



**C.A.R.E.S.**

*of Western PA, Inc.*

*Community and Residential Empowerment Services*

# 2016

## Summer Newsletter

### DAY PROGRAM UPDATES

This summer, the VIPs at our Mars Campus Day Program have been keeping busy with lots of fun in the sun! Our day program activities focus on volunteering for non-profits in the community to enhance life skills and prevocational skills and engaging in recreational activities to become familiar with local communities and enhance social skills. The day program is all inclusive, meaning that all activities offered are included at no additional cost to participants! Our featured activities this summer have included the following:

#### Volunteer Opportunities:

- Fern Hollow Nature Center
- Family Retreat Center
- Meals on Wheels
- Mars Home for Youth
  - Beaver County Humane Society
- Meals on Wheels
- Glade Run
- The Woodlands
- North Hills Food Bank

#### Recreational Activities:

- Pirates game at PNC Park
- Pittsburgh Zoo
- Bowling
- Fishing
- Andy Warhol Museum
- Rogers Flea Market
- Miniature Golf
- Swimming
- Arts Festival
- Soergels Orchards
- Market Square Farmers' Market

[We are accepting referrals from Allegheny, Beaver and Butler Counties! Please contact Bill Sparks at 412-818-2918 or Mindy Bowen at 412-657-0744 to schedule a tour!](#)



### Cultural Diversity Focus

One of our core values is cultural diversity. We incorporate education about different cultures into our programming and learn about the food, customs and languages of different cultures throughout the year. In May, our VIPs celebrated Cinco de Mayo and learned about the Mexican culture from Eduardo, whose family moved to the States from Mexico. Eduardo taught our VIPs how his family makes Churros!



# LIFESHARING SPOTLIGHT

We are always looking for new Lifesharing Providers to mentor and provide a home for an individual with intellectual disabilities. Lifesharing is similar to foster care, but for individuals (usually adults) with intellectual disabilities. Training, support and a tax-free monthly stipend are offered to host families.

Lifesharing providers can be single individuals, couples or families. Individuals living in lifesharing homes have varying needs, abilities and disabilities. We work with providers and individuals to try and find a perfect match!

If you are interested in opening your heart and home to someone with an intellectual disability, please contact Mindy Bowen at 412-657-0744 for more information!

## Want to Know More?

- ✓ Follow us on Facebook at CARES of Western PA Inc.
- ✓ Check out our website at [www.cares4u.org](http://www.cares4u.org)

## Volunteers Needed!

If you have a skill or access to an experience that you would like to share with our VIPs, we would love to hear from you! From theatre and dance to tools and cars, we have VIPs with varying interests and are always looking for new educational and recreational opportunities!



# Upcoming Events

COMING  
SOON!

## Second Site opening in Beaver County!

We are accepting referrals for this site from Beaver and Lawrence Counties!

Contact Bill Sparks at 412-818-2918 or Mindy Bowen at 412-657-0744 for more details!

## Chaperoned Vacation



August 26 - 28th, 2016

Join us for an all-inclusive weekend getaway to Cleveland and Canton! Activities will include the Pro Football Hall of Fame, Rock and Roll Hall of Fame, and Meals at the House of Blues, Hard Rock Café and TD Tailgate Grille!



Cost: \$525.00 per person includes all food, lodging, transportation, admission fees, one souvenir and a t-shirt.

Participants must be able to ambulate independently, be supported in a 1:3 ratio, and be independent with activities of daily living.

Space is limited! RSVP to Mindy Bowen at [mbowen@cares4u.org](mailto:mbowen@cares4u.org) or 412-657-0744