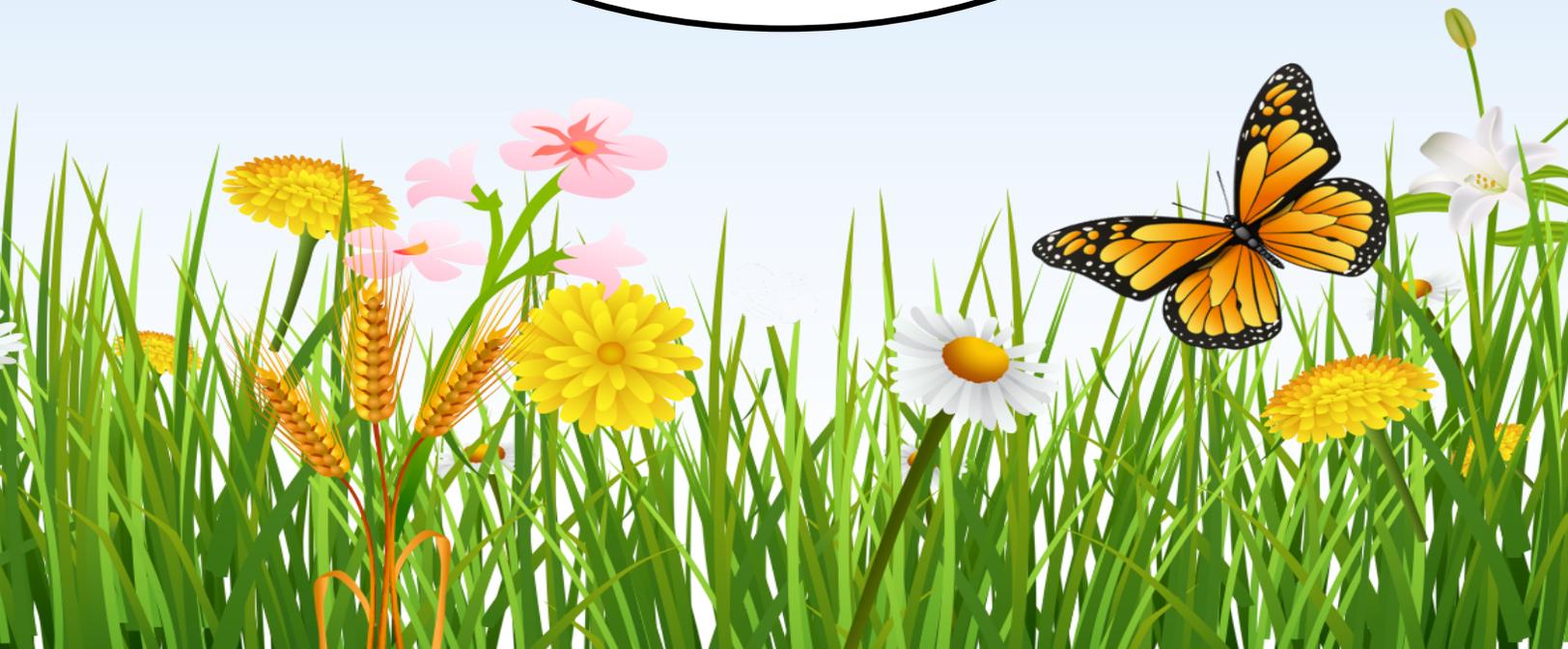




S P R I N G

N E E D S

N E W S L E T T E R



# Update From The President

Hi all. In the Spring Newsletter you will find updates and news from around our company and the services and supports that we offer. Since our last edition we have had lots going on (you will find more information about these in the newsletter):

Formal Celebration of our 5<sup>th</sup> year anniversary. We began providing services and supports on 4/1/2014 and on 4/1/2019 we held a celebration at our Tewksbury office. Here's to continued success as we move forward with our still (relatively) new company.

Our Parent Advisory Board began meeting. We hope that this will be a nice way for parents to help with the direction of our company, and to further support their family members.

We had a very successful cruise to Bermuda that several of the people we support were able to participate in.

We have secured our new day program space to replace our Methuen Day Program. The new program is located at 305 Newburyport Turnpike in Rowley, MA. This is a beautiful new building for our day services, and it opened as of June 13th, 2019.

