



# Community & Fitness NEWS

## February 2026

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SPIN Our Next Issue...

# Recreation Therapy Month!

Celebrating the Power of  
**Connection, Purpose, and Engagement**

## February is Recreation Therapy Month!

At SPIN, Recreation Therapy is more than activities—it's about **belonging, empowerment, growth, and joy**. Throughout the month, we proudly celebrate the impact of Therapeutic Recreation in supporting individuals to **build** skills, confidence, **wellness**, and meaningful connections within their communities.



### What Recreation Therapy Brings to SPIN



**Builds independence & life skills**



**Strengthens physical, emotional & social wellness**



**Encourages community inclusion & belonging**

*And of course. Tons of FUN!*



**S.P.A.R.C  
SPIN  
Self-Advocacy  
Meeting**  
Wed, Feb. 11th

**12:00-1:00pm  
All Are Welcome!**

FEBRUARY IS

# BLACK HISTORY MONTH

“

Black history is American history.  
Black culture is American culture.”

- Morgan Freeman



CELEBRATING  
BLACK HERITAGE

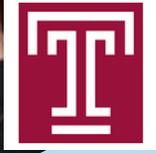
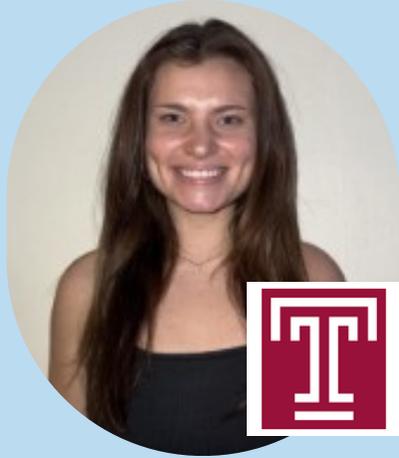


HONORING  
BLACK EXCELLENCE



EMBRACING  
BLACK CULTURE

# New Faces AT SPIN COM FIT



Hi Everyone!

My name is Mickey and I am a senior intern here at SPIN. I currently go to Temple University and I am studying recreational therapy. I really enjoy going to the gym and listening to music. My favorite place is the beach, specifically Long Beach Island, NJ!

Hi, I'm Samantha Cantor, a senior Recreational Therapy intern at SPIN. I enjoy working out and trying new fitness classes, building lots of Lego sets, painting, cooking, and listening to music. I studied at the University of Alabama before transferring to Temple University, where I've spent the past three years majoring in Recreational Therapy and am set to graduate this May. I love animals and have four dogs, two cats, and my bunny Tito—plus a Great Dane named Arty who thinks he's the size of a chihuahua. I'm so grateful to be part of the SPIN team and look forward to learning, growing, and building meaningful connections, with plans to attend Temple's ABSN nursing program and earn my CTRS certification.

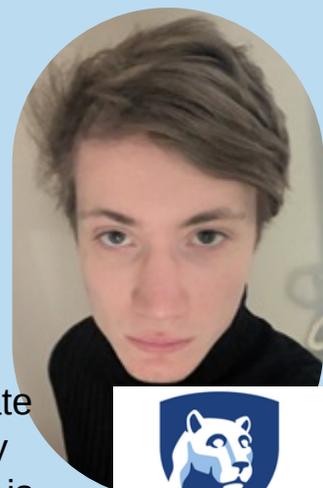
I love the energy and positivity that radiates through SPIN. Everyone is welcoming and always has a smile on their face. The care and attention that all the staff show the individuals is incredible, and I am so grateful to be able to be a part of this team for my senior internship. I am looking forward to learning, growing, and building bonds with the staff and individuals who go to SPIN



Hi, my name is Ramis. I am a Recreation Therapy major at Temple University and am completing my Junior internship at SPIN Community & Fintess.



Hi, I'm Alex! I'm a Psychology student at Penn State Abington who loves playing video games with my friends and listening to music. A fun fact about me is that I used to attend summer camp at SPIN Com Fit when I was a kid

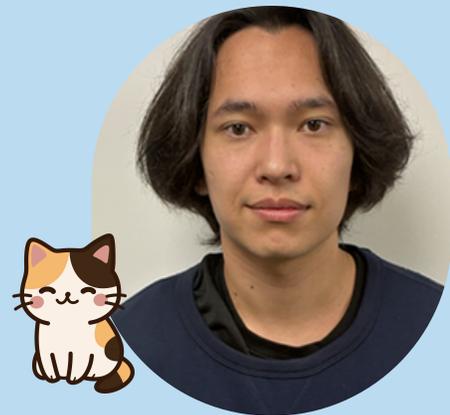


# New Faces AT SPIN COM FIT



My name is Lorpu and I am a Direct Support Professional. During my spare time, I enjoy working out, taking trips and watching movies. I'm married and just had my first child 6 months ago. I went to school in Iowa. I've worked at Spin in Residential for 8 years but new to Norcom. What I like about Spin is, how much we care about our individuals. A fun fact about me is that I was born in Africa.

