

In This Edition...

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Donations Needed!

We are ALWAYS in need of items for our upcoming events. If you are willing and able, we would appreciate the following items:

- Plastic Cups
- Plastic Plates
- Napkins
- Silverware
- Pop/Water
- Condiments
- Plastic Tablecloths
- Individual Chip Bags
- Seasonal Décor/Centerpieces

Please drop off between 8:00 and 4:00 M-F. Thank you!

Greene Arc, Inc. is a non-profit corporation providing residential, vocational, Day support, job opportunities, advocacy and mental health/recovery services to citizens with disabilities of Greene and surrounding counties. Our goal is to promote the independence and employment of individuals with disabilities.

PHOTOGRAPHY CLUB

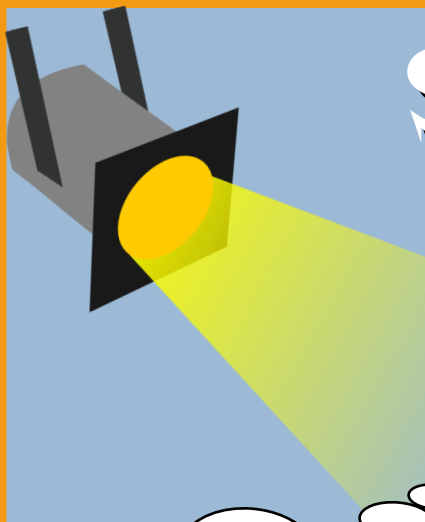


Follow us on Instagram for more from our Photography Club.

UPCOMING EVENTS

| Easter Event |

Spotlight On...



Celeste

What do you love about Greene Arc?

I love to work at the VTC and love the people there

What are your favorite things to do?

Read, play on my phone, play with my 2 cats

What is your favorite place to go?

To the mall and to the movies

What is your favorite food?

Meatloaf and Spaghetti

What is your favorite TV show?

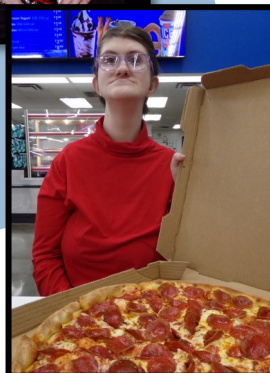
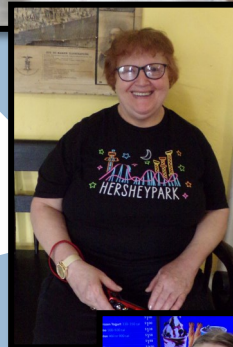
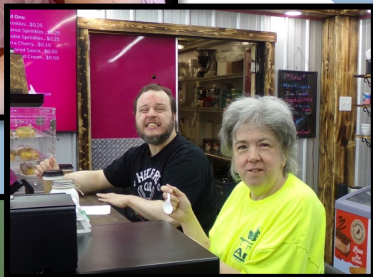
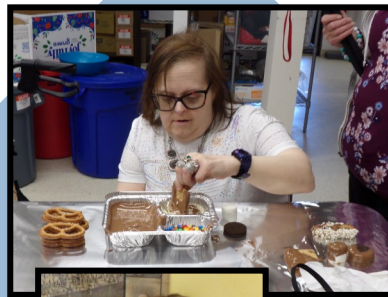
Golden Girls, Friends, Mama's Family, Everybody Loves Raymond

What are you good at?

Spelling, Matching Clothes, Puzzle Games, Candy Crush



JUST FOR FUN!



CURRENT JOB OPENINGS

Residential DSP

Full-time, direct care to persons with intellectual disabilities.

Certified Peer Specialist

Full-time, assist in Mental Health Services Program/Open Arms Drop-In Center.

Program Specialist

Full-time, responsible for individualized program planning for adults with disabilities.

DSP/Driver/Floater

Full-time, responsible for instruction, assistance in program areas and CPS/transportation.

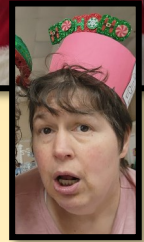
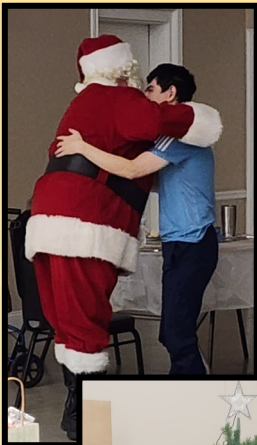
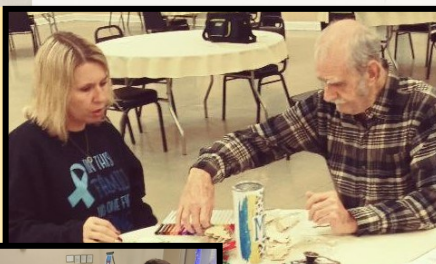
See greenearc.org/careers for full job description and applications.

