

the ANTHESIS BULLETIN

MAY 2021

A MONTHLY UPDATE OF PARTICIPANT HAPPENINGS



Chris J. and Christian J. from the Transition Program completed a major goal – they are moving into their own apartment! It has been a long term goal that Chris and Christian both worked towards. With the help from their coaches, Melody Clayton and Ryenez Razor, Chris and Christian learned the financial responsibility it takes to live independently and feel ready to take the big step of moving on their own. While in program, Chris and Christian worked diligently to learn the intricacies of renting on their own by building their own spreadsheets to compare their income to the costs of an apartment. Chris and Christian are true examples of how hard work can pay off! Congratulations on completing your goal of moving into your own apartment, Chris and Christian!



Matthew G. (pictured above) from the Adult Development Center program shows off his shadow box that he created from scratch with the assistance of his instructor. The photos featured in the shadow box are of him showcasing his favorite Hot Wheels that he has collected over the years. Matthew was so excited to display his brand new creation for his friends and family to see. Good job, Matthew!



Aaron E. (pictured above) from the Supported Employment Program recently started a new job at the City of Montclair's Parks & Recreation Department where he is responsible for the maintenance of four baseball park facilities and snack bars. Aaron wanted a position that matched his interests and had a flexible schedule so that he could continue his education in hospitality management. Keep it up, Aaron!



Lisa F. (pictured above) from the Adult Development Center program and instructor Maria T. collaborated together to create their very own wearable artwork! When asking Lisa what she wanted on her t-shirt, it was a no brainer that she wanted her favorite superhero, Batman, on the front. With a little bit of help from her instructor, Lisa created her Batman t-shirt that showed off what she loves the most to all her friends.

A FEW WORDS WITH NICOLE M., SUPPORTED EMPLOYMENT PROGRAM



Thank you for the awesome interview, Nicole!

Q: Tell us about yourself.

A: Hi, I'm Nicole M. and I work at the Anthesis Thrift Store.

Q: How long have you been part of Anthesis' Supported Employment Program?

A: I have been part of the program since 2011. I have been working at the thrift store for almost 10 years.

Q: How has Anthesis impacted your life?

A: I learned how to sort the movies and clothing at the thrift store. I enjoy working with my friends and decorating the store for the holidays.

Q: What is your favorite thing about working at the Anthesis Thrift Store?

A: My favorite thing is working with the donations that come in and looking at what they have and giving a receipt for the donations. I greet customers and help customers find items they are looking for.

Q: What do you like to do for fun?

A: I really like to read. I have a Kindle that I get books on. Right now I am reading Harry Potters books. I also like to watch movies. I like to watch comedy. My favortie actress is Julie Andrews.

HOW TO CELEBRATE MENTAL HEALTH AWARENESS MONTH:

Get a good night's sleep

Eat a Healthy Meal

Workout with a friend

Listen to your favorite music

Clean Your Room

Text or Call a Loved One

YOU CAN DO IT!

Remind yourself how awesome you are

Anthesis

Did you know May is Mental Health Awareness Month?

To celebrate Mental Health Awareness during the month of May, spend some time taking care of yourself to improve your physical and emotional wellbeing! Check out our "Self-Care Checklist" for ideas!

employment opportunities for Anthesis participants

JANITORIAL/FACILITY MAINTENANCE ASSISTANT-2 OPEN POSITIONS

Performing maintenance and janitorial duties

To apply, call (909) 624-3555 Terri Perkins, ext. 243 or Isabel McDaniel, ext. 266.

To stay up-to-date on all the exciting happenings at Anthesis, visit Anthesis.us, like our Facebook page, follow us on Instagram ([anthesis.us1](https://www.instagram.com/anthesis.us1)), and on LinkedIn.

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