

Spectrum 5K Runs/Walks in North & Central Jersey

Last month, Spectrum for Living held its annual 5K Runs/Walks in Northern and Central New Jersey. Approximately 400 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.

In addition to many runners and walkers from the surrounding communities, Spectrum's very own Self Advocacy Group, The Voices walked the full 5K. Family members also showed their support by cheering on all the participants.

In Middlesex, we had many costumed runners racing in the Spooky Sprint as they joined us for our Halloween celebration!

A special thank you to all of those who created Fundraiser Teams and raised funds in support of those we serve with intellectual/developmental disabilities. This year, we had more teams than ever before!

We are thrilled to announce that we raised over **\$55,000** from our 2017 Runs/Walks! A huge thank you to all of our sponsors, race participants, staff, and volunteers who made this event a success.

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



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Halloween at Spectrum!

In spirit of Halloween, staff and clients decked out the Adult Training Centers and the Closter ICF with a theme of their choice as they do every year. The judges were truly wowed by their creative themes, costumes and skits.

Congrats to the 2017 Winner, Westwood ATC!

Overall Winner

"Superheroes" - Westwood ATC

Scariest

"The Walking Dead" - Carver ATC

Most Festive

"Spooky Halloween" - Closter ICF

Best Skit

"Fantastic Four" - North Haledon ATC

Best Costumes

"Casper" - Ringwood ATC

Best Theme

"Circus" - Teaneck ATC

Most Creative

"Spooky Sports Zombie Arena" - Edison ATC

The judges were impressed by all of the thought and hard work clients and staff put into this contest. Great job everyone!



Employment Training Program

The Employment Training Program, affiliated with the Walmart Foundation Grant, is well underway! Each month, a new theme is introduced that focuses on learning certain skillsets that the participants will require in an actual employment setting.

This month's focus is Time Management Skills and the activity selected is Calendar Bingo. Clients are learning days of the week and their sequence as well as the structure of a calendar in terms of days and weeks. In addition to this, clients get the opportunity to learn number identification as well as words. Calendar Bingo encourages positive relationships and group dynamics! Pictures and story courtesy of Silvia Kerslake & Brian Porcelli)



Month/Year: *April*

Tuesday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	Free	5	6
Free	7	8	Free	9	10	11
12	13	14	15	16	17	18
19	20	21	22	Free	23	24
25	26	27	28	29	Free	30

Giving Tuesday

Giving Tuesday is a global day of giving fueled by the power of social media and collaboration.

Celebrated on the Tuesday following Thanksgiving (in the U.S.) and the widely recognized shopping events Black Friday and Cyber Monday, Giving Tuesday kicks off the charitable season, when many focus on their holiday and end-of-year giving. Since its inaugural year in 2012, #GivingTuesday has become a movement that celebrates and supports giving and philanthropy with events throughout the year and a growing catalog of resources.

This Giving Tuesday, we are raising money for capital improvements. Help us reach our goal of **\$10,000** for the comfort of our clients!

Join the movement and donate to Spectrum for Living on **TUESDAY, November 28, 2017**.

For more information on Giving Tuesday, visit www.givingtuesday.org/about.



Staff & Volunteer News

Staff Promotions

Christine Draghi: Registered Nurse - Residential (FT) to Charge Registered Nurse - Residential (FT) (10/1/17)

Anabel Hall - Lead Director Care Counselor - River Vale Supervised Apartments to Supervised Apartments Supervisor - River Vale Supervised Apartments (10/22/17)

Volunteers at Spectrum's 2017 Runs/Walks

Volunteers are an essential part of the Spectrum Family. Each individual who donates their time by volunteering helps improve and enrich the quality of life for all Spectrum clients. We want to give a huge thank you to all of our volunteers at our 2017 Runs/Walks, including:

- Matt A.
- Bergen County Technical Schools
- Chodae Community Church Youth Group
- Franklin High School Key Club
- Haworth Boy Scouts
- Jennifer H.
- Anna M.
- Jodi P.
- Rutgers University
- St. Peter's Mar Thom Youth Group



THANK YOU!

Volunteer Birthdays

Chloe A.
Kerriann C.
Audrey D.
Shirley K.

Welcome

New Volunteers

Marsha M. - WATC
Jennifer T. - Closter Apts.



Project Giving Tree

This past month, ATC participants visited the Hackensack UMC at Pascack Valley as a continuation of Project Giving Tree. For those of you not familiar, Project Giving Tree is a project started in January of 2016 where our clients created a six foot "tree" using mixed media that is exclusively featured in the hospital near admissions. The tree is both an art piece and a display for cards of support to patients, visitors and anyone else who may need them.

Each season, ATC participants create new cards with words of encouragement and go place their new cards on the tree for hospital visitors to take.

A big thank you to Hackensack UMC for giving Spectrum this opportunity. Also, thank you to Central Recreation and Julia Smith for all of their hard work!



Healthy Living Dessert/Snack Cook-Off

To celebrate the final quarter of the Healthy Living for Special Lives Program (affiliated with the Robert Wood Johnson grant), Spectrum held a Healthy Living Dessert/Snack Cook-Off at the Teaneck ATC. All Residential Programs and ATCs were asked to present their most creative and healthiest dessert or snack recipes to a panel of judges. The winner of the Dessert/Snack Cook-Off was the Closter ICF with a Sweet Potato Pie made with sweet potatoes from their own garden!

The top four winners will now battle it out at the Grand Finale on Tuesday, December 12th. Each of the following programs will present their winning dishes:

Breakfast: Elmwood Park Group Home

Lunch: Teaneck ATC

Dinner: Edison Condos

Dessert/Snack: Closter ICF

Stay tuned to see who will win the final competition!



Upcoming Events

SFL ANNIVERSARY LUNCHEON & HOLIDAY EXPRESS

Come celebrate as we kick off our holiday season this year on **November 15th** 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!

A WINTER CHORAL PERFORMANCE

Spectrum for Living will be hosting **A Winter Choral Performance** by the renowned New Jersey Youth Chorus on **Saturday, December 9th** at the Grace Lutheran Church, located on 1200 River Road in Teaneck, New Jersey.

Tickets are \$25 a person in advance and \$30 at the door.

For more information or to purchase tickets, please contact Kerry McConway at kmccconway@spectrumforliving.org or at (201) 358 - 8000.

Come join us for a great night!



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