All positions must pass Child Abuse History, FBI & Criminal Record Check Clearances as well as have a driver's license with a clean driving history.

"The only true disability is the inability to accept and respect differences." - Upjourney



Merry Christmas & Happy Holidays ~ 2024



A Note From Our Executive Director

A NEW YEAR OF GROWTH AND OPPORTUNITIES

As the calendar turns to January, we often find ourselves reflecting on the past year while looking forward with renewed energy and optimism. It's a time of resolutions, fresh beginnings, and exciting possibilities—both personally and professionally. At Greene Arc, we are embracing the spirit of the New Year as we continue to grow, innovate, and create opportunities for our staff, individuals, and programs.

The past year was filled with incredible milestones: we welcomed new team members, expanded services, and celebrated achievements both big and small. Looking ahead, 2025 is shaping up to be just as remarkable. With each new initiative, we're building stronger connections, equipping our staff with new tools, and finding innovative ways to serve our individuals and the community.

For our staff, this year will bring enhanced professional development opportunities, more resources to support their work, and a continued commitment to fostering a positive, supportive workplace. One of our exciting additions has been bringing a Registered Nurse on staff for the first time. This is a significant step in ensuring we meet the medical and health-related needs of those we serve while providing vital support to our team.

For the individuals who inspire everything we do, we are working hard to provide even greater opportunities to learn, grow, and thrive. Whether through our residential programs, day training, mental health initiatives, or community efforts, we're excited to continue helping everyone achieve their goals—one step at a time.

This past year, we celebrated significant growth across our programs. Our Adult Day Training (ADT) and Prevocational Services welcomed additional individuals into our Greene Arc family, creating more opportunities for skill development, independence, and connection.

In Residential Services, we expanded with the purchase of a new group home in Waynesburg, offering a fresh and welcoming environment for individuals to call home.

I would also like to highlight the incredible work happening in our Mental Health Department. Over the past year, we've expanded our Peer Support Program with additional Certified Peer Specialists, launched the Hygiene and Cleaning Closet to meet vital needs, and further strengthened the therapeutic services we offer. In 2025, we are committed to continuing this momentum by enhancing resources for our staff and individuals, fostering resilience, and supporting recovery journeys in meaningful ways.

For our programs as a whole, 2025 will be a year of innovation. From expanding our use of technology to developing new partnerships, we are committed to staying ahead of the curve and providing services that are not only meaningful but also impactful.

As we step into the New Year, I encourage all of us—staff, individuals, families, and supporters—to reflect on our own resolutions. What goals will we set for ourselves? What dreams will we dare to pursue? At Greene Arc, our resolution is clear: to continue creating a brighter, more inclusive future for everyone.

Let's embrace this opportunity to start fresh and make 2025 a year of progress and possibility. Together, there's no limit to what we can achieve.

Wishing you all a Happy New Year filled with hope, happiness, and success!

Warm regards,

Travis Duncan
Executive Director

A Note From Our CPS Program Director

We received wonderful feedback from individuals and staff who purchased our sublimation products as Christmas gifts for their loved ones! The individuals have expressed immense enthusiasm for witnessing the creation of sublimation products and eagerly share their experiences with peers and staff.

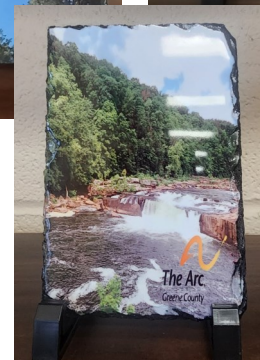
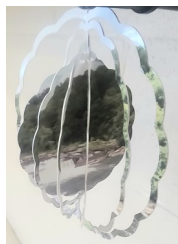
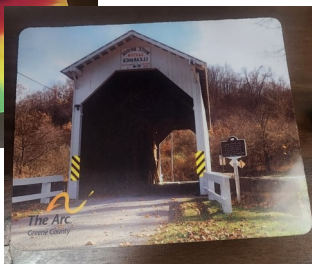
Greene Arc's customized product line includes a variety of unique items, such as tumblers, slates, mousepads, car coasters, hard and soft coasters, coffee mugs, ornaments and wind spinners. See samples below.

