

Enriching Our Communities
by Connecting Local Employers
& Individuals With
Opportunities to Succeed



Networks News

MARCHING TO THEIR OWN BEAT!

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Just imagine 10 to 15 individuals drumming away on 5 gallon plastic buckets!!! The noise is deafening! But when you look into Opportunity Networks' Theater every Friday at 1pm you can witness something truly amazing.

Mr. Rich, founder of Youth Beatz and former member of Recycled Percussion has brought his own form of inspirational music enrichment programming to Opportunity Networks. Every individual who participates anxious looks forward to Monday afternoons and Mr. Rich's arrival. The focus isn't just on banging drums and making lots of noise. Outside of just good fun each individual works on team work, positive choice pattern, confidence, creative expression, social inclusion, self acceptance, self—esteem building and respect for self and others. And believe us when we say its also a challenging aerobic workout thru a philosophy of percussion, cardio-training, steeping and creative music in motion.



So if you want to get a great workout, work together as a team then this is an activity for you! For anyone who would like to experience it first hand we encourage you to grab a pair of ear plugs and stop by on a Monday afternoon to witness the fun.

This issue of "Networks News" was made possible by the News Crew:

- Nicholas Needler
- Joshua Nadeau
- Jane Hunnewell
- Richard Brown





**Ok, let's take it from the top!
(News Crew in action)**

WHO'S THE NEWS CREW!!

The Opportunity Networks newsletter went into publication approximately 1.5 years ago and since that time it has been a great success. The “News Crew” is a group of individuals supported at Opportunity Networks and they meet every Thursday afternoon to work as a team to develop and publish the agencies newsletter. The News Crew consists of the following members: Nick Needler, Jane Hunnewell, Josh Nadeau and Richard Brown. When asked what they like most about being a part of the News Crew each member reported that they have the opportunity to work as a team with friends, write and develop their own articles, research information, and focus on activities of interest to include things going on at Opportunity Networks.

Each News Crew member has the opportunity to wear many hats and perform a variety of functions to make the newsletter happen. Each of the members has a variety of tasks which include interviewing, story writing, editing, reporting, computer skills, and photograph. So when you think of it its more than just creating a newsletter. It's giving each member a chance to express themselves, build self-esteem and feel good about seeing the final product which is the newsletter they design!!

The success of the news crew and news lies in the members themselves. It's through their creativeness that the newsletter has been a success.

SPRING GARDENING & SAFETY GUIDELINES

- Prepare your soil by tilling the area around 8 – 12” beneath the surface and removing any rocks or debris.
- Plant grinded eggshells in the same hole that you planted your vegetables to help avoid blossom end rot.
- Use cooking water on your plants. Please make sure to let the water cool down before feeding it to your plants.
- Spray your plants with a chamomile tea mix 3x per week to ward off plant irritation.
- Fertilize your garden with coffee grounds.
- Check the pollen counts. If the level is high, limit your time outside and take allergy medications.
- Share the road with motorcyclists, bicyclists and pedestrians.
- Check your tire pressure at least once a month and before every long trip to ensure that your tires are operational.
- Avoid driving through large puddles, which can impair your brakes, cloud your vision or cause you to hydroplane your vehicle.
- If you have a dog, don't let him/her hang out of open windows of your car as this could cause serious injury.



25TH ANNUAL SOUHEGAN VALLEY GOLF CLASSIC

Spring has finally arrived and what better to enjoy the warmer weather than to be outside playing golf and supporting a wonderful cause. Opportunity Networks' 25th Annual Souhegan Valley charity golf classic and dinner auction will be held on Thursday, June 4th (rain or shine) at the Amherst Country club in Amherst, NH. Our Golf Tournament is sponsored annually by Hitchiner manufacturing company. This tournament is known for being one of the area's premier charity golf events, with meals and beverages provided on the course



as well as the day ending with an exquisite dinner donated by Yankee chef of Milford and a live auction with Auctioneer Steve Desmarais. The Four player scramble is a great day of golf, food and fun ... all for a GREAT cause! The Tournament Features Hole-in-One prizes including chances to win incredible prizes' as well as many other chances to win on the course! Prizes Opportunity Networks is a 501 (c) 3 non profit organization with 34 years serving adults residents who live with acquired and developmental disabilities. We are committed to providing genuine Vocational Opportunities and Social Activities that promote life enhancing skills for disabled adults in the Southern New Hampshire area. Over this past year, our agency has provided services to 101 handicapped individuals ranging in age from their early 20's to their upper 60's. For more information, log onto www.opportunitynetworks.org



SUNSHINE ON MY SHOULDERS

In February Richard left the cold wintery weather of New Hampshire to travel to sunny warm Florida for a fun filled vacation. The 2,200 mile Journey was a long one but as Richard reported, It was well worth the long drive. While in Florida, Richard had the opportunity to visit Disney World, Sea world, and Universal Studio. Although, Richard enjoyed all the amusements parks, Universal Studio's was his favorite park to visit and Space Mountain at Disney was his favorite ride of all time. Richard is looking forward to planning another wonderful and exciting in Florida next year. Richard last comment was now back to winter New Hampshire!



