

# January



## January Events Members Only

Archery Jan. 10th —12 weeks  
Laser Tag Jan. 10th—12 weeks  
Art Gallery Jan. 16th - 8 weeks

## Jackie's Celebrity Corner

### Fallon from FSDP

What do you like to do in your spare time?

Play with my dogs Nikki and Gunner

What's your favourite food?

German Weiner Schnitzel

If you could be any animal what would it be?

A big dog—and American Eskimo

Who is your favourite celebrity?

Adam Levine

Who are some of your friends?

Alex, Candace, Sherri and Lauren

Who do you live with?

My Mom

Do you have any pets?

Dogs

What are you afraid of?

Hamsters

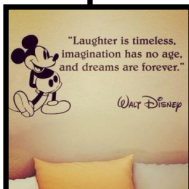
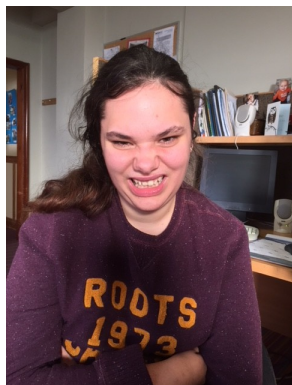
What country would you like to visit?

Australia

What is something that nobody knows about you?

I play the piano, I want to learn to play the guitar. I hope I

Get one for Christmas



## Message From Vikki

### Hello Everyone,

It's that time of year where we look forward to good food, spending time with family and friends, and to celebrating our many accomplishments!

Alternatives would like to share with you some of our accomplishments for 2017. We have successfully launched a Capital Campaign to help raise money for renovations at our new home, 270 Braidwood Ave. To date we have raised \$28,571.86 through fundraising events and from your generous support and belief in us. Big THANKS!

### Braidwood Updates:

The heating and cooling systems has been installed so it will be nice and toasty in our new building for the winter. Home Depot has graciously offered to paint and lay flooring in the two (2) front offices in the New Year. It is so very exciting when our community business reaches out to offer their support and good will! Thank you, Home Depot!

We have applied for a couple of grants that help us to continue with our renovations and are eagerly awaiting approval. Fingers crossed!

### Agency News:

We successfully completed our annual Ministry Compliance Inspection. A great big Thank You to all staff for ensuring everything was in order and for warmly welcoming our Ministry Inspector. He said he could feel that we are a great group of people and that we truly care about the families and individuals we support...and he's right!

We also want to extend our welcome to new members on our ISS team; David, Amina and Gavin.

I want to thank each of you for your continued support and involvement with Alternatives. It's because of you that we strive to be the best we can be and to always offer a welcoming, safe, fun place to be! I look forward to another fabulous and exciting year in 2018!!!

Merry Christmas and a Very Happy & Safe New Year to All



## SWag Line



## FUNDRAISING Updates

A HUGE Thank you to all that supported our Bake Sale  
We raised \$515.20

A GIGANTIC Thank you to families and friends that have donated to Braidwood...every little bit gets us one step closer.

Contact Jackie to see more options..  
JackieC@alternativesptbo.ca or  
(705)742-0806

## Individual Supports Update

### ISS Christmas Lunch

Christmas cheer was in full swing as the students in our Individualized Support Service program came together and enjoyed a festive Christmas dinner put on by staff. We all listened to Christmas music, opened presents from under the tree and enjoyed each others company while digesting Tom Turkey and all his fixings. Fun was had by all, and it was a wonderful afternoon filled with smiles, laughs and full tummies.

"Year's end is neither an end nor a beginning but a going on, with all the wisdom that experience can instill in us.

Cheers to a new year and another chance for us to get it right."

~Oprah Winfrey

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## Things We Do

Our qualified and experienced support staff provide a wide range of services and supports;

- daytime activity programs (eg. cooking, healthy relationships)
- individual, customized supports
- personal goal setting
- new skill training
- access to social and recreational opportunities
- involvement in sports and wellness Programs (eg. bowling, lazer tag)
- connecting to groups of interest
- find volunteer opportunities
- prepare for employment
- involvement in evening activities with peers
- experience summer Rez-life programs
- involvement in summer day camps

For More information please contact Sheila sheilag@alternativesptbo.ca or 705 742-0806



## Advanced SKILLS Update

The Christmas Dance was held on December 21, 2017. It was a huge success! With over 50 people in attendance. All enjoying the holiday magic. Thank you to everyone who came out and danced the afternoon away!



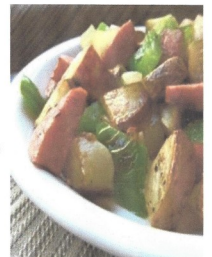
### KIELBASA WITH PEPPERS AND POTATOES

#### Ingredients

- 1 tablespoon vegetable oil
- 1 (16 oz) package of smoked kielbasa sausage, diced
- 6 medium red potatoes, diced
- 1 red bell pepper, diced
- 1 yellow bell pepper, diced

#### Directions

1. Heat the oil in a saucepan over medium heat. Place sausage and potatoes in the saucepan. Cover and cook for 25 minutes, stirring occasionally, until potatoes are tender.
2. Add the red and yellow peppers and continue cooking for about 5 minutes, until peppers are tender.



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