We are happy to accept orders throughout the year for special occasions or thoughtful gifts. For ordering convenience, you can pick up an order form at the Greene Arc office or access the form and print it on our website at: greenearc.org (scroll down and click on "fundraiser") and then turn it in at the main office.

If you have custom artwork not shown on our order form, you can email that in jpg or pdf form to rwalawander@greenearc.org along with your completed order form.

All proceeds go toward the programs that enhance the everyday lives of the individuals we serve.

Minnie Boles
CPS Program Director



A Note From Our Human Resources Director

We are now hiring for set shifts for the Residential Direct Support Professional positions at the majority of the homes now, which seems to be working well. It provides opportunity for applicants to know exactly what days and hours they will be working as well as providing Supervisors with exact openings in their schedules that need filled. We currently have 9 openings in the Residential Homes.

In addition, we still have 4 positions to fill:

- 1) Certified Peer Specialist
- 2) DSP/Driver/Floater
- 3) Program Specialist
- 4) Residential DSP

Our newly-hired H.R. Associate is fitting in amazingly and stepping into his position and duties more and more each day!

Welcome Jeff!

We are diligently working on new measures set by The Office of Developmental Programs for Performance Base Contracting, including future implementation of staff credentialing. The details for this are still being worked out, so stay tuned.

Kim Thompson
Human Resources Director

A Note From Our Community Programs Director

Community Programs = Supported Living, Supported Employment/OVR and Rep Payee

Our **Supported Living Program** is an unlicensed community residential habilitation service provided in an individual's private residence. This program is long-term for individuals who are 18 years of age or older and who need a yearly average of 30 hours or less direct care staff contact per week.

This program is an excellent choice for individuals who are on the road to independence. Supported Living offers 24-hour access to direct care staff. The staff focuses on each participant's strengths and needs, while respecting individual choice and building a sense of independence.

Our goal for this program is to always be serving new individuals in need of our services. If you know someone who can benefit from this program, please contact me.

Our **Representative Payee Program** supports mental health recovery for consumers to work towards financial independence by helping them budget, pay bills and handle many other financial necessities. If you know someone that can benefit from this program, please reach out for more information.

Greene Arc provides employment opportunities through our **Supported Employment Program**. This program affords individuals the opportunity to seek and secure competitive employment in the community. Each individual is provided a Job Coach who will support them throughout the process.

Patricia Arthur
Community Programs Director



A Note From Our Chief Financial Officer

Reflection is always part of the new year, and as I reflect on 2024, I am reminded of the many fiscal wins that Greene Arc had. As a nonprofit organization, most of our funding comes from services Greene Arc provides to the individuals we are privileged to serve. Though this funding covers our operating expenses, it leaves little wiggle room for anything else, which means it can be difficult to find funding for the extras.

I am proud to say 2024 ended up being very different.

One of the biggest fiscal accomplishments took place in June 2024, when Greene Arc began utilizing a sweep account. By changing how we invested funds, it enabled Greene

Arc to receive substantially more interest, which in turn was able to support “extras” for our deserving staff and individuals. By making this change, it provided extra revenue to cover such things like our catered employee appreciation event, gift cards for our staff, longevity awards, and customized hats (just to name a few) for all individuals and staff during the holiday season. Even Santa got a new Greene Arc hat!

As we continue to utilize this new feature, we are excited to see what other “extras” we can offer in 2025!

Amy Heckman
Chief Financial Officer



A Note From Our Residential Program Director

We are happy to announce that we have opened a new residential site in Waynesburg, PA, effective December 18, 2024. This home is serving 3 individuals

who are all are happy and content in their home. They enjoyed spending their first Christmas holiday there.

Mary Keim
Residential Program Director

New Year, New You: Prioritizing Your Wellness in 2025

Jessica Horton, MS, CPS, CPSS

Director of Mental Health

As we step into a fresh new year, it's the perfect time to focus on our health and well-being! With Mental Wellness Month in January, Heart Health Month in February, and National Nutrition Month in March, we're reminded of how connected our minds and bodies truly are. Small changes—like eating nourishing foods, staying active, and prioritizing mental health—can make a big difference in how we feel every day. Let's dive into how you can celebrate these awareness months and create a healthier, happier you this year!

JANUARY

Mental wellness is the foundation of overall health. This month, take time to check in with yourself and focus on nurturing your mind.

Set Intentions, Not Resolutions:

Instead of overwhelming yourself with big goals, set small, positive intentions.