Hi, I am Daniyal. I am an external DSP Sub at SPIN Com Fit/ I like to play music and make new friends. I have a calico cat, and my favorite food is eel avocado sushi.



I my name is Brenda and I am a DSP at SPIN. I enjoy dancing, listening to music, taking road trips, traveling, and cooking. I love working with individuals with disabilities and truly appreciate being part of a great team with kind coworkers and supportive management. A fun fact about me is that I love shopping when I'm feeling sad, and I enjoy cooking and baking while listening to music.



Hi, my name is Sommer, and I work as a DSP at SPIN. I love being an aunt to four nieces and nephews. In my spare time, I enjoy going to the gym and playing Fortnite.



# Employment Spotlight



**Nazifatou started her very first job in October as a Laundry Attendant at Immaculate Mary Center for Rehabilitation & Healthcare! Nazifatou plays an important role behind the scenes, taking care of every step of the laundry process, from loading machines to folding with care. Even though she doesn't speak the same language as many of her coworkers, that hasn't stopped her from building strong, supportive relationships with her team. Her kindness, helpful nature, and strong work ethic truly shine every day. We're so proud of her dedication!**

**Way to go, Nazifatou!**

# S.P.A.R.C.

S.P.A.R.C

SPIN Self- Advocacy Meeting

Wed, Feb. 11th

12:00-1:00pm

All Are Welcome!



We love SPIN Comfit, where we get to spend Valentine's Day celebrating our friendships. Healthy relationships need communication, respect, honesty, healthy boundaries, and time spent together doing meaningful things. Dan CH, Michele, and Moira like to show appreciation for friends on Valentine's Day with activities like making friendship bracelets, making heart-shaped cookies and eating them together, and playing games or other fun activities.

Happy Valentine's Day my Friend



# MOMENTS OF MAGIC



“Belonging grows where friendships are nurtured.”



# Happy "SPIN"iversary



**7 YEARS!**

Mary Kate McMonagle  
2/4/2019



**4 YEARS!**

Kaitlin Sommers  
2/25/2022



**2 YEARS!**

Johanna Bauer  
2/13/24

*Congratulations!*



**10 YEARS!**

Orasa Caputo  
2/10/2016



**9 YEARS!**

Alec Weinstein  
2/16/17



**2 YEARS!**

Shalaina Irby  
2/23/2024



# Happy Birthday

FEBRUARY BIRTHDAYS!

- 02 Darren Jefferson
- 05 Evens Antoine
- 06 Andrea Consigny
- 07 Paul Dandridge
- 09 Crystal Rice
- 10 Valerie Walsh
- 11 Shannon Dwyer
- 13 Christopher Cain
- 14 Airyiana Watson
- 15 Nancy Shah
- 17 Stu Franks
- 18 Allyson Latta
- 19 Diomer Rodriguez



**Celebrate the Love of Soup  
with a Football Feast!**



# **SOUPER BOWL DAY**

**FEBRUARY 6, 2026 • 1:00 - 3:00 PM**

**Enjoy a Super Selection of  
Soups, Snacks, and Fun!**

**Wear your favorite football gear!**



Turn Back the Clock!

# RETRO DAY



We're turning back time  
with **NO ELECTRONICS!**

Enjoy the day with old-timey fun,  
crafts, games, and more!

9:00 AM – 12:00 PM: **Themed Classes**

1:00 PM – 3:00 PM: **Sock Hop Dance**

Join us for a  
**Sock Hop 50's Dance!**



Dress to impress in your best **50's inspired outfit!**

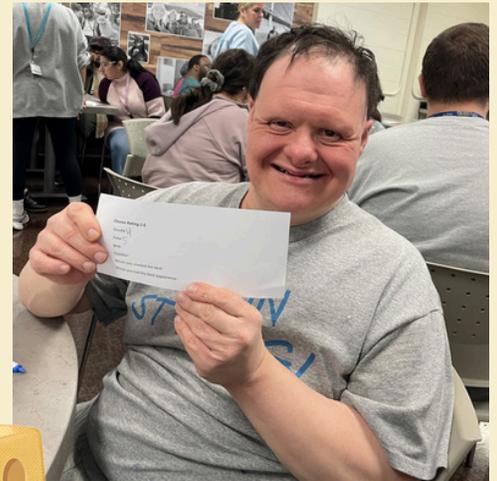
# International MIND, BODY, WELLNESS DAY

In celebration of International Mind, Body, and Wellness Day, individuals teamed up to research different wellness activities and proudly demonstrated and shared them with their peers. An inspiring and energizing way to start 2026—happy, healthy, and SPIN strong!