We have also secured a new site in Marstons Mills, MA as a base of operations for our upcoming Cape Cod Village project.

So as usual we have a lot going on at the NEEDS Center. We hope that you will enjoy reading about all of the exciting things that are going on . As always feedback is welcome on things we could improve on, or things that you think we are doing well.

Thanks.

Jim Sperry, President and CEO  
The NEEDS Center  
jsperry@needsctr.org  
978-216-0315



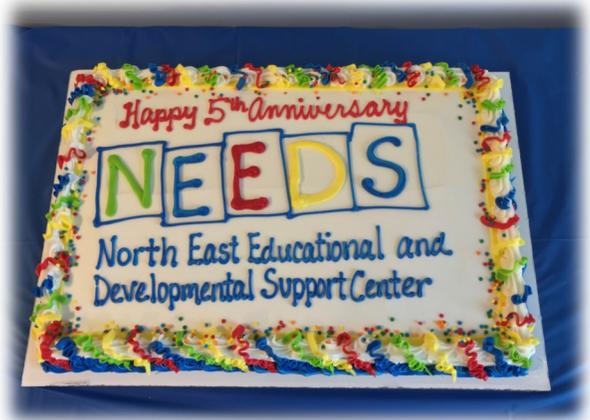
## 5 Years of Success!

On Monday April 1st the NEEDS Center celebrated its 5 year anniversary. To commemorate the occasion, a reception was held at separate times throughout the day at the NEEDS Center main office in Tewksbury. The event was kicked off by NEEDS Center Founders Jim Sperry and Paula Yarbrough receiving gift boxes as recognition from staff for personally sacrificing it all to start the organization.



Staff from both day programs and several residential programs attended the reception. The reception had food, music, and no shortage of conversation. Those who attended in the morning were treated to bagels, muffins, and coffee. Those who attended in the afternoon were treated to sandwich wraps and cake. NEEDS Center also hosted two raffles with the winning recipients receiving a \$50 visa gift card. The winners of the raffles were Program Coordinator John Mbugua and Program Specialist Benony St. Victor. Continue onto the next page to see more pictures from the reception!



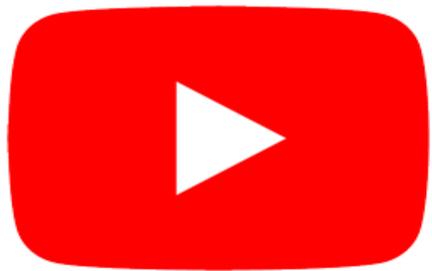




# NEEDS On Social Media

We have joined social media to share information with stakeholders and people who might be interested in our services. We encourage all stakeholders and people who might be interested in our services to like us on social media and share our page! Hopefully, you'll enjoy the content that we'll put forth and we look forward to sharing more information with you as we go forward.

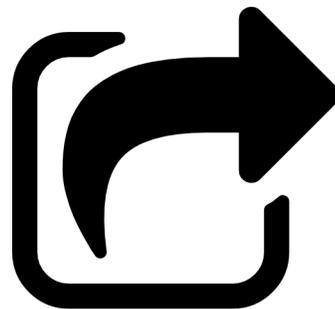
## FOLLOW US ON:



# YouTube



**LIKE!**



**SHARE!**

# Oakridge at the Rose Ball

Jessica and Uchenna attended the Rose Ball at the Andover Country Club on March 21st with NEEDS Center PC Nicole Chaisson. They describe the event as a “dancing formal event” with dinner, a photobooth, and dancing. They said they were “excited to dress up and feel good”. Uchenna reported that it was a “feeling in love atmosphere” and that she felt “super, fantastic happy excitement” about spending time with her boyfriend and his mother.



# Welcome to the NEEDS Family

We would like to take this opportunity to welcome new members to the NEEDS Center Family!