HELLO SPRING!! POEM - JOSHUA NADEAU

The cold winter has passed and comes spring.
 The newly hatched baby birds will cause the mother birds to sing.
 The warm sun comes out; little cherry blossoms are in bloom.
 Beautiful roses will open up and smell of sweet perfume.
 The winds soft breeze passes through the tall trees.
 There will be plenty of work for the busy honey bees.
 From flower to flower, they fly & buzz all day.
 Spring is that magical time during March, April and May.
 Have a picnic in the park.



Thank God it's Spriling!!

FUN SPRING ACTIVITIES — JOSHUA NADEAU

- Visit a farm to see the animals.
- Plan a spring break vacation.
- Plan a car wash in your neighborhood or at your business.
- Play a sport such as football, baseball or soccer.
- Go horseback riding with a friend or family member.
- Take your binoculars and go bird watching.
- Plan a day of mountain climbing.
- Skip rocks across a pond.
- Go on a bicycle ride around your neighborhood.

WORK EXPERIENCE AND MORE



I loved my internship at TJ Maxx

When you think of TJ Maxx, You think of racks of new clothes, shoes, and accessories. For Josh Nadeau, his internship at TJ Maxx was a Positive work experience he enjoyed and will never forget. Josh leaned many skill's and job tasks that are required to make a store like TJ Maxx operate. He leaned that not all

jobs tasks were glamorous but are needed to provide a quality shopping experience four all customers. Josh's Primary responsibilities were working in the stock room attaching security tags too clothing and shoes. Josh was also responsible for organizing and sizing set up clothing and shoes on racks in the store.

In addition, to a positive work experience Josh enjoyed the friendly yet Professional work environment the busy atmosphere and interaction with customers Josh was thankful to be a part of the TJ Maxx Team and is looking forward to new work experiences.

CANOBIE LAKE PARK HISTORY

Canobie Lake Park is a family attraction that is located about 40 miles north of Boston, Massachusetts in Salem, NH. It 1st opened on August 23rd, 1902 as a trolley park for the Massachusetts Northeast Street Railway Company and is currently owned by 3 families that features over 50 rides, a variety of delicious food, prize games, 3 arcades, live entertainment, fireworks & more. It opens every summer from early May to early November and offers FREE parking to everyone. The lake next to the park is 1½

miles long and is 0.4 wide, which supplies the water for the town of Salem. The lake's surface area is 373 acres and has the elevation surface of 219 feet. On certain weekends in September & October; it opens it's doors in the afternoon and evenings for Scream fest, which is a special event that is run by the park and features the most popular rides plus 5 walkthrough haunted attractions. The park continues to be a very popular amusement park in New England attracting thousands of visitors each year.



Walk through the Golden Gate to fun!

ONE STICH AT A TIME

When you walk by the arts and crafts room at Caldwell Drive you can often hear the hum of sewing machines. What started out as a once a week activity has blossomed into a wonderful n activity which now takes place 4 afternoons a week with 9 individual participants. Each individual participates at their own pace and take as long as needed to complete their sewing project.

Deb Folley has brought sewing at Networks to a whole new level. Through her dedication and guidance, the individuals that participate every week are excited about the different projects they are working on. Past projects have included making eye glass cases, small bags, and stuffed animals to name a few. The group is currently working on making small quilts. Many of the projects the individuals are working on are given to family members or friends.



A stich in time saves nine!

CHRISTMAS PARTY 2014



Opportunity Networks' hosted it's annual Christmas Party on Wednesday, December 24th at 11 Caldwell Drive, Amherst and 116 Perimeter Road, Nashua. The party was a huge success and consisted of many friendly guests and lots of food for everyone to enjoy. Uno's Restaurant provided pasta dishes and a salad. All of the clients got to go home with a special holiday treat from the staff. The event took place in order to help celebrate one the best holidays in the entire world. Ho Ho Ho!



THANK YOU FOR THE GENEROUS DONATIONS FROM:

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Upcoming Events

Our Fundraising Events:

25th Annual Souhegan Valley Classic Golf Tournament,
Thursday, June 4th, 2015

Please check out our website at www.opportunitynetworks.org,
for more information on our fundraising events and how you
can participate!!

Join Us in Playing!

Due to funding arrangements for Nonprofit Programming
providing services to individuals with disabilities, Opportunity
Networks continues to rely on the generous support of
individuals and businesses in our local community.

Program Locations

Administrative Office:

11 Caldwell Drive
Amherst, NH 03031
603-883-4402

Day Habilitation & Supported Employment Program

116A Perimeter Rd.
Nashua, NH 03060
603-889-0796

Vocational Rehabilitation & Employment Services

116C Perimeter Rd.
Nashua, NH 03060
(603) 402-1444

www.opportunitynetworks.org