Prioritize Self-Care:

Make time for activities that relax and recharge you, like reading, walking, or simply unplugging from technology.



Reach Out:

Don't hesitate to reach out to friends, family, or a professional if you need support. Mental wellness is about connection and self-compassion.

FEBRUARY

Your heart isn't just important for circulation—it's also tied to your mood and energy levels. Here's how to support both your heart and mind.

Move Your Body: Regular physical activity doesn't just benefit your heart; it also releases endorphins, which are natural mood boosters.

Fuel Your Heart: Eating heart-healthy foods like leafy greens, berries, and whole grains can help keep both your heart and mind in top shape.

Manage Stress: Chronic stress can negatively affect both heart health and mental wellness. Try incorporating relaxation techniques, such as deep breathing or yoga, into your routine.



MARCH

What we eat doesn't just fuel our bodies, it impacts our brains and overall well-being. Here are some easy nutrition tips for a healthier mind and body.



Eat a Rainbow: Aim to include a variety of colorful fruits and vegetables in your meals. These foods are rich in antioxidants and nutrients that support brain health and boost mood.

Hydrate: Staying hydrated is key for both physical and mental performance. Drink plenty of water to keep your body and mind sharp.

Choose Whole Grains: Swap out refined grains for whole grains to help stabilize blood sugar and improve energy levels throughout the day.



Are you looking for a safe, welcoming space to relax and connect with others? Want to build skills to enhance your daily life? Seeking meaningful connections with people who understand your mental health journey? Reach out to us today to learn more about our programs and find the support that's right for you!

Join the MINDS Wellness Challenge!

Boost your mental and physical wellness by completing the MINDS Wellness Card. Each square is a small step towards a healthier and happier you.

Let's see how many squares you can check off this quarter. Together, we can inspire each other to take simple steps toward a better wellbeing

M

**TAKE A
10
MINUTE
WALK**

**REPLACE
SUGARY
DRINKS
WITH
WATER**

**DEEP
BREATHE
FOR
1 MINUTE**

**PRACTICE
MINDFULNESS
FOR
5 MINUTES**

I

**EAT A
NEW
FRUIT OR
VEGGIE**

MEDITATE

**PLAN A
BALANCED
MEAL**

**DRINK 8
GLASSES OF
WATER
TODAY**

N

**GET 7-8
HOURS OF
SLEEP**

**3 THINGS
YOU'RE
GRATEFUL
FOR**

**FREE
SPACE**

**LISTEN TO
YOUR
FAVORITE
ARTIST**

D

**TRY A
NEW
SELF-CARE
ACTIVITY**

**EAT A
HEART
HEALTHY
MEAL**

**CLEAN
OR
ORGANIZE
1 AREA**

**TAKE THE
STAIRS
RATHER THE
ELEVATOR**

S

**CALL OR
TEXT
A LOVED
ONE**

**UNPLUG
FROM
SCREENS
FOR
1 HOUR**

**STRETCH
FOR
5 MINUTES**

**SWAP A
SNACK FOR
A HEALTHIER
OPTION**

Share your progress with us on social media!!

A Note From Our Registered Nurse

With the resumption of the nursing role at Greene Arc, we have been busy making many improvements regarding our ability to serve the medical needs of our individuals. We now have all necessary equipment to monitor individuals' health status and deliver first aid.

I have joined the safety committee and have become certified as a medication administration trainer and a Health Risk Screening Tool (HRST) rater and reviewer. Our goals are to promote safety and wellness and to identify health related risks early on in order to prevent health complications.

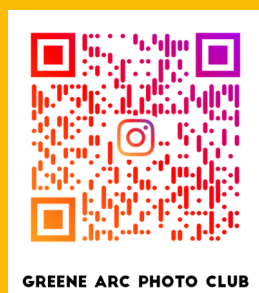
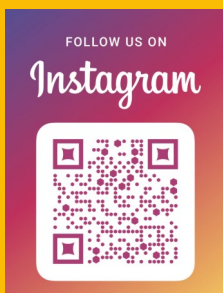
Twice monthly I give a health talk at the Drop-In Center in Waynesburg to a receptive

audience who are very interested in improving their health. I visit Greene Arc community homes periodically to provide staff education, promote consistency of medical record keeping and to check in on the health status of our individuals.

Planning is underway to accept older individuals, aged 60 and up (who may have more complicated health needs), into our program. This is still in the development stage.

Jennifer Colbert
Registered Nurse

Opportunities To Connect With Us LIKE, FOLLOW & SHARE!



**Hygiene and Cleaning
Closet Donations for
Mental Health**

