



The Grapevine

Your Employee Newsletter

Keystone Community Resources Inc. — Keystone Independent Living Inc.

April 21, 2008



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Keystone Consumers Living and Giving in Their Community

Keystone consumers live everyday lives in their neighborhoods with the help of family, friends, and residential staff. Here are a few of their stories.

A Night Out At The Show

Tristan T. of Pine, and **Julie M.** of Greenbush, recently enjoyed a night out at the Scranton Cultural Center.

The evening began as the couple enjoyed a travelling production of the musical "Rent". After the show, Julie and Tristan went out for a snack before ending the night

The couple, met while working at Penn Industries.

Serving at a Special Mass

Leslie Drive women **Mary B. Maria P.** and **Marie Hesser**, Residence Manager attended a special Mass celebrated by Roman Catholic Bishop Joseph Martino at St. Peter's



Julie and Tristan enjoying lunch together at work!

Cathedral on March 2, 2008.

The Mass, which celebrates "Developmental Disabilities Awareness Sunday" is an annual event that encourages everyone to gather prayerfully with our brothers and sisters who have intellectual and developmental disabilities, and to recognize the gifts they have to offer to the Church and to the community.

Mary and Maria participated in the liturgy as greeters. Other men and women with special needs served as readers, Altar Servers and Gift bearers. The Mass was broadcast on local television and aired several times over the next week. After the Mass, Mary, Maria and Marie attended a social gathering at Holy Cross School hosted by the Arc of Northeast Pennsylvania.

Feeding Needy Families

Kareem B., Dominic F., Steven S., Ron S., and Tyrone D. with Residential Manager **Gabby Quinn** and the staff of South Webster recently volunteered for "Feed a Friend"

Sponsored locally by The United Neighborhood Centers of Northeast Pennsylvania and WNEP-TV, the boys worked diligently in collecting food and creating baskets for needy families during the holiday season.

Welcome To All Of Our New Staff!

Thanks for joining our team!

March 3
Nick Parlanti
Donna Campbell
Cris Lyons
Angela Demmerle
Jason Samsok
Barbara Caparelli

March 17
Nancy Sinclair
Cynthia Halstead
Christine Hubble

And a special Thank You to **Megan Tucker** and all the staff who referred such wonderful people to join the Keystone Team!



Jackie Squires already hard at work for **Margie** after just one month!

Serving People in a Guatemalan Village!



Stephanie learning just how much work goes into gathering coffee beans!

In the last few months we shared with you the story of two Keystone staff who were setting off to foreign lands. Well, they're back! And full of stories!

Stephanie Simon's Journey to Guatemala was as part of a missionary voluntary service team to help the people in that area.

Stephanie knew she would get her hands dirty and boy did she! Stephanie did minor construction, laid marble, and even picked coffee,

which, she says, "actually looks a lot like cranberries!"

Picking coffee is very hard work, according to Stephanie. "Workers there were expected to fill one bag per day....it took one day for our team of 20 to do the same!"

With an international service trip comes the realization of how lucky we are. Sorting school supplies Stephanie thought were to be given to each student, she was later amazed to learn that they were actually meant for a

whole CLASSROOM to share. "It's those moments when you realize just how limited resources are for so many people".

The trip didn't come without its fair share of fun though. "Whether it was the Nuns rapping or just good old inside humor, we never stopped laughing!"

N. Main is going to miss Stephanie as she is already eagerly preparing for her next trip, which is to Africa in May!

Working For Children and Justice in India!



Heather learning that the small gift of 1 crayon and 1 coloring book page can be a Godsend for some.

Heather Hite's trip was a Work Study Exchange. The experience included time spent in a program for street children, in schools for children with developmental disabilities, and in a village of people living in a landfill.

The work study led to more than just a learning experience, Heather actually intervened on behalf of juvenile justice.

While at a prison where two female juvenile delinquents had been moved to, Heather learned that one

was there for attempted suicide.

