proud of Frank on how far he has come on his employment journey.

Keep up the incredible work, Frank!





# SUMMER OLYMPICS



**RED HOT CHILI PEPPERS**



**BLUE SHARKS**



**BLACK WIDOWS**



**GREEN GATORS**



**SPIN COM-FIT RECREATION TEAM**

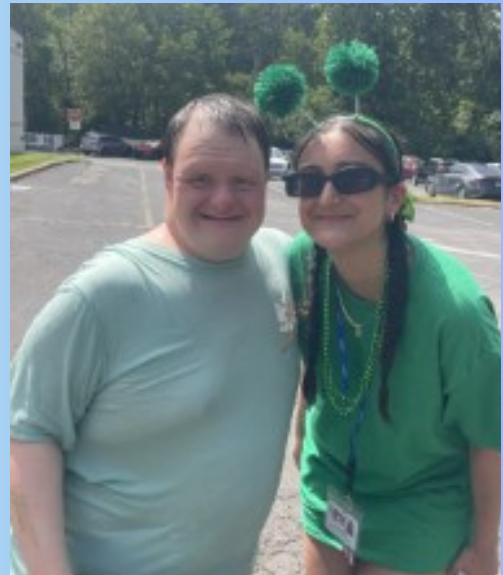






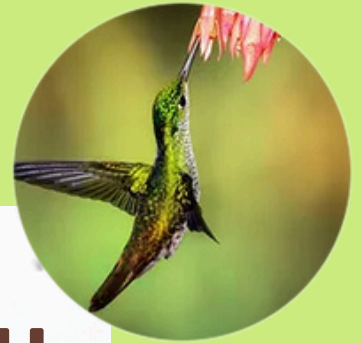








# NATIONAL WILDLIFE DAY



**WEDNESDAY,  
SEPTEMBER 4TH**

**JOIN THE PARTY FOR A ROARING GOOD TIME!  
THEMED CLASSES \* TRIVIA \* GAMES**



 **Community  
& Fitness**



**BE SURE TO WEAR YOUR BEST ANIMAL PRINT**

# SELF-CARE AWARENESS DAY

## TUESDAY, SEPTEMBER 10TH

DID YOU KNOW  
SEPTEMBER IS  
NATIONAL  
SELF-CARE  
AWARENESS  
MONTH?



I DIDN'T. WHAT  
EXACTLY IS  
SELF CARE?



**Self-care is the practice of prioritizing your personal well-being and establishing behaviors to promote health, manage illness, and ensure holistic well-being.**

### 5 simple tips to try for Self-Care:

- Set small daily goals that make you happy.
- Meditate to find silence and focus on yourself.
- Reach out to a friend you haven't talked to in a while.
- Doing good for others boosts endorphins.
- Practice saying no to prioritize your mental health and well-being.



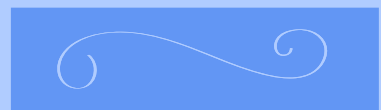
Community  
& Fitness

# The Great SPIN Bake - Off

SEPTEMBER 27TH

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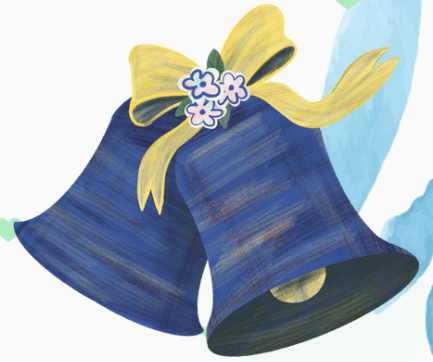
1:00-3:00





# Congratulations

Let's come together to celebrate the recent weddings of  
*Michelle & Julian, Nicole & Roni, and Natasha & Bert.*





# MOMENTS OF MAGIC

Onyx, Cristin, Lori and Donna seeing the play Matilda with Ella Urmson playing Matilda



Sam, Ron, & Nicole



Jerai, Gavin & Kelly



Enjoying the beautiful weather and sights & sounds of Philadelphia.



Joe, Dylan & Lori attended the Voters Information Day held by Vision for Equality's Philadelphia Parent Support Groups.



Elizabeth, Vinnie, Sadiki & Shannon enjoy John Heinz National Wildlife Refuge

Sam & Ron enjoy the Trenton Thunder game!



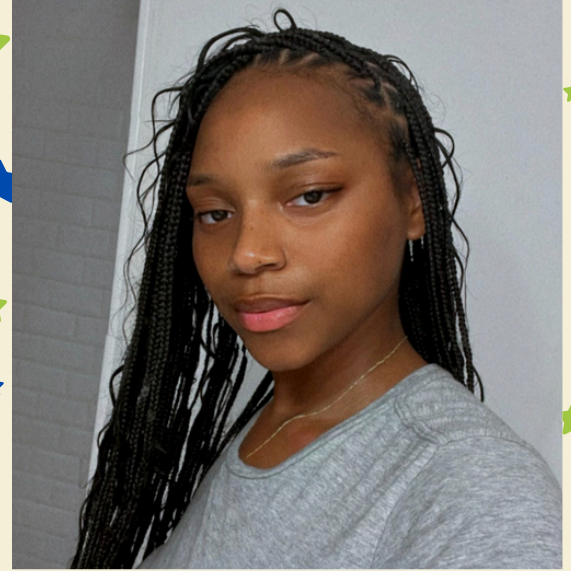
# Happy "SPIN"iversary



**3 YEARS!**

**Caitlin Breen**

**9/20/21**



**1 YEAR!**

**Airyiana Watson**

**9/21/23**



**10 YEARS!**

**Donna Martin**

**9/1/2014**

**10<sup>th</sup>**  
**ANNIVERSARY**

*Congratulations!*

We are so grateful that you are part of our team! Thank you for all you do each day!