# "The Big Cheese Experience"

Participants had an un-brie-lievable time getting to the curd of the science of cheese at our Big Cheese Experience—then things got extra sharp as they taste-tested, paired, and voted for the most legend-dairy cheeses. It was a whey good time from start to finish! 🧀





**As the holidays near and winter weather approaches, make sure you're signed up for Brightwheel!**

**It's the quickest and easiest way to stay connected about events, announcements, weather updates, and more—and will serve as our primary form of communication.**

## **Benefits:**

- **Real-time communication with staff for quick updates and messages.**
- **Instant alerts for weather changes, schedule updates, and important reminders.**
- **Easy access to announcements and special event details.**
- **Photo and activity updates to stay connected with your loved one's day.**
- **Secure messaging that keeps all communication in one organized place.**
- **User-friendly app that's simple to download and navigate.**
- **Reliable record-keeping so you never miss important information.**
- **Enhanced parent-center collaboration through quick, efficient communication.**

**Scan the QR code to download the free app to your mobile device now:**



**IOS (App Store)**



**Android (Google Play)**

**If you need help getting started, reach out to Toni Hinkle at 267-278-3015 or [ahinkle@spininc.org](mailto:ahinkle@spininc.org)**

# TECH CORNER

## Staying Safe from: **SCAMS**

**What Is a Scam?** A scam is when someone lies to try to get your money or information. They might pretend to be the bank, Social Security, a delivery company, a friend or family member, or a prize or lottery company. There are simple ways to stay safe and in control. **If something feels confusing, rushed, or scary—it might be a scam.**

### Common Scam Warning Signs

Be careful if someone:

- Says “Act now!” or “This is urgent!”
- Asks for your bank info, Social Security number, or passwords
- Says you won money but need to pay first
- Sends a link and asks you to click it

### Ways to Protect Yourself

You can stay safe by remembering these tips:

- Do not share personal information over the phone or online
- Do not click links from messages you don't know
- Hang up if a call feels strange or uncomfortable
- Ask for help before sending money or information

### What To Do If You're Not Sure

It's always okay to ask for help. You can:

- Talk to a staff member or trusted support person
- Say, “I need to check with someone first”

### If You Think You Were Scammed

Don't be embarrassed! It happens to many people.

- Tell someone you trust right away
- Contact your bank or card company

Remember that you deserve to feel safe and confident using your phone and the internet. Being careful, asking questions, and getting support helps you stay independent and in control.



**HELP!**

**When in doubt, pause and ask for help!**





# **SPIN Adult Services Family and Caregiver Survey**

**LINK:**

**[HTTPS://FORMS.OFFICE.COM/R/EAWMAR5IZE](https://forms.office.com/r/EAWMAR5IZE)**

**OR SCAN HERE**



**Thank you for taking the time to complete this  
survey. Your feedback is important to us!**



Community  
& Fitness

Family. Fitness. Fun.

## WEEKLY SCHEDULE

**M** 6pm Pilates with Wendy

**T** 5pm Spinning with Mary Kate  
6pm Total Tone with Wendy

**W** 6pm Spinning with Mary Kate

**T** 6pm Total Tone with Wendy

\$8 drop in or \$24.99/month ClassPass  
Register on the MindBody app

# Activity Center



## Valentines Day

Use the letters in 'Valentines Day' to create as many 3 letter or more words as you can. All words must be spelled correctly to count!

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# 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!



Community  
& Fitness

## Upcoming Closures

- |          |           |                  |
|----------|-----------|------------------|
| ○ Monday | 2/16/2026 | President's Day  |
| ○ Monday | 5/25/2026 | Memorial Day     |
| ○ Friday | 7/3/2026  | Independence Day |
| ○ Monday | 9/7/2026  | Labor Day        |

Just a friendly reminder, SPIN Community & Fitness CPS Program is open from 8:30 am to 3:00 pm.

We kindly request that you refrain from scheduling rides that arrive before 8:30 am or pick-ups that occur after 3:00 pm.

*Reminder* →

Please note, if anyone arrives before our staff open the building, CCT will leave them outside without supervision.