



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

What are we working on?

Social Etiquette

With the push to get people into community environments, social etiquette is something we have started to focus on. There are many things that is "common knowledge" that we are intended to pick up on but many people we serve struggle with the unspoken protocols of society. A common example of this is bathroom etiquette for men. Where do you stand? Where do you look? Do you talk or not talk? Although it may seem silly, simple social encounters can make or break a community connection.

What other topics are we covering?

- Body Language
- Holding a quality conversation/ Listening
- Phone etiquette
- Social Media Etiquette
- And many more!



Amanda shopping for her next crockpot meal



Gordon



Josh using the nailer with Elizabeth



Carrie visiting her favorite store!



Shelly working on the embroidery machine in Ashland!

Ed exploring by touch the McKinley Museum



5 Spring Cleaning Tips!



1 Fill up a bag. Grab a bag and make a game. In 10 minutes how many things can you put in the bag to donate or throw out?



2 Make a list. Make a list of all the areas you want to declutter and clean. STOP after each area and relax.



3 12-12-12. In one day locate 12 things to throw away, 12 items to donate, and 12 items to return to their proper place.



4 Give away 1 item each day. Wow what an easy way to clear clutter!



5 Feeling overwhelmed? Take small steps each day, ask others to help you stay motivated, and take breaks to relax!

"The best preparation for tomorrow is doing your best today."

From the Desk of Tom Rickels

What matters the most

I was going to write on the many things that drive me nuts in this field (lately it is committee's). Then I simply remembered why I do this job. We recently lost a most beautiful woman, named Judy Cale, to cancer. Judy always had a smile and a hug and could also be very determined when she wanted.

Judy had learned to ride public transportation while at our Jackson Day Hab and around two months before she was diagnosed, Judy had asked at her ISP meeting to be able to ride the bus from close to home to the Day Hab. The team was rightfully concerned. Judy was 70 and we have to pull a balancing act between health and welfare and self-determination.

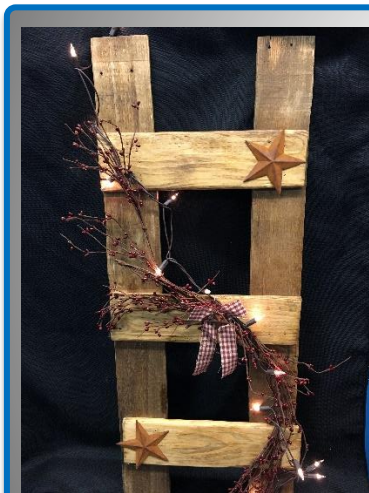
But knowing what I know now, I wish I had advocated for her riding that bus. That is why I got into this field. Judy was a happy person and happy is a really good thing.



A Ship in Harbor Is Safe, But that Is Not What Ships Are Built For

Tom

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



New Decorative Ladders

\$15



Aktion Club



The Aktion Club (pronounced “action”) is a group of people in Ashland County who volunteer their time to give back to the community. The Aktion Club is an affiliate of Kiwanis International for developmentally disabled adults.

Many people who work at X-Excel participate and even hold office. Kandy is Madam President and Jessica is Vice President. I talked to Jessica to learn a little more about Aktion.

Tell me a little bit about Aktion

We do fundraisers to help raise money for good causes. We have helped Kiwanis club like doing Pancake Breakfast fundraisers.

What else do you do?

We talk about ways that we can help our community and what fundraisers we can do to raise money.

Why did you join Aktion?

I wanted to help others in my community and show that I can help people.

How many people participate in Aktion?

It changes each time we get together. But all of the people are from Delroy or X-Excel. Another provider was supposed to join, but they don't come often.

The Aktion Club is saving soda can tabs and “Box Tops” for Education to assist other charitable causes.

DSP Spotlight



*Tiffany G.
Jackson*

Do you have any pets?

Oh gosh yes! 1 cat, 3 dogs, a hermit crab, a guinea pig, and my son just bought a kimono dragon.

Do you have kids?

A son, a daughter, and a soon to be step-son.

What do you like about this kind of work?

I love that I get to learn from the people we work with. Every day is new and different!

What is your dream vacation?

Hawaii. It seems cool and I was born on pearl harbor day (December 7th).

Order your Easter Chocolate Basket today!



Small Basket- \$9.00
 Contains 1lb variety of milk chocolate candy (approx. 8-10 pieces of chocolate).

Large Basket- \$16.00
 Contains 2lbs variety of milk chocolate candy (approx. 16-20 pieces of chocolate).

Extra (Seasonal) Chocolate:
 Extra candy will be added to the Easter basket unless noted otherwise

+ Lg. Chocolate Peanut Butter Egg (\$3)
 QTY _____ Total Cost \$ _____

+ Lg. Solid Milk Chocolate Bunny (\$3)
 QTY _____ Total Cost \$ _____

+ 1lb of Buckeyes (\$10)
 QTY _____ Total Cost \$ _____

+ 1lb of Misc. Chocolate (\$7)
 Type of Candy _____

Basket Order:

Small Basket (\$9):
 QTY _____ Total \$ _____

Large Basket (\$16):
 QTY _____ Total \$ _____

All baskets will have an assortment of milk chocolate unless specified here:

Total Due: \$ _____

To place an order:

Call/email Barb at
 (330)810-0457/ Barb@xexcel.net
 or
 Drop off at any X-Excel location

Last day to place an order is
 Friday April 12th.

All order will be ready for pick
 up on April 19th.



Name: _____ Contact Number: _____

Happy Anniversary!

Jeff J. 3/13/2017

Jeannette C 3/30/2012

Happy Birthday!

Stella S. 3/1

Gordon M. 3/1

Laura S. 3/3

Sandy S. 3/5

Aaron L. 3/6

Kandy P. 3/9

Opal P. 3/16

Robert C. 3/18

Sue T. 3/18

Bill M. 3/26

Whitney C. 3/27

Marissa M. 3/28

Ashley C. 3/29

What's Being Said?

Great Photos! You and your staff are AMAZING. I cannot tell or thank you enough...the different in {person receiving services} is unbelievable.

THANK YOU for all you do!

-Sister/guardian