

## Liberty Bell

### FRESH THINGS HAPPENING IN FEBRUARY

Winter is still in full swing in Glens Falls, but things remain busy here at Liberty House. Our members continue coming in each day ready to strengthen their work skills, build friendships, and support one another. We're also excited to share that new furniture will soon be arriving for our community room. This space is an important gathering place for members to relax, socialize, and participate in activities, and the update will help make it even more comfortable and welcoming for everyone!

### WELCOME NEW MEMBERS!

This month here at Liberty House and we would like to take an opportunity to welcome our new members! So, from all the staff and members, we welcome, Lynessa K and Roger R.! We love having you here and cant wait to see how much you all grow here at our program!



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### SPECIAL POINTS OF INTEREST

- March Socials
- Liberty House Standards
- Anniversary List
- Birthday List
- Upcoming News



## THUNDER HOCKEY GAME

In February, Liberty house went to a Glens Falls Thunder Hockey Game to support our local hockey team. Before the game, the members enjoyed a hot and fresh baked ziti dinner prepared by the

staff while the members socialized. Once arriving at the game, the members enjoyed being able to let out their competitive side and root on their hockey team. We all celebrated an **OVERTIME WIN!**

**Adirondack Thunder - 4** | **Worcester Railers - 3**

### MARCH SOCIALS

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

- ◇ 3/3 - Bowling at King Pins
- ◇ 3/10 - BJ's Shopping Trip
- ◇ 3/17 - Tax Day
- ◇ 3/19 - Saratoga Springs Shops
- ◇ 3/24 - Downtown Glens Falls Shops
- ◇ 3/31 - The Luxury Box (Must pay in order to sign up)

**Liberty House is closed:**

- ◇ 4/1 - Staff Training



## EMPLOYEE OF THE MONTH TIM H.

This month, The Liberty Bell is proud to recognize Tim as our Employee of the Month! Tim worked as a Nutrition Aide at Adirondack Manor for 10 years before his position was unexpectedly cut. After taking some time and trying out another job that ultimately wasn't the right fit, Tim received a call from Adirondack Manor asking him to return, proof of how much he was truly missed.



Although the position has changed, Tim stepped up to the challenge and has been successfully back in the role for nearly six months. His dedication, resilience, and positive attitude make us incredibly proud. **Congratulations, Tim!** We at Liberty House are so proud of you!



Welcome to the  
clan, White Van!

## VALENTINE'S CRAFTS

In February, Liberty House held a Valentine's craft day party so that the members could express their creative sides. There was anything from coloring sheets, canvas paintings and sun catchers to bracelet making. Members had a great time being able to relax and enjoy some time to build natural supports amongst their peers as well as some yummy snacks.



Art by  
Amber



## LIBERTY HOUSE STANDARDS

Wearing proper clothing when coming to Liberty House is important because it helps everyone feel prepared, confident, and professional. Dressing as though you are heading to work shows respect for yourself, the program, and those around you. Being appropriately dressed and well maintained also helps create a positive environment and sets the tone for a productive and successful day.

## MEAL OF THE MONTH



**Zuppa Toscana**

## SPECIAL DATES

### **Anniversary**

- ◇ 3/5 - Brittany -13- years
- ◇ 3/24 - Jerry P 11 - years
- ◇ 3/9 - David K - 6 years
- ◇ 3/5 - Nate H - 6 years
- ◇ 3/7 - Vicky M - 4 years
- ◇ 3/21 - Josh H - 4 years

### **Birthday**

- ◇ 3/7 - Cory E.
- ◇ 3/9 - Shannon B.
- ◇ 3/10 - Nick R.
- ◇ 3/14 - John P.
- ◇ 3/16 - Jesse W.
- ◇ 3/18 - Vicky M.
- ◇ 3/18 - Justin S.
- ◇ 3/19 - John G.



## *Christina's Corner*

Life is not about how many times you fall down. It's about how many times you get back up.

-Jaime Escalante

## ANNUAL TAX DAY

Liberty House held Tax Day to support our working members who needed assistance with filing their taxes.

Liberty House had an tax expert come in to assist with filling information out and

making sure everything was all set to send out. The members were very grateful to have assistance!



## MEMBER SPOTLIGHT

### CASSIDY B.

Cassidy has been with Liberty House for a few months and has been a complete rockstar.

Cassidy has been a great addition to the Liberty House program. She is extremely hard working and is always willing to lend a helping hand. She gives support to her peers in face of anything she may be going through.

Thank you for joining us at Liberty House Cassidy. We hope to be able to support you through your goals in program and life.

Everyone has gained a great friend in you.

## LOCAL EVENTS

- ◇ 3/11 - A Night Of Improv With Pulp City Comedy! @ The Charles R. Wood Theatre
- ◇ 3/14 - Opening Day at Martha's Dandee Crème! @ 1133 Route 9 Queensbury, NY, 12804
- ◇ 3/21 - Winter Meltdown Spicy Food Festival @ The Shirt Factory

## WHAT DOES KINDNESS MEAN TO YOU?

<p><b>“Being supportive”</b> – <b>Morgan E.</b></p>	<p>“Treating others the way you want to be treated” – <b>Bonnie B.</b></p>	<p>“To be polite and nice to someone” – <b>Steve S.</b></p>
<p>“Doing stuff for people” – <b>Jerry P.</b></p>	<p>“Helping each other out”</p>	<p>“Being mindful of what other people have going on in their lives”</p>
<p>“Being nice to people” – <b>David W.</b></p>	<p>“BEING RESPECTFUL” – <b>Jesse W.</b></p>	<p>– <b>Jess R.</b></p>

*“I am no longer accepting the things I cannot change. I am  
changing the things I cannot accept”*

*– Jolene C.*

## KING PIN BOWLING

Our members had a wonderful time during their recent social outing to King Pin Bowling Alley! Everyone looks forward to these trips because they provide a fun chance to relax, laugh, and spend time together outside of the program. The sound of bowling pins crashing, friendly competition between friends, and lots of cheering make it a highlight for many of them. Most importantly, it gives our members the opportunity to build friendships, practice social skills, and enjoy being part of the community.



## 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 HOUSE GAME DAY

Towards the end of the month, Liberty House held a game day where members could come in with any appropriate games that wanted to play and share with their peers. They were able to be as competitive as they wanted. This included video games, board games, card games, and even KAREOKE! The members were happy to play against both their peers and some staff!! Game day always calls for a cheat day, therefore we had our Fried Food Frenzy!



### **EXCITING GROUPS COMING!**

Collaborating with  
Lower Adirondack

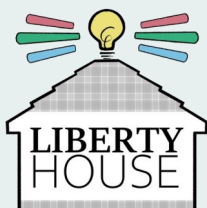
**PRIDE!**



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## MARCH POLL

What do you look forward to most as spring approaches

**Warmth or Everything Blooming**

