

December 2019 - VOLUME 1

NEXUS NEWS

SUPPORTING PEOPLE TO CREATE PATHWAYS
TO A PURPOSEFUL LIFE IN COMMUNITY



NEXUS TEAM SUCCESSES

Symon and Tara have been working weekly with the kitchen manager, Jane, at The Hub on Tuesday mornings to hone in on their work skills. On September 19th, Symon and Tara went along with NeXus 8 life coaches to volunteer at the Ingersoll Senior Center where they have been working on transferring their skills to a new kitchen with a new set of tasks where Tara sets the tables while Symon helps prepare the food, followed by serving lunch and coffee and finally the clearing and dishes. Symon and Tara have become a great team!

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I've gained experience with industrial appliances as well as how to interact with people as I am serving them. I have been able to take what I have learned at The Hub and expand even further on my skills.

- Symon Gaudet



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My time at the Senior Center has been really good, I have been learning how to take direction from the other volunteers as they are helping me learn how to set tables, get the coffee ready and serve it to the guests.

- Tara Myers

THE INNER WORKINGS

In developing the Nexus 8 program, the NeXuS 8 team identified a number of areas that influence an individual's quality of life; these specific areas became the 8 modules of learning that are the foundation of the NeXuS 8 program. All NeXuS 8 members join the program at unique points along their path, which requires an individualized plan for success.

Staff at NeXuS 8 are referred to as life coaches, meaning their main goal is to meet each member where they are along their path, come alongside them to develop a plan and give them tools and strategies to succeed in all areas of life. Each NeXuS 8 member is assigned a specific life coach who will meet with them monthly to check in, evaluate progress in goals and to make commitments to follow through on steps toward their goals.

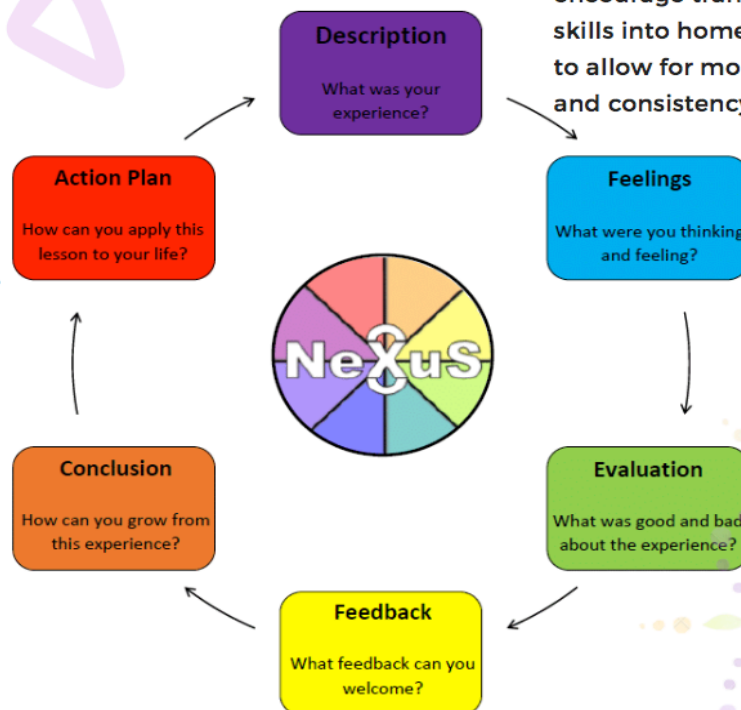
For the past two months life coaches have been working on creating a schedule. The schedule works in a two week rotation in order to allow for the necessary knowledge sharing as well as a diverse range of experiences in the community. The experiences have been selected based on reoccurring needs and goals from NeXuS 8 members. For example, many of the experiences focus on the goals of increasing social interactions, work experience

and mental and physical wellness. These experiences also help widen the horizons of the NeXuS 8 members and help them find spots of diversity within their communities. Within these spots of diversity there are opportunities for the NeXuS 8 members to build natural networks of support and therefore decrease their overall dependency on support staff for active participation within their communities.

Following daily experiences the NeXuS 8 participants will focus on learning the reflection cycle, where they consider probing questions in order to evaluate each day's experiences. The reflection cycle is incorporated daily as it is recognized as an

important skill for all areas of a person's life.

Every morning NeXuS 8 members are given time upon arrival to transition into the space, during which they are encouraged to write in their journal. Journal writing is an important coping skill that helps members unload thoughts and feelings so they can better prepare to have a successful day. The importance of journal writing in the NeXuS 8 daily routine is to help the members to become self-reliant in managing their emotions. However, NeXuS 8 members are able to leave their journal for a life coach to read if the member feels it is something they need to share; a life coach will read and leave a positive note so the NeXuS 8 member knows they have been heard. The life coaches encourage transferring these skills into home life in order to allow for more practice and consistency.



COMMUNICATION

TIME OFF REQUEST FORMS

- The form is meant as a mode of communication between home and NeXuS 8 supports.
- NeXuS 8 member should fill out the form themselves as this is an important employment skill for them to learn.
- The "home support signature" line can be signed by anyone who supports the member in their home (i.e., direct support staff or parent).
- A master copy of the form can be found attached to the newsletter

WHAT TO BRING TO NEXUS?

- Every NeXuS member is required to come to NeXuS prepared with:
 - Indoor footwear during the winter months
 - Lunch or money to purchase lunch
 - Bus pass
 - Lock to secure belongings in lockers at both NeXuS 8 and YMCA
 - Adequate winter gear (i.e., hat, mitts, winter coat, warm boots)
 - Active wear or bathing suit for YMCA activities

CALL FOR COLLABORATION

Collaboration is an important part of the NeXuS 8 program as it assists the NeXuS 8 members with integrating their learning into all aspects of their life. It is recognized that the life coaches are only supporting for a portion of each day and that the people supporting the member in their home have a much wider influence into assisting the NeXuS 8 members with increasing their participation in all aspects of their community. This collaboration will be fostered through meetings between NeXuS 8 members, life coaches and those supporting the member at home. These meetings will take place at a minimum of every 3 months. During these meetings the group will celebrate successes, discuss goals and the steps that both NeXuS supports and home supports can assist with in order to help the NeXuS 8 member move along their path.



NEXUS TEAM

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