

OPP NET HERALD

Opportunity Networks Newsletter

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Hungry?? Find Fun and Festive Fall Recipes in our Culinary Corner Section. Mac-O-Lanterns? Tasty and Spooky at the same time!

"She is nice and likes to do things with me. She goes above and beyond"

-Ben K on his staff Alyssa

Read More on Page 2!

Editors: Skyy

Andrew

Lisa



New Hampshire Foliage Report on Page 6



Run to Page 11 to learn more about our Ability 5K happening September 30th in the Amherst Village in downtown Amherst, NH!!

AND MUCH, MUCH MORE WITHIN OUR FALL EDITION

DSP Appreciation Week

By: Justin Houle

DSP's are direct support professionals. They Support People With Disabilities To Participate In Their Communities. Some of the things they do are supporting community engagement such as job coaching, transportation, and employment, helping to accommodate those with disabilities to be more independent, providing assistance in daily activities such as accessing food, mobility assistance, medication administration, providing emotional support, and helping those they support advocate for rights and services.

September 10th through the 16th, 2023 is National DSP Appreciation week! It is a whole week to recognize and celebrate DSP's everywhere. There are a lot of wonderful DSP's out there who constantly do their best to support those in need. To be a good Direct Support Professional, you need to be empathetic, patient, dependable, and compassionate. It is not an easy job, but it makes it that much more fulfilling when you do it well. At Opportunity Networks, we have plenty of amazing staff, here's what some of the clients here had to say about some of their favorite DSP's:

"She is a wonderful person. She makes me smile and laugh everyday. I love going to Zumba with her." - *Andrew C regarding Maddi*

"He is cool and I love to hang out with him" -*Chris E regarding Sean*

"She talks with me and asks how I'm doing. She cares about me " -*Doug about Cari-Lee*

"He's cool to hangout with!" -*Jakob about Jacob*

"I love Lisa so much!" - *Kenny regarding Lisa U*

There's not nearly enough people in this profession and we can always use more. Thank you to all of the DSPs who help people with disabilities live a fulfilling and safe life. You are recognized and extremely appreciated!



Helping Those in Need

By: Ashley



Tolles Street Mission is located in Nashua, NH. This church provides many services to the local community. These include many food services like food pantry as well as distribution of toys and other such things to local children.



"The Tolles Street is an expression of the love of God to a dying and hurting world. Our Christian ministry has served the community for over 30 years and it is geared towards meeting the immediate

needs of the people. There are no fees charged for any of the services provided. All in need are welcome".



We at opportunity networks meet two days a week to bring food to Tolles street mission from Lull farm in Hollis nh. Working with my friends we help retrieve

food from the walk in fridge. Helping move this food so it does not go to waste it makes me feel glad.

After we finish loading the car with food we bring it to Tolles Street. When we get to Tolles Street, we help bring the food from our car to the tables outside. We also assist the people at Tolles Street with bringing out the food already there and setting it up on the outside tables. When we are finished helping it makes me feel happy to see all the tables of food that will go to feed the needy.

Tolles street mission is always looking for help and donations. Currently they are seeking a new van to help transport food to the Mission!



My Time Volunteering at the YMCA

By: Doug

I have been volunteering my time at the YMCA for about a year. My job there is to make trail mix with ingredients provided. I use a measuring cup to put the trail mix into baggies and then put them into crates. Macy, my supervisor at the YMCA, gives us a list of how many bags per crate. I like volunteering at the YMCA because it makes me feel good that I am helping people. The YMCA program we volunteer at serves about 300 kids a day, and helping that many kids makes me feel great. We are the only volunteers, so our job is important. This job makes my friends and family proud, which makes me more confident in myself.

Fall into Weather

By: Matt



September will be cooler and drier than normal, while October will be warmer and drier. Throughout November, colder-than-normal weather is expected in northern New England.

September:

1st-3rd Scattered Showers for Labor Day Weekend , Risk of an isolated heavy Thunderstorm Some Storms could Strong to Severe, Then Fair.

4th -7th Generally Fair, warm, humid.

8th-11th Thunderstorms Sweep in from the west across much of New England, then turning Fair.

12th-15th Unsettled Weather, rains spread up from the south.

October:

The temperatures in New Hampshire in October are comfortable with low of 55 F and high up to 75 F. The weather in New Hampshire in October is Comfortable and can vary between Cold and nice Weather Days. Expect a few rainy Days but usually not more than three.

Optimal Fall Foliage for the entire state of New Hampshire: *(Inland)* Sept. 28-Oct. 9; *(Coastal)* Oct. 5-21

Fun Fall Activities

By: Ben

Fall is right around the corner. It's time for the cool breeze, Halloween decorations, and New Hampshire's beautiful foliage! If you're looking for some inspiration on things to do, look no further! I've created a list of fun, fall activities to do this year!

-Go shopping for a dvd to watch at home and have an at-home movie night

Pop some popcorn and build a blanket fort to get comfy for a movie marathon!