# Happy Birthday

SEPTEMBER

BIRTHDAYS!

- 4 Alyssa Cruz
- 5 Bill McKenty
- 5 Coleen McPhillips
- 7 Lori Copestick
- 8 Julie Bradley
- 9 Kayla Medina
- 10 Carol Richardson
- 11 Kelly Kirk
- 14 Chandelle Michael
- 15 Sarah Golden
- 16 Trainna Griffin
- 23 Shaiheen Noble
- 25 Alec Weinstein
- 26 Madison Dever
- 28 Ben Radcliffe
- 29 Jen Astacio
- 29 Desmond Crump





# TECH CORNER

## Did you know that ODP has a quarterly Technology Taskforce Newsletter?

<https://home.myodp.org/resources/tech-task-force-newsletters/>

### AT for Staying Hydrated



Staying hydrated is essential for everyone. Dehydration can lead to various health issues, so it's crucial to find ways to encourage water intake. Here are some gadgets and tips that can help:



- **Smart Water Bottles:**
  - These bottles come equipped with sensors that remind you to drink water at regular intervals. Some even have LED lights that flash when it's time to hydrate. Consider using a water bottle that paces your water intake throughout the day. For example, the **HydroMATE** water bottle reminds you to refill and calculates how much water you need based on the time of day. **Hidrate Spark TAP Smart Water Bottle**
- **Smart Home Assistants:**
  - Devices like Amazon Echo or Google Home can be programmed to remind you to drink water. Set up voice commands to receive hydration reminders throughout the day.
- **Flexible Straws or Hoses:**
  - For people with limited mobility, using a long, flexible straw or hose can make it easier to position the straw close to their mouth. This way, they always have direct access to their beverage. **Giraffe Bottle Drinking Solutions**
- **Innovative Smart Cups:**
  - Some smart cups accurately monitor fluid intake, sip by sip. These cups integrate with care plans and patient software, ensuring that all hydration data is in one place.
  - **Aquarate - Hydracare Smart Cup for Reducing Dehydration**

## PA TECH ACCELERATOR WEBINAR SERIES

- What: A webinar series about how assistive technology (AT) can change lives by increasing access to employment, social interaction, and everyday life.
- When: Third Thursday of every month, 12 p.m. AND 4 p.m.
- September 19, 2024: A Day in the Life: Work, Home, + Community
- Location: Zoom



[\*\*Registration & More Information\*\*](#)

# CLASS CHAT

## HALLOWEEN PARTY PREP

We are getting excited about our annual Halloween party at SCF. Jerai wants to get an Eagles cheerleader costume. Her mom will shop online soon. Jerai can't wait to see everyone in their costumes. Last year, Jerai loved the spooky-looking food and dancing to "The Monster Mash!" Nick C. agreed! He loves to get dressed up for Halloween. Nick will be Will Smith in Men in Black and will dance to "Thriller."



## Fall Favorites

JERAL: Raking Leaves

LAUREN: Leaf Peeping

MEGAN S: Eating Hot Soup

CHRIS A: Watching Family Smash Pumpkins

SARAH: Making Fall Recipes

DAN O: Going Apple Picking



# ACTIVITY CENTER

## September 13th is National Positive Thinking day!

A positive affirmation serves as a reminder of your strengths and best qualities. By reciting positive affirmations during challenging times, you can maintain a positive mindset and ward off negative thoughts.



Circle or write down all the positive qualities that resonate with you.

Funny	Smart	Brave	Loyal	_____
Kind	Gifted	Intelligent	Driven	_____
Patient	Resilient	Motivated	Creative	_____
Optimistic	Understanding	Caring	Unique	_____
Generous	Diligent	Hard-Working	Confident	_____
Cool	Responsible	Easygoing	Respectful	_____
Adventurous	Friendly	Leader	Helpful	_____



Using these positive qualities, write three positive affirmations that you can use when you are feeling anxious, depressed or just need a little confidence boost.

Example: *“I can do this, because I am smart, confident and hard-working”*

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

*You got this!*

*You got this!*

*You got this!*

# spIN Our Next Issue.....

- MORE Stories!
- MORE Pictures!
- UPCOMING EVENTS!
- ANNOUNCEMENTS!
- Employment Report!
- Volunteering Update!
- Fitness Opportunities!
- Community Connections!
- Technology Connections!
- ...and MUCH MUCH MORE!



## Upcoming Closures

- |             |          |                        |
|-------------|----------|------------------------|
| ○ Monday    | 9/2/24   | Labor Day              |
| ○ Thursday  | 11/28/24 | Thanksgiving Day       |
| ○ Friday    | 11/29/24 | Day after Thanksgiving |
| ○ Tuesday   | 12/24/24 | Christmas Eve          |
| ○ Wednesday | 12/25/24 | Christmas Day Holiday  |

*Reminder*

Just a friendly reminder, SPIN Community & Fitness operates from 8:30 am to 3:00 pm. Kindly avoid booking rides to arrive before 8:30 am or pick-ups to arrive after 3:00 pm.