- ◇ Rose Fernandez | Program Specialist
- ◇ Alicia Halliday | Program Specialist
- ◇ Frank Kiwendo | Program Specialist
- ◇ Ibrahim Bangura | Program Specialist
- ◇ Rahab Kisio | Program Specialist
- ◇ Tarkpor Mambia | Program Specialist
- ◇ Stacy Ojeda | Program Specialist
- ◇ Precious Shilley | Program Specialist
- ◇ Kendall Paoella | Program Specialist
- ◇ Amos Ngure | Program Specialist
- ◇ Stanley Abosi | Program Specialist
- ◇ Corey Sevigny | Program Specialist
- ◇ Michael Kamara | Program Specialist
- ◇ Joseph Bass | Program Specialist

## Congratulations!

The NEEDS Center would like to take this opportunity to congratulate Program Specialist Cynthia Agyapong on obtaining the DDS Direct Support Certificate through Middlesex Community College. Congratulations Cynthia!

The NEEDS Center would also like to congratulate our Assistant Director of Clinical Services Taryn Goucher on passing her BCBA examination and obtaining her BCBA Certification! Congratulations Taryn!

### **Congratulations to staff who have grown with us!**

- ◇ Anthony Cassettari | Assistant Program Coordinator to Program Coordinator
- ◇ Felistus Criswell | Program Specialist to Program Coordinator
- ◇ Jennifer Pottle | Assistant Director of Residential Services to Director of Residential Services
- ◇ Paul Lamin | Program Specialist to Assistant Program Coordinator

## Warmest Wishes

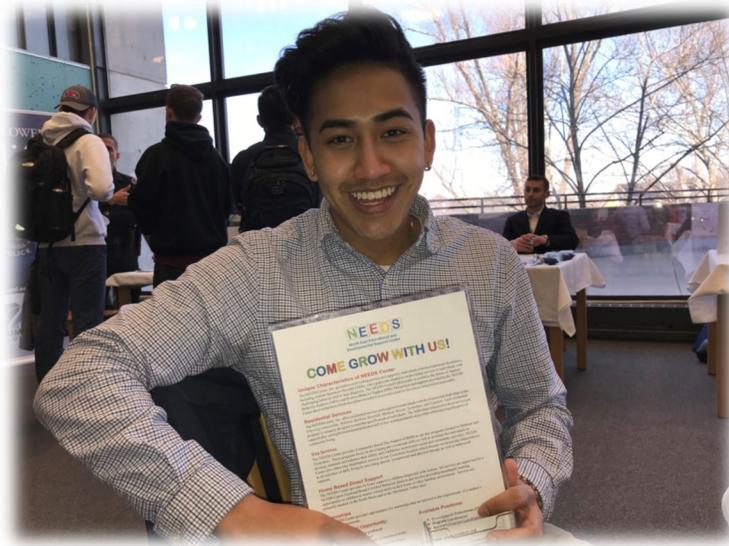


Warmest wishes to Diane Firicano who left the NEEDS Center on May 31st, 2019. Diane was the NEEDS Center's Director of Operations since its founding, and was an invaluable resource to the individuals we support along with staff members at all levels. We at The NEEDS Center appreciate all of her efforts over the past 5 years and she will be missed. Saying goodbye is never easy, especially to someone who has been such a valued team member. We wish Diane all the best now and into the future.



# HR Happenings

NEEDS Center Recruiter Matthew Seidell and NEEDS Center Administrative Assistant Damian Sok attended the 2019 UMass Lowell Non-Profit and Government Career Fair on Wednesday March 27th. There they met and talked with students who had questions about working at the NEEDS Center.



The NEEDS Center held our 2nd Annual Job Fair Open House on Thursday, May 9th. The event welcomes everyone to come in, fill out an application, and meet with hiring managers. The event allowed several applicants the opportunity to meet with hiring managers that day! Many moved on to the next part of the hiring process. We look forward to this event each year and we look forward to next years Job Fair Open House.



2019 Job Fair Open House





 **AUTISM SPEAKS®**  
**WALK**

*powered by love™*

**NATIONAL PARTNER ALPHA XI DELTA**

**October 6, 2019**

Greater Boston Walk Boston Common

Join The NEEDS Team @ <http://act.autismspeaks.org/goto/NEEDSCTR>

**Register Today at [AutismSpeaksWalk.org](http://AutismSpeaksWalk.org)**

FAMILY-FRIENDLY | AUTISM RESOURCES | COMMUNITY SUPPORT

# Pizza at River



Greasy! Goopy! Crunchy! Pizza is a meal that has a notorious reputation for being unhealthy. However, that reputation was cast aside recently by Devin from River Road. To kick off the Spring season, Devin made a homemade roasted vegetable pizza. This artisan crafted pizza had a thin spread layer of red sauce, it was blanketed with zucchinis, mushrooms, tomato chunks, broccoli, and olives and finished with a healthy serving of cheese. Despite it's unhealthy reputation even pizza can be a nutritious meal as Devin proved with his delicious creation.