-Go out to the movies to see something new in theaters

There are a ton of new movies coming out. Between horror movies for the Halloween season or just new family favorites, there's plenty of opportunities to watch a new movie in theaters. You can look forward to some movies such as, All Fun and Games, The Nun 2, Saw X, Five Nights at Freddy's, The Exorcist: Believer, Spy Kids: Armageddon, Trolls Band Together, etc

-Make a Halloween costume

Ex: a clown, thing 1 and 2, puppy costume

-Go apple or pumpkin picking at a farm

Ex: Lavoie's Farm, Parlee Farms, SunnyCrest Farm, Mack's Apples, Currier Orchards

Freshly picked apples would be perfect for an apple crisp, see Keesha's recipe on page 10!

-Canobie Lake Park: Screamfest

Enjoy the haunted houses, monsters roaming around, and your favorite Canobie Lake rides



Jamie's Culinary Corner

By: Jamie

Mac-O-Lantern and Cheese Bowl

Looking for something fun, creative, easy AND delicious to serve during this spooky season? Opportunity Networks has your back with these cute Mac and Cheese stuffed peppers that you can put your own flair and personality into!

Ingredients:

- Salt
- 6-8 medium orange bell peppers
- 8 ounces elbow macaroni
- 1 ¼ cups half-and-half
- 8 ounces cream cheese, at room temperature
- 4 ounces mild cheddar, shredded (about 1 ½ cups but feel free to use more, we did!"



1. Bring a pot of generously salted water to a boil. Fill a large bowl with ice water.
2. Cut the tops off the peppers and reserve. Remove the seeds and membranes. Put the peppers and the tops in the boiling water and cook until just tender, 2 to 3 minutes. Plunge the peppers into the ice bath. Once cool, remove them and use a sharp knife to carve a jack-o-lantern face (or whatever design you can think of!) into one side of each pepper.
3. Return the water to a boil, add the macaroni and cook until al dente, about 6 minutes. Reserve 1 cup of pasta water and drain (don't rinse the pasta)



4. Heat the half-and-half in a large saucepan over medium heat until it just comes to a simmer, stirring constantly. Continue simmering until reduced to about $\frac{3}{4}$ cup, about 10 minutes. Add the cream cheese and still until melted. Whisk in the cheddar until all the cheese is melted and the sauce is smooth.
5. Off the heat, add the macaroni to the saucepan and stir to combine. Stir in some of the reserved pasta water to thin the sauce if needed. Let sit for 10 minutes, then divide the mac and cheese among the peppers and cap each with a pepper top.



**“Just like James’
giant peach, I like
them yeah!” out
of 10**

Culinary Guest Appearance:

Keesha's Apple Crisp

By: Keesha

I am currently in a cooking class at Opportunity Networks with a staff and a few clients and I absolutely enjoy it. In the past we made Kielbasa with Classic Cheddar pierogis with Scallions and Onions. We also did this banana and strawberry with oats and with Nilla Wafers dessert. One of my favorite things we made was this Apple Crisp in a small squared pan. It was delicious and perfect for fall!



Ingredients:

- 1 cup old fashioned oats
- $\frac{1}{4}$ cup of flour
- $\frac{1}{4}$ cup brown Sugar
- 1 tsp pumpkin pie spice
- 6 TBSP of butter
- 30oz apple pie filling

Instructions:

1. Preheat oven to 350 Degrees
2. Spray 8x8 casserole dish with cooking spray
3. Pour apple filling into casserole dish
4. For the crumble topping
5. Mix oats, sugar, flour and pumpkin pie spice together with a fork in a small bowl.
6. Add butter and mix until crumbly with clean hands.
7. Spread topping over apples and bake for 30-35 minutes or until golden brown

******To modify this recipe to make Cranberry Peach Crisp, use 14 oz whole berry cranberry sauce and 30 oz canned sliced peaches cut in half instead of apple pie filling ******

The Ability 5K

By: Matt

Opportunity Networks is Hosting the 5th Annual Ability 5K on Saturday September 30th, 2023 at 10AM at the Amherst Village Congregational Church. A Major Focus of our day program is to assist our participants with their overall general health and well being. This race was created to offer our clients an opportunity to train, participate and complete a race within the local community. With good health, individuals with disabilities have the freedom to work, learn and engage actively within their communities. Prizes of the race range from \$25 to \$100 and also include Gift Certificates/Cards. SHARE lends us the tables and Chairs to use in the community circle, and we would like to extend a very special thank you to them. Our race is sponsored by many local organizations and businesses. Various levels of donations between \$100-\$1,000 allow our sponsors to advertise at various locations during the race. The Money raised is used to support things such as Health and Wellness activities at Opportunity Networks.



Sponsors for the 2023 Ability 5K

- Trilogy Fitness
- St. Mary's Bank
- Costco Wholesale
 - Fresh
- Fitbody Bootcamp
- Moulton's Kitchen and Market
 - Jay Steel LLC
- Family Dental Care of Milford,NH



- GHIA Healthy Solutions
- Bangor Saving Bank
- B Well Studios
- Amherst BookKeeping Company
- CVS Health

- Lion's International
- Franklin Savings Bank