

Liberty Bell

LIBERTY BELL IS BACK!

Liberty House has relaunched the Liberty Bell newsletter to provide updates on all of the fun activities going on at the house, as well as highlight employment and other success stories regarding members. Our goal is to publish this newsletter on a monthly basis. We will look to both members and employees to help provide content to this publication. The Liberty Bell will be available in both print and electronic form for members, staff and the community. Thank you to everyone who contributed to this first publication.

Jason Enser
Executive Director, Liberty House Foundation

WELCOME NEW MEMBERS!

This month has been a busy one for new members here at Liberty House and we would like to take this opportunity to welcome them! So from all the staff and members, we welcome: Ash, Andrew, Raven, Abigail, Linda, Alyssa, and Ethan. We love having you here and cant wait to see how much you all grow here at our program!



INSIDE THIS ISSUE

Marie	2
Mohican Fall Foliage Cruise ...	3
Bonnie	4
What does Community mean to you?	5
Hicks Apple Orchard.....	5
Liberty Ridge Farms.....	6
Poll.....	6

SPECIAL POINTS OF INTEREST

- November Socials
- Liberty House Standards
- Anniversary List



JUNGLE EXPERIENCE

Liberty House took a trip to the Jungle Experience Zoo in Granville! While there our members were able to hang out with some really cool animals. A special thanks to The Jungle Experience staff for teaching us so much about all the animals!

Here are some of the members favorite parts:

- ◇ Holding the baby kangaroos
- ◇ Hanging out with the Bearcat
- ◇ Learning about the Armadillo
- ◇ Watching the Reptile show and learning about all the snakes, spiders, scorpions, lizards, and other critters!

Look at what Jess found!

NOVEMBER SOCIALS

Here are the socials to look out for in the month of November!

November 12th:
9 Dragons Buffet
\$15 needed by 11/10

November 20th:
Holiday Shopping at Crossgates Mall

November 25th:
Liberty House Game Day (Games, Crafts, Karaoke, and More!)

Liberty House is closed:

Tues November 11th:
Veterans Day

Wed November 26th:
Staff Charting Day

Thurs November 27th:
Thanksgiving Day

Fri November 27th:
Black Friday

MARIE

As I am going into my 38th year as a member of Liberty House, I look back at where I've been, where I am, and where I want to be.

When I was in my intake meeting in 1988, Judy Wilkes, former Clinical Coordinator, asked me where I wanted to be in five years. I told her Glens Falls Hospital as a diet aide, a job that I had been fired from for various reasons. I achieved that goal, while attending college and raising my son as a single parent. All at the same time. I worked my way through the hospital to various jobs. Through Liberty House, I have had various successful jobs. I'm not saying they were easy or that I didn't have setbacks, but once I decided to listen to feedback and realize my way wasn't always the right way, things got easier.

I have achieved two associated degrees and one certification. I met my husband at Liberty House in 1995 and we married at Liberty House in 1996.

Right now, I am currently employed at Hannaford on Broad Street and just started my fourth year. I really believe this is one of my most favorite jobs. My coworkers are great, most of the customers are nice and friendly, and the company has been very good to me.

I just did a company survey and they asked "Do you plan on being here in the next five years?" In five years, I will be 60. This is one of the hardest things, honestly. I teared up, I would love to say yes, definitely, but who knows... we will see.. I just take it one day at a time.

Marie



Our members getting ready to set steam! Get it? Because it's a steam boat, not a sail boat.. I bet Ethan thought that was funny!

MOHICAN FALL FOLIAGE

In September, we were able to go on the Lake George Steamboats Mohican Fall Foliage Cruise. We were able to enjoy this social thanks to one of our own members who had his friends and family donate to Liberty House for his birthday! So from our staff and members, we would like to give a big thank you to David's friends and family for being so generous and a big, big thank you to David for keeping his peers in his heart and using his birthday to help Liberty House give the members a special social this year!

Here are some things members mentioned liking on the cruise:

- ◇ The concession stand keeping us warm with hot food!
- ◇ The array of beautiful and fun looking houses out on the lake!
- ◇ The Captain giving us the history of the lake and some of the houses!
- ◇ All the birds that were hanging around the lake!
- ◇ How beautiful the lake was despite it raining and being foggy!

LIBERTY HOUSE STANDARDS

This is our friendly reminder to uphold Liberty House standards! We have these standards because they will help you with obtaining and/or maintaining a job and creating meaningful interpersonal friendships with your others!

If you have been in our morning meetings, you may hear us bring up issues like hygiene, keeping the vans clean, following directions, and appropriate language. But why are they important?