As fate had it, the following day Heather visited with Ms. Singh, the woman who founded the local suicide helpline and suicide awareness programs.

Ms. Singh was describing her programs and how the suicide law was outdated and no one goes to jail for it anymore. Heather brought up the attempted suicide case.

Ms. Singh immediately began making phone calls in an effort to help this young woman!

Since then, Heather and Ms. Singh have maintained contact and continue in their efforts to bring attention and reconciliation to the matter of this girl.

The trip was not without its share of fun; including a hookah bar, jungle safari on elephant-back, and a private plane ride around the border of Tibet and Mt. Everest!

No Hibernating Here!



Who's team do you think is winning?

The winter months couldn't keep us in! From day trips to whole week escapes from the cold Pennsylvania winters, we got out and enjoyed ourselves at every opportunity!

For Lilac apartment, that meant a variety of trips, including one to Mohegan Sun! They spent some time there doing a little bit of gambling then went out to

dinner. "The guys loved it" says **Chrissy Cole**, Manager.

Others missed summer time activities so much they found ways to do them now!

Like Greenbush home, who made their way to an indoor water park in the Poconos. "What do you mean you've never been to Great Wolf

Lodge? Its great!" exclaim the staff "our girls loved it!"

And what would winter be without the big Super Bowl Party that Manager, **Erin Daniels**, hosts at Stafford II!

The party went off without a hitch and Erin made sure to decorate and have all the very best snacks!



Where did they go???

Since its inception in 2001, members of Weight Watchers at KCR have lost a total of 473 lbs!!! That's enough to make four new staff members with!

Yes, Keystone pays for half the cost of joining weight watchers. And Yes, you can attend ANY meeting ANYTIME, AND ANYWHERE! You don't need to attend the ones at Keystone but do take advantage of the price reduction by joining here!

I must admit though, the camaraderie of this group can't be beat. The members are not only all working towards the same goal but they also get the benefit of encouragement throughout the work day!

But Weight Watchers is not the only health option that Keystone offers for watching one's waist. Beginning soon, Keystone will be offering a **Walker's Club** and a **"Biggest Loser" competition!**

The Walker's Club will set convenient times for the group to meet and spend time walking together. That's a great opportunity not only to get in shape, but also to get out and enjoy nature and spend time with co-workers!

If there is one thing I know about Keystone, it is how much pride the "old timers" take in sharing stories from years past with more recent staff members. and this would be the ideal setting for this!

The Biggest Loser is, of course, inspired by the TV show. This group will be facilitated by our very own "Queen of Body Mass Indexing" **Kelly Quinn!**

The group will meet bi-weekly and cost each member \$20 to join. The winner of the competition will receive ALL of the money accumulated by that time! So if 20 people participate that could be a prize of \$400 and a great body for the effort! 30 participants, \$600 prize and so on!

Now, get your friends and start signing up! The bigger the pot, the bigger the prize!

Congratulations & Thank You's!!!

Congratulations **STEPHANIE CHUNCA**, Day Program Coordinator, on her new baby girl, Abernathy. Abernathy joined the KCR family on December 22nd!

Congratulations to **MARTIA BRIDGES**, Margaret Ave. DSP. Martia gave birth to a beautiful baby girl, Aaliyah, on December 17th.

Congratulations to **JOANN CLARKSON**, DSP, on her new baby boy!

Thanks so much to the staff of Gouldsboro I. Our residents really appreciate all that you do and so do!!!!

~ **BARBARA STANTON**

SCOTT LOWE took nearly two full days of his time to re-arrange the worksite floor. Scott took the time to get approval and moved everything from drill presses to tables to make the atmosphere better! Thank you Scott!

~ **STEPHANIE CHUNCA** and the Penn Crew!



Scott Lowe and Chuck love the new work floor layout!