# Bermuda Cruise

## By Tim Sobezenski



On April 26<sup>th</sup>, 2019 individuals and staff from the NEEDS Center boarded the Norwegian Gem in Boston to cruise to Bermuda for a seven-day trip. For most of the group it was our first-time cruising and it was very exciting. We were on the ocean for about two days before we arrived at the Royal Navy Dockyard in Bermuda. While on the ship we enjoyed eating lots of good food- we gathered together for every meal to eat and enjoy each other's company. We swam in the pools (two of them!) and spent a lot of relaxing time in the hot tubs (four of them!). We spent our evenings on the ship enjoying many different types of live music. We sang and danced, and everyone had a lot of fun together. On the ship, we also played basketball, checkers, attended shows and enjoyed the casino and arcade.

On our way into the Royal Navy Dockyard in Bermuda we gathered on the top deck to watch our ship pull into the beautiful port. We disembarked for a day of shopping and exploring the island. It was bright and sunny for our two days in Bermuda. On day two in Bermuda we got up early (6am!) and made our way to Horseshoe beach for the entire day. On the beach, we played ball with water bombs and everyone swam in the beautiful ocean. Some of the ladies got their hair braided by a local resident while others played beach tic tac toe and ball.

On day three we did more souvenir shopping at the mall and some went for an excursion to swim with dolphins

Our trip back to Boston was wet, rainy and cold! We all had so much fun to together that we did not want to go home.

We arrived back to Boston on May 3<sup>rd</sup> safely and with great memories that we will share for our lifetime.

Our vacation was a huge success and the NEEDS Center hopes to have a group interested in a Bermuda cruise annually.



# DDS Recognition Ceremony

The following individuals were nominees for DDS's Recognition Ceremony for "Individuals Who Are Good Citizens". The last individual mentioned, Jessica, was selected and honored at the ceremony.

## Avi K – Parsonage



Avi was nominated by the NEEDS Center for her positive attitude. Avi's smile helps create a positive environment where ever she goes. Staff and peers at both the residence and at the day program are quick to greet her, seemingly just to see her smile. Avi attends the NEEDS Center's monthly advocacy group and enjoys interacting with everyone during the arts and crafts portion of the evening. Avi has most recently attended a cruise with her peers and all were excited to be involved in the activities with her.

## Anthony L – Treble Cove

Anthony has been the mayor of Treble Cove Road and has helped welcome two new residents into the program as well as several new staff over the last year. Anthony's positive attitude and increased independence around personal care and education management has been a nice example for his housemates to follow. Anthony's personable demeanor and eagerness to talk to new people has helped create a positive environment for all people involved in the program.

## Jessica C – Oakridge (Jessica was chosen to be recognized and attended the ceremony)

Jessica has been a spring board for the NEEDS Center's Healthy Living Group which focuses on diet and exercise and making overall healthy choices. Jessica had been participating in Weight Watchers for the last few months and has steadily been losing weight each month. Moreover she is becoming more knowledgeable and health conscientious when making choices in her daily routines. Jessica has attended the first few Healthy Living Groups and has been encouraging her peers to participate. During the meetings Jessica has helped make healthy snack choices and has been supportive of her peers. Jessica's positive attitude around her new focus on healthy living has helped make the Healthy Living Group a success.



The NEEDS Center would like to extend their congratulations for all individuals nominated.



# Rowley Day Program

In June 2019 our Community Based Day Support site located at 602 Lowell St in Methuen Ma relocated to 305 Newburyport Turnpike in Rowley Ma.

Our new building is more spacious, includes three floors, and contains plenty of parking.

In this building we will providing community-based day supports. In the future we will expand our services to include group supported employment as well as day habilitation services.

If you would like a tour of our new facility or are interested in learning more about services please contact Tim Sobezenski at [tsobezenski@needsctr.org](mailto:tsobezenski@needsctr.org)



## Parent Advisory Group

On March 28<sup>th</sup>, 2019 the NEEDS Center began hosting monthly meetings with interested parents of individuals in our care. Our goal upon starting the council was to get direct input from families about our current services and areas of improvement.