Well in the case of hygiene, that may not get in the way of you getting or maintaining a job, but it will effect how your coworkers interact with you! They might cut conversations short so that they don't have to smell you, plus how embarrassed do you think you'd be if someone told you they thought you smelled? So, when you get ready for program in the morning, shower and wash all of your body with soap, then dry yourself off, put on clean clothes, put on deodorant, brush your teeth, brush your hair, and maybe spray some good cologne or perfume!

Its also a good thing to keep your surroundings clean. Staff has been noticing open cans and garbage in the back of the vans. It would be hard to maintain a job if your workspace was a mess! Plus it is a van rule to not have open cans! This is to keep the vans mess free!

Not being able to follow directions will inhibit your ability to find and keep a job. So when the staff here at Liberty House gives you instructions, you should follow those instructions to the best of your ability.

Lastly, we all need to remember to be using appropriate language. If you want to work in a customer service related field (retail or food) you need to be able to communicate appropriately with customers. So lets make sure we are being appropriate while talking with peers and staff!

ANNIVERSARY LIST

Keep your eyes peeled on this news letter! We are currently working on getting together a list so that we can celebrate how many years each member has been with our program. You should be seeing your anniversary date soon!



PROSPECT MOUNTAIN PICNIC

Our members started October with a social to prospect mountain for a picnic! Our members were able to enjoy a lunch with the view from the top of the mountain!

Here are some things that the members liked the best!

- ◇ The views along the way!
- ◇ The view from the top!
- ◇ Enjoying lunch with peers!
- ◇ The short hike!



BONNIE B.

Bonnie has been a valued member of Liberty House since 2022. Shortly after joining, she began working at TJ Maxx in August of that same year. We are incredibly proud of all that Bonnie has achieved during her time with us. She recently moved into her own apartment —an important milestone she has been working towards for quite some time. Through her experience at Liberty House, Bonnie has strengthened her soft skill, developed greater independence, and built confidence needed to thrive in the community. She recently celebrated her third year at TJ Maxx, where she continues to build strong relationships with her coworkers. We're so proud of Bonnie and can't wait to see what she accomplishes next!

GLENS FALLS HIGHLIGHTS

Do you know where your local food pantries are? With the government shutdown, it will be harder for those who rely on SNAP to get food. Check out these food pantries!

Open Door: Monday & Wednesday 1PM –5PM; Friday 9 Am-12 PM

The Salvation Army: Monday-Friday 9AM-12 Pm & 1 PM-4PM

Warren-Hamilton Counties Community Action: Monday-Friday 8AM-4:30 PM

Make sure to have a form of ID and call ahead to see if they're open and able to take you!

WHAT DOES COMMUNITY MEAN TO YOU?

Community, to me, means a group of people who come together toward a common goal. I have struggled at times to find my place within a community, but I've learned to overcome that by seeking out more like-minded individuals who share similar values and interests. I believe kindness is one of the qualities that helps people feel like they belong. Communities today often face challenges such as pushback from outside hurdles, which can make it harder to stay united. Technology also plays a complex role— it can both interfere with and strengthen our sense of community. While it can create a false sense of connection where none truly exists, it also offers incredible opportunities to communicate and build relationships with others in ways that would otherwise be impossible.

-Morgan

“I have struggled at times to find my place within a community, but I’ve learned to overcome that by seeking out more like-minded individuals who share similar values and interests.”

HICK'S APPLE ORCHARD

The members took a trip to Granville! When we planned the trip, we planned to go apple picking, but due to an early frost, the season was cut short. That didn't stop our group though! We rolled with the punches and still had a great time!

Here's what the members like the most!

- ◇ Finding Black Walnuts!
- ◇ Eating Cider Donuts!
- ◇ Feeding the Goats!
- ◇ Playing Board Games!



LIBERTY HOUSE

Liberty House holds dear a belief in the recovery and potential of all people whose lives have been disrupted by any challenge.

We also believe that work, especially the opportunity to aspire and achieve gainful employment, is a deeply generative and integrative force in the life of every human being.

As a parallel concept of the importance of work, men and women require opportunities to be together socially. The program provides a place for social interaction, relaxation, and social support.

A program is incomplete if it offers a full set of vocational opportunities and a rich offering of social and recreational opportunities and yet neglects the circumstances in which its members live.

Liberty House provides these guarantees and demonstrates

LIBERTY RIDGE FARMS

Our last social for October was to Liberty Ridge Farms! We were able to enjoy a bunch of different activities and have a great time with our peers. Thanks to the Corn Maze guide, we were able to learn quite a lot about Corn and Sesame Street!

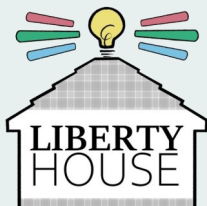


Here are some things we enjoyed!

- ◇ The pig races!
- ◇ The food at the grill!
- ◇ The baby goats!
- ◇ The corn mazes!

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NOVEMBER POLL

What pie is the best for Thanksgiving?

Pumpkin? OR Apple?

