

# POSSABILITIES TRIBUNE

## January, 2015



Don't forget to donate at [PossAbilities.org](http://PossAbilities.org)

*PossAbilities is a 501(c)(3) Charitable Organization*

### Upcoming Events

#### PossAbilities Tours:

Come take an inside look at what PossAbilities does on a daily basis. Our next tour dates are January 29th, February 12th and 26th. Call Kenn Roehl at 507-281-6116 to sign up!

Wine & Roses 2015 is set for April 24th from 5:30 to 9:30PM. Go to [WWW.PossAbilities.org](http://WWW.PossAbilities.org) to get your tickets today!

#### Ice Cream Social 2015

has been moved to August. More info TBA.

**Check us out on YouTube, and "Like" us on Facebook!**

Thanks go out to ST. CROIX HOSPICE for being a great community friend!

**ST. CROIX**  
HOSPICE



Tony enjoying his new friend!

### Puppy Love

Every week PossAbilities heads out to Paws and Claws Human Society to interact and play with animals. As PossAbilities staff and participants enter through the back door they are greeted with the barks of all the anxious puppies. While the participants sit in one of the acquaintance rooms the joy starts to build on their faces. Then, a fresh new puppy comes running in and the laughs and smiles come bursting out. PossAbilities Employment Specialist Megan Friedrich said "I love seeing how much the participants enjoy playing and interacting with the animals we get to meet! No one can have a bad day after playing with a puppy". Tony (seen in picture above) get very excited to see the puppies. He even pulled his scarf out and began playing tug-o war with his new friend. Tony mentioned that he wanted to "put him in his pocket and take him home". Having the opportunity to experience animals is very therapeutic to people with disabilities, and PossAbilities is very thankful that Paws and Claws lets them do so.



### Pajama Party at Seniors

January 30th, PossAbilities' Seniors program put on a Bring Back Summer PJ Party. The crew at Seniors grilled hot dogs, made desserts and rocked out to some good music and games. Program Director Luke Ureving agreed that staff could pick out his outfit for the day, so they wasted no time finding him a Mickey Mouse onesie to wear for the day. Luke said "When I tried on the PJ outfit at home, in my mind I was like... please don't fit...please don't fit...and of course it fits perfectly". Looking good Luke....Uh HaHa!

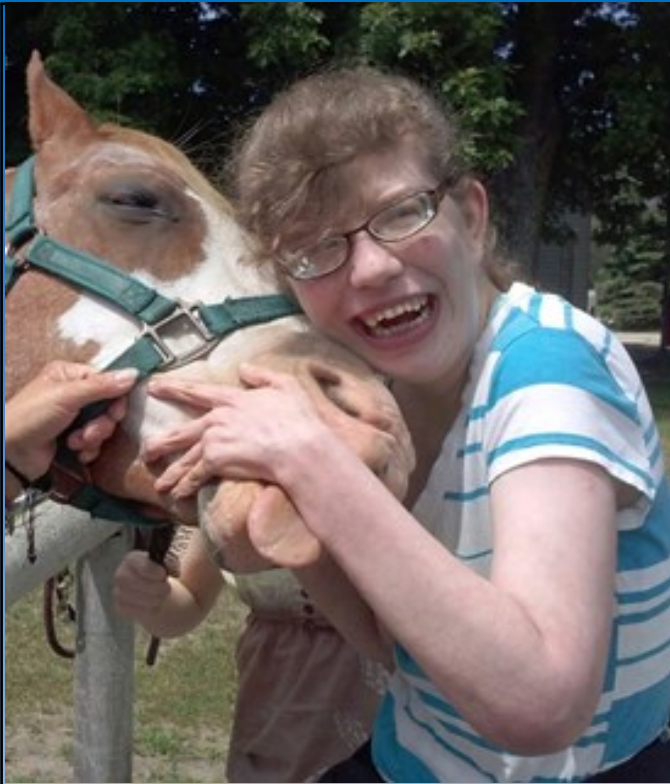
PossAbilities Seniors site would like to request donations of magazines and reading materials. Donations can be dropped off at 1808 3rd Ave SE, Rochester, MN 55904.

Main Office: 1808 3rd Ave SE • Rochester, MN 55904  
Phone: 507-281-6116 • [www.possabilities.org](http://www.possabilities.org)

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# POSSABILITIES



## Enriching Lives

On any given day you could walk into any one of PossAbilities programs and be left speechless. From transportation in the morning, work and activities during the day and more transportation at night one could say that this organization has many moving parts. PossAbilities is a nonprofit organization located in Rochester, MN whose mission is to create opportunities for children and adults with disabilities to contribute to and connect with the community. By providing great programs that are specifically designed for people with disabilities in all walks of life PossAbilities has been helping its participants improve their quality of living since 1961.

One of PossAbilities programs is called Life Enrichment. Located at 2530 North Broadway and 1750 3<sup>rd</sup> Ave SE, this program is host to over 50 participants who have severe

developmental disabilities. These individuals benefit from having a personalized setting where they can receive more one on one attention. Each site is equipped with a sensory room that is designed to stimulate senses and relieve built up tension. These rooms have colorful lights, music and a number of different items that are unique to a person's sensory system. This program focuses on independent living skills, social interaction, and activities that strengthen an individual's visual, sensory and motor skills. Employees are highly trained to be able to work in a variety of different situations like accident prevention, CPR, first aid, medication administration, transportation safety and sensory integration. PossAbilities staff help integrate their Life Enrichment clients into the community through activities and volunteerism during outings such as scrapbooking, helping at the Salvation Army and Goodwill, exercising at the mall, bowling, swimming, reading groups and library trips.

Last year a Participant named Julie was able to experience something that would be difficult without the resources provided from PossAbilities. She was able to head out to a local horse ranch with staff to spend the afternoon, and was given the opportunity to learn how to curry a horse. Experiences like this are something PossAbilities strives for on a daily basis. Their person centered approach will ensure that people with disabilities have the opportunity to be part of the community for years to come.

*If you would like to receive this Newsletter electronically please email Tyler Grapp at [Tgrapp@PossAbilities.org](mailto:Tgrapp@PossAbilities.org)*

*Serving children and adults with disabilities*