



The Good News Initiative

Volume 2, Issue 1
November 4, 2016

Spectrum 5K Sprints in North & Central Jersey

Last month, Spectrum for Living held two 5Ks in Northern and Central NJ. Approximately 500 runners, walkers, and volunteers came together in support of Spectrum. The walks were held at Overpeck Park in Ridgefield Park and at Johnson Park in Piscataway.

This was Spectrum's first 5K sprint in Bergen County! Our family members came out to support some of the residents. The residents took part by decorating t-shirts and cheering on the runners as they crossed the finish line.

We're thrilled to announce that we raised over **\$45,000** from our 2016 Walks! A huge thank you to all of our sponsors and participants who made this event success and a big congratulations to "The Voices" for completing not only one, but TWO 5Ks! Their hard work did not go unnoticed. Also, thank you to all the staff who were in attendance!

To view photos of this event, please visit www.facebook.com/spectrumforliving.

Fundraising Thermometer

Spectrum for Living's 2016 goal is set at **1 MILLION DOLLARS!**

Goal
\$1,000,000



check back here for updates



Inside this Issue:

Spectrum Gets \$50K Grant	2
Halloween at Spectrum	3
Fall Fest/Art Show	4
Staff & Volunteer News	5
Upcoming Events	6

Spectrum for Living Named Recipient of \$50K Grant from the Robert Wood Johnson Foundation

Spectrum for Living is pleased to announce it has been awarded a **\$50,000** grant from the Robert Wood Johnson Foundation! This grant will help create a **Healthy Living for Special Lives** program, a program designed to coach staff and residents to make healthy choices to improve their nutrition and fitness.

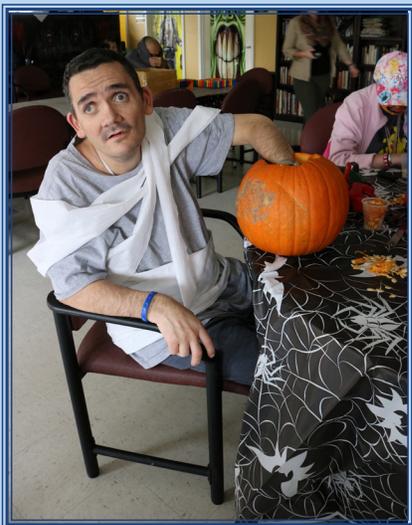
People with developmental disabilities need to stay fit and active to improve and maintain optimal health. This program will provide an educational hands-on learning experience on how to make healthy choices when shopping, cooking meals and engaging in physical activity.

The *Healthy Living for Special Lives* project will be implemented in all residential and day programs. The grant will enable 30 programs to be provided with starter kits. The starter kit will include one-handed kitchen helper kits, talking kitchen scale and kitchen thermometer, timers, pan holders, kitchen utensils kit, gardening kits and activity trackers. This inclusive program will benefit all levels of intellectual and developmental disability.

THANK YOU!



Halloween at Spectrum!



In spirit of Halloween, staff and clients decked out their ATCs with a certain theme as they do every year. The judges were impressed by all the hard work the clients and staff put into this contest. Great job everybody!

Congrats to the 2016 Winner, **Edison ATC!**

Overall Winner

Edison ATC "Scooby Doo"

Scariest

Carver ATC "Hotel Transylvania"

Best Costumes

Westwood ATC - "Harry Potter"

Best Group Effort

Teaneck ATC "Dr. Seuss"

Most Creative

Closter ICF "Star Wars"

Most Festive

North Haledon ATC "Hocus Pocus"

Most Clever

Ringwood ATC "Pirates of the Caribbean"



for more photos or info, please visit
www.facebook.com/spectrumforliving.

Fall Fest at Teaneck ATC

Clients and staff celebrated last month at Teaneck's Fall Festival. The festival was Dr. Seuss-themed, with decorations of many of the different Dr. Seuss characters. There were lots of activities to participate in like pumpkin decorating, games and tattoos. Thank you to the staff for organizing the event!



Annual Art Show 2016

On Friday, October 28th, the atrium at the Teaneck Adult Training Center was transformed into an art gallery for the day. Clients from Spectrum showcased their wonderful creations!

Family members, staff, and clients gathered together in celebrating the artists. The event also featured a craft sale throughout the day, as well as live music. Congratulations to all the artists who participated!

A special thanks to Julia Smith for putting together a great show and to Beth Anderson and the Sharma Sisters for performing.



Meet Our New Staff

Daniela Cantu

Hi Everyone! My name is Daniela Cantu and I'm the new Marketing Associate here at Spectrum for Living. I am thrilled to be taking over Good News and cannot wait to spread the word about SFL's mission!

As you know, Good News was started as a way to share all the wonderful things going on within the Spectrum Family. If you have any stories, photos or content ideas that will help promote Spectrum, please contact me at (201) 358 - 8000 ext 3025 or email me at dcantu@spectrumforliving.org.

See you around!

October 2016 Staff Promotions

Ellen Ramos

Lead Director Care Counselor - Wall Group Home

Nasheema Leak

Behavior Specialist - Teaneck Adult Training Center

Volunteer Birthdays

October

(Happy Belated!)

Reina A.
Jaythan F.
Mary K.
John O.
Sam P.
Merril P.

November

Chloe A.
Miyako A.
Kerriann C.
Audrey D.
Diane D.
Shirley K.
Jean R.



Upcoming Events

PAINT & SIP WITH SPECTRUM

Join us for a night of painting, food, drinks, and fun! All proceeds directly improve the lives of those living with a developmental disability.

Paintbrush Studio Fundraiser
THURSDAY, NOVEMBER 10, 2016
Paintbrush Studio
45 W Ave, Maywood, NJ

register online at: buytickets.at/spectrumforliving1



Painting Selected:
"Tree of Good Fortune"

SFL ANNIVERSARY LUNCHEON & HOLIDAY EXPRESS

Come celebrate as we kick off our holiday season this year on **November 16th** at the Rockleigh Country Club.

Entertainment will be provided by the Holiday Express group! Holiday Express is a non-profit organization dedicated to bringing music, gifts and holiday cheer to those with the greatest need for the gift of human kindness during the holiday season.

Mark your calendars!



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Got any Good News? Contact Marketing Associate,
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"Serving People with Developmental
Disabilities for over 30 years"

