

# The Weekly Petal Newsletter



## Volume 6: November 24, 2014

**Editor: Lianna Flewelling, Deb Plumer**

**Word from the editor:** In the month of November Coastal Connections focused on the theme ‘A lot is happening at Coastal’...and indeed a lot has gone on throughout the month. We had a wonderful Open House on November 10 and we had lots of visitors. Everyone had a great time demonstrating all their activities. We want to thank all the visitors who took time out of their busy days to visit with us. We are all looking forward to Thanksgiving!

### **Discovery News:**

Annie and Carolyn’s group spent a lot of time decorating an amazing Christmas tree!! The Hawaiian themed tree focuses on all the connections we have in the community. Many, many individuals worked together over many weeks to create this tree. There are handmade ornaments that have photos of many places that we support such as Pettengil House and the Fragrance Bar. This type of project brings together many great ideas!



Sandy is running the Petalworks Spa. This a very simple, yet delightful addition to our program. Our friend Rich, from the Fragrance Bar has brought in a large tub with beautiful smooth stones. We also have some nice creams and lotions. Sandy puts on quiet music and people in the group can chose what they would like to do.

Kevin completed the Sheriff’s Outreach Academy last week. This is a 5 week program offered by the Essex County Sheriff’s office. We were thrilled to have Coastal Connections represented by 5 of the individuals we serve.



Kevin with Rick Roaf, Superintendent of Administration, Essex County Sheriff's office

**Exciting happenings:** Petalworks has finished its Food Drive. Thank you to the many people who have sent in food for this worthy cause. We donated the food to Pettengil House in early November in preparation for the holidays.

Diane has now taken on the annual Toy Drive at Petalworks. Everyone is encouraged to bring in a new toy to place in the Toy Drive box. These toys will also be distributed to Pettengil House prior to Christmas so we can brighten a child's holiday.



This month of November we all supported the "Be a buddy not a bully" campaign held throughout Amesbury. Coastal Connections was a primary sponsor of the kick off symposium and everyone at Petalworks signed pledges and received bracelets to support the cause.

**News from Nursing:** As the cold and flu season is upon us please be mindful of the following guidelines. These guidelines were created to keep everyone healthy and reduce the spread of germs:

- If the individual you support has vomiting, diarrhea or a temperature of over 100 degrees please have them stay home.
- Have them stay home for 24 hours after the symptoms have subsided.

**Calendar:** We will be closed on Thursday Nov.27 and Friday, Nov.28.

**Inclement weather reminder:** Please call 978 388 1119 to check on Coastal Connections operations in the event of bad weather or check [www.coastalconnections.org](http://www.coastalconnections.org)

Happy Thanksgiving!!!!