January Anniversaries!

| | | | | | |
|----------------------|-----------|--------------------|----------|------------------|---------|
| Sharon Brehm | 18 years! | Monica Correa | 8 years! | Tony Wentz, Jr. | 1 year! |
| Bernadette Bochak | 16 years! | Ann Narcoonis | 7 years! | John Learn | 1 year! |
| Donna Perechinsky | 15 years! | Martia Bridges | 6 years! | Roseann Posluzny | 1 year! |
| George Knutelski | 15 years! | Raquel Montijo | 2 years! | Tara Morcom | 1 year! |
| Janet Strelecki | 14 years! | Susan Venturi | 2 years! | Ian Moses | 1 year! |
| Raymond Fantuzzi | 10 years! | Donnie Jackson-Bey | 2 years! | Cheri Penny | 1 year! |
| Barbara Wawrzynski | 10 years! | Kristine Durkin | 2 years! | | |
| Laura Brown-Yadlosky | 8 years! | Doyin Adelanwa | 2 years! | | |
| Michael Shiffer | 8 years! | Jeannine Martin | 2 years! | | |
| Jonathon Naro | 8 years! | Ann Philips | 1 year! | | |

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Keystone Independent Living, Inc.

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OUR MISSION

To provide people with developmental
disabilities diverse opportunities to lead
fulfilling lives



CALLING ALL WOMEN!

PARTICIPANTS NEEDED

Be a part of the Curves/Avon Fitness Study

YOU WILL RECEIVE

- Start and Finish Fitness Evaluation
- 30 days free on CurvesComplete.com
- Supervised Training from a Curves Trainer

30 Days for \$30

Work out 3 times a week for 4 weeks

Call 207-7373 by June 20, 2008



We Salute Our Dedicated Staff

February Anniversaries

| | |
|--------------------|-----------|
| Robert Fleese | 38 years! |
| Michael Holden | 24 years! |
| Nancy Jones | 10 years! |
| Marty Duffy | 10 years! |
| Maria Correa | 8 years! |
| Elaine Hoffman | 6 years! |
| Renee Williams | 5 years! |
| Nathan Minich | 5 years! |
| James McGraw | 4 years! |
| Dorothy Sirleaf | 4 years! |
| Stephanie Simon | 3 years! |
| Robert Ryan | 3 years! |
| Marie Chapman | 2 years! |
| Earl Harris, Jr. | 2 years! |
| Candice Lewis | 2 years! |
| Sharon Plowden | 2 years! |
| Jennifer Pawleshyn | 2 years! |

| | |
|------------------|----------|
| Melissa Mecca | 2 years! |
| Danielle Warnken | 2 years! |
| Brian Ciullo | 2 years! |
| Harry Selemba | 2 years! |
| David Zeleski | 1 year! |
| Esther Colter | 1 year! |

March Anniversaries

| | |
|------------------|-----------|
| Patricia Miller | 28 years! |
| Gary Bacinelli | 27 years! |
| Patricia Ward | 24 years! |
| Lori DeJoseph | 23 years! |
| Kelly Regan | 21 years! |
| Erin Daniels | 20 years! |
| Anthony Filipski | 19 years! |
| Beverly Mackes | 19 years! |
| Tina Williams | 18 years! |

| | |
|--------------------|-----------|
| Rosemary Kane | 16 years! |
| Douglas Miller | 14 years! |
| Kathleen Strelecki | 14 years! |
| Gail Miller | 10 years! |
| Angela Dieroff | 7 years! |
| William Robbins | 6 years! |
| Sue Zymblosky | 6 years! |
| Wayne Currie | 5 years! |
| Ann Colwell | 5 years! |
| Derek Sweeney | 5 years! |
| Edwin Cintron | 3 years! |
| Leonard Benzi | 3 years! |
| Shakira Hughes | 2 years! |
| Helene Santos | 2 years! |
| Sunil Kumar | 2 years! |
| Letitia Stevens | 1 year! |
| Jacqueline Cloud | 1 year! |