



Doing more of what works and less of what doesn't

What are we working on?

Planning for the year

When X-Excel formed, our Owner and Director recognized the need to include all Program Coordinators in the annual planning process. Not only does this allow the PCs to better understand the larger company goal, but it allows them to discuss their individual plans so everyone is moving in a similar direction.

So, what are our goals?

- Each location will be working on new crafts for craft shows and the \$5 and Under shows (held in local schools around the holidays).
- We will be working towards getting people more active in the community. By increasing our volunteer activity, we hope that relationships can continue to grow between the people we serve and the people we come in contact with.
- Lastly, our goal is to be overall creative. Creative in our group discussions, in trainings for staff and those we serve, in how to help people achieve their outcomes, and in any other means we can think of!



Mathew working on chocolates

Geraldine bundled up for the winter



Bill showing off a new OSU hat

Krista and Richie enjoying subway



Bill enjoying his new puzzle

Destiny is smiling after a good meal!



Tips for Beating the Winter Blues!

- 1 Be active.** Exercise directly effects your mood and emotions. Take a walk, go to the gym, or stay active indoors.
- 2 Get sunshine!** Go outdoors during mid-day when there is sunlight and sit near windows when you can.
- 3 Stay warm.** Being cold may make you feel more depressed. Keep warm with thick clothing and hot drinks!
- 4 See your friends.** Socializing is good for mental health, so keep in touch!
- 5 Do something fun!** Plan a movie night, find a new hobby, or do something else to look forward to regularly.

"Aspire to inspire before we expire."

Unknown

From the Desk of Tom Rickels

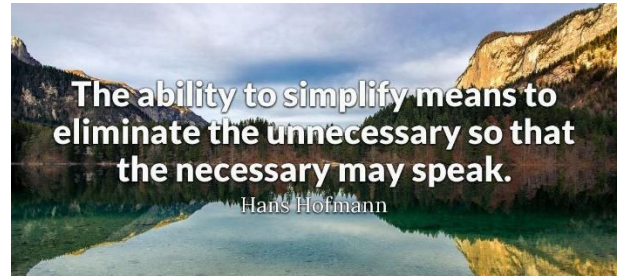
When you can't do everything

I believe some of government and non-government organizations in our field have become removed from the reality of what providers and county boards do on a daily basis and what people with disabilities really want. It is time to stop and come back to reality.

Here are some things we can't do:

- We can't meet everyone's every need.
- We can't get everyone a job in the community.
- We can't expect that following all the rules automatically makes you good.
- We can't continue to do what we are doing or our system will implode. There simply are not enough staff.

What we can do is provide good services to people, give them opportunities to realize what they want and put their wants into actions, as much as we are capable of doing. We can talk to people, we can assist them and we can listen.



We need to simplify and be intentional in what we are doing. We need to get rid of a complex system, work on simplifying processes and start listening to ALL people with disabilities.

"Bad decisions made with good intentions, are still bad decisions." - James Collins

Tom

Gift Shop Highlight- *We can customize anything you see!*

Canvas Extravaganza!
\$15

Computer Class at Stark State!



Jackson started taking computer classes at Stark State!

About five to ten people have been regularly attending the classes. We interviewed a few people to hear more about it.

Tim said that the first day they started they were asked to create an email address because “the teacher is trying to prep you for a job.” Not only do they work on email etiquette, but the instructor uses a website to help match each person’s skills to jobs. Tim was thrilled to find out that he would be suited for a job in a Library based on his reading skills and knowledge of books. He said, “before I came to X-Excel, I even applied to the North Canton library. I’d still like to work there.”

David, who also has been attending the computer classes, said “I’ve been learning a lot.” When asked for details he said, “[we’ve been learning] How to type, where to put your hands, and how to speed up typing.” He is also excited for the next class because they just started working on creating a resume. David said his favorite part is to get out and “to do a bunch of stuff on the computer.”

Great job Tim, David, and everyone else who has been going. Not only is this teaching a valuable skill that can be used in any job, but it is encouraging the people we serve to become more active in their community.

DSP Spotlight



*Stacy J.
Ashland*

Do you have any pets?

4 dogs, 3 cats, a chinchilla, and 2 fish tanks. We have a zoo on and off for almost [my] entire married life (25 years).

What would you like people to know about you?

That I listen to metal music and I’m a proud mother of two.

What’s your super-power?

Helping people laugh and relax.

What is your favorite place on earth?

Walt Disney World! It’s an escape from reality. You get to pretend that fictional characters are real. Where else do you get a dinner served by people calling you “your majesty”?

What's Being Said?

Jim + Sons Transmissions
I LOVE
you GUYS,
you are amazing
bakers, these
were the best
buckeyes I ever
ate. Keep up
the good work.
YOU ARE AWESOME
ZZZ

From P. Schubert
This note was left in a chocolate box!

Happy Anniversary!

Genna W.

2/22/2018

Happy Birthday!

Lauren S. 2/6

Alyssa S. 2/7

Jeff J. 2/9

Steven R. 2/10

Grady H. 2/11

Tim S. 2/12

Terry R.. 2/15

Ed P. 2/16

Elizabeth L. 2/17

Danielle S. 2/17

Kim P. 2/18

Jessica W. 2/19

Steven W. 2/19

Randy N. 2/23

Veronica P. 2/25

Matthew K. 2/27

Susan I. 2/27



X-Excel is an agency certified to provide an array of community based services in the State of Ohio. Our mission is to do more of what works and/or add value and to do less of what doesn't work and/or doesn't add value to the lives of the individuals we serve. We will also only do things that adults without developmental disabilities do.

Visit our website for information and crafts!
www.xexcel.net