After 3 successful meetings our parents are committed to recognizing the staff at the NEEDS Center by hosting staff appreciation pot-luck in the homes and day programs. The hope is that both families and staff will get together to get to know each other better and express gratitude for the services they provide in supporting their family member.

Our parent volunteers would also like to become more involved in the community and participate in fundraising efforts for the NEEDS Center.

Our council members had the great idea of hosting a formal dance for NEEDS Center residents. The V.P. of Adult Services is currently helping to locate a venue for a dance in the fall of 2019.



# NEEDS Cookout!

On Friday, May 24th the NEEDS Center Day Habilitation Day Program in Tewksbury held a Memorial Day Cookout. Day program staff and individuals all gathered around the grassy area behind the day program for food, drinks, and fun!



**NEEDS**

North East Educational and  
Developmental Support Center

**ANNUAL  
COOKOUT**

**RSVP to Tim Sobezenski  
tsobezenski@needsctr.org**



**Thursday, August 8th 2019 | 10AM - 1PM  
Endicott Park | 57 Forest St Danvers, MA 01923**

## Marstons Mills

We have officially opened our Marstons Mills administrative office located at 86 Cotuit Road, Unit B, Marstons Mills, MA 02648. This office will serve as a base of operations for NEEDS Center personnel. We are getting closer to opening the Cape Cod Village project in Orleans, MA, and this office will help us as we set up operations.



## Cape Cod Village

Construction is underway for Cape Cod Village located in Orleans, MA. Cape Cod Village was conceived by a group of parents who were looking for a living option for their adult children with autism. Through their efforts this project is becoming a reality. We at The NEEDS Center are very enthusiastic about the project, and are looking forward to construction being completed, and the homes opening. The plan is that this will occur at some point early in 2020.



# +Healthcare Corner+

## How to Treat a Sunburn

Prevent sunburns by wearing long clothing and using SPF 30 or higher.

It's important to begin treating a sunburn as soon as possible. In addition to stopping further UV exposure, dermatologists recommend treating a sunburn with:

- Cool baths to reduce the heat.
- Moisturizer to help ease the discomfort caused by dryness. As soon as you get out of the bathtub, gently pat yourself dry, but leave a little water on your skin. Then apply a moisturizer to trap the water in your skin.
- Hydrocortisone cream that you can buy without a prescription to help ease discomfort.
- Aspirin or ibuprofen. This can help reduce the swelling, redness and discomfort.
- Drinking extra water. A sunburn draws fluid to the skin surface and away from the rest of the body. Drinking extra water prevents dehydration.
- Do not treat sunburns with “-caine” products (such as benzocaine).

If your skin blisters, you have a second-degree sunburn.

Dermatologists recommend that you:

Allow the blisters to heal untouched. Blisters form to help your skin heal and protect you from infection. If the blisters cover a large area, such as the entire back, or you have chills, a headache or a fever, seek immediate medical care. With any sunburn, you should avoid the sun while your skin heals. Be sure to cover the sunburn every time you head outdoors.

Source: American Academy of Dermatology [www.aad.org](http://www.aad.org)



# Stakeholder Meeting

We continue to hold our Stakeholder meetings on a semiannual basis. All who are interested in the goings on at The NEEDS Center or who would like to guide our services and supports are invited to attend. These meetings are a good forum to discuss the things that are happening at The NEEDS Center, and to share ideas, discuss positive events, as well as work on areas that could use improvement.

Some of the topics we have covered in this forum include:

- Home Improvement Projects
- Getting generators for each home (Completed)
- Menu Planning
- Recreational Activities
- Staff Recognition
- Nutritionist Consult

These meetings are a valuable way to get input from the most important people in the lives of the people we support. Please feel free to join us for our next meeting on August 15th at our main office in Tewksbury (1390 Main Street Tewksbury, MA 01876) at 5 PM.

## Summary

The NEEDS Center grew rapidly last year and in large over the past five years. We will continue to demonstrate our commitment to providing services for families and their loved ones. Thank you for taking the time to read about our organization. The NEEDS Center quarterly newsletter will return next season for our Summer Edition.



