



Fall/Winter 2009

# Connections

## Stepping Up to the Challenge!



We did it!! We stepped up to the challenge and stepped our way into victory! This was the feeling shared by a CCP team when they found out that they would receive center field recognition at a Twins game for their achievements in *The Step To It Challenge*. The goal of the *Step To It Challenge* is to get Hennepin county residents moving. The challenge is to participate in regular physical activity, record the number of steps you take based on pedometer recordings, and see who can get the most steps. Eleven Hennepin County suburbs participated in this fun physical activity competition.

The CCP team comprised of Andre Shelton, Lissy Kuxhausen, Leah Keifer, Kelly Matson, and Kathy Rasmussen was definitely competitive. Participants from the CCP Team placed in the top ten of all Brooklyn Park steppers! And two of the households placed first and second in Brooklyn Park.

EVERYONE got moving and motivated one another to increase their physical activity and record it daily. CCP Manager Amy Winscher

created visual charts for each participant to record their daily steps from pedometers they wore. Daily encouragement from CCP staff as well as being able to see progress made on the charts kept participation high. Teamwork added a social element to the competition and was also a motivator. The roommates at one home were so motivated that they walked repeatedly up and down the stairs to get in some extra steps and a work out.

Hennepin County congratulated and recognized all of the CCP steppers for their enthusiasm and achievements at a Twins game on Wednesday, July 29th. All CCP steppers received center field recognition for their efforts! Amy Winscher says they were in a prime spot on the field, "The Twins were stretching and warming up over by 1<sup>st</sup> base and we were by 3<sup>rd</sup> base. The Chicago White Sox players were stretching and warming up just a few feet from us." Everyone is still talking about the once in a lifetime opportunity they had at the Twins game and looking forward to next year's challenge.





## The CCP Foundation Asks “What Would You Do With \$1,000?”

The CCP Foundation is pleased to announce the results of its “What Would You Do With \$1,000?” grant program.

The purpose of the grant program is to encourage big thinkers and those with ideas about how to improve the lives of people with developmental disabilities to try a few things. We’re trying to change the world – one little idea at a time!

Funding was granted to the following programs:

- Fraser *Have Face Windows* program – to design a user packet for Have Face Windows, a cardboard cutout that can be held over the face to help individuals on the autism spectrum understand facial expressions and social cues.
- Good Image Family Services *Computer Literacy* program – purchase equipment to educate people with developmental disabilities to be computer literate.
- East Suburban Resources – purchasing of an ADA-approved picnic table, purchase a bouncing chair to help individuals calm themselves, design a sensory area that will be used to keep individuals engaged, and to purchase a commercial shredder to expand the job opportunities they offer.
- Alternative Day – Fun & Friends program to serve young adults in the Woodbury area.

- Mississippi Creative Arts Magnet Special Ed. Department – life skills lunch for a group of special needs students.
- Washington County Developmental Disabilities Unit – develop a quarterly newsletter for persons with developmental disabilities.

The CCP Foundation is a Stillwater-based foundation whose mission is to *instigate action that leads to better opportunities* for people with developmental disabilities.

For the past three years, The Foundation has invited risk takers and bold thinkers to step outside of the ordinary to create new possibilities for people with developmental disabilities so they can prosper in their communities. Grant programs also support the areas of Earning A Living and a Stillwater community building program called *Two Steps Forward*. For contact or Foundation information, please visit our website at [www.ccpfoundation.org](http://www.ccpfoundation.org) or call 651-356-1013.

*If you don't like something change it; if you can't change it, change the way you think about it.*

*~Mary Engelbreit*



Presenters from CCP, the U of M, and Ramsey County Developmental Disabilities.

## You Are More Than You Eat!

CCP managers and clients took on a new challenge this year by co creating and presenting a session at the Age and Disability Conference in Rochester, MN. The presentation entitled “You are More Than What You Eat!” focused on sharing specific examples of how CCP implemented the *Healthy Lifestyles For People With Disabilities* curriculum with people CCP serves.



Mary Johnson, Alison Campbell and Dawn Dakota presenting.

Everyone that participated in the Healthy Lifestyle initiative at CCP, including four women that receive CCP support services, and three CCP managers, participated in the presentation in some way. Everyone stretched themselves by being in front of a full audience and taking on various leadership roles.

Dawn Dakota, Yvonne Gilbertson and Mary Johnson literally stretched themselves when they assisted leading the audience in doing some yoga stretches for back health. They learned the yoga positions as part of the Healthy Lifestyles Project. Dawn and Mary also confidently spoke about their experiences in front of the audience. If anybody was nervous, it didn't show at all.



Dawn Dakota, Mary Johnson, and Yvonne Gilbertson assisted Marjorie Ames with leading chair stretches.

If you would like to find out more about the *Healthy Lifestyles For People with Disabilities* curriculum, please contact Alison Campbell at 651-379-9718.

## CCP Employees of the Month

**June**—Cherise Ringwall, Laura Sloniker, Monsuru Adebayo, Douglas Hertel, Nafee Sheriff

**July**— Ebenezer Osire, Lori Williams, Festus Ubibor, Ephraim Holmgren

**August**—Elizabeth Bleeker, Robert Ondari, Olayinka Babalola, Clyde Speller, Linda Cook

**September**—Elizabeth Krause, Zulo Barclay, Tracy Winscher, Debra Peterson, Louise Tamba



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## **Apartment Living Options**

**Do you know someone that would like to live in an apartment?** CCP offers support services in apartment complexes and mother in law type apartments in St. Paul neighborhoods. This service is designed for people that like to live with one roommate or by themselves, have independent living skills, require less than twenty-four hour supervision, and prefer living in an apartment. The hours of staffing support are customized according to each person's needs.

Please contact John Rentschler for more information at 651-379-9711 or by email at [jrentschler@theccpinc.com](mailto:jrentschler@theccpinc.com). For information on other housing options, visit the Home Based Supports page of the CCP website at [www.theccpinc.com](http://www.theccpinc.com).

