

Eye on Ewe

In each newsletter, we'll introduce you to one staff member and one resident, each of whom helps make Lamb a unique, supportive family.

Jenn Smith Is Always Thinking About Lamb

Jenn Smith knows she is in the right place each time she enters one of the Lamb homes and is greeted by smiling faces. "Seeing their smiles every day is rewarding," says Jenn.

As a house supervisor for two residences, Johnny's House at 309 Main Street and the studios above the Sweet Repeats Thrift Shop, Jenn's day includes getting supplies, distributing medicines, arranging meals and menus for 31 people, and planning activities.

"I love working with people with special needs, teaching them how to do things for themselves, and watching them grow," she says.

Activity planner

Jenn also plans a wide range of popular activities and outings for Lamb residents through her role as president of Lamb Council.

Activities include a monthly bingo night, chorus practice, fundraising events, and more.

Outings might be a trip to the mall, to Philadelphia, or swimming at the YMCA. Always on the lookout for new ideas, Jenn frequently finds herself thinking about potential activities and outings when she's not at work.

A future in nursing

After graduating from North Penn High School, Jenn worked at Sweet Repeats Thrift Shop and the residences for two years. She left to take nursing classes, and returned to Lamb three years ago as a house supervisor. "I found it very helpful to have worked at Lamb before taking classes," says Jenn. She plans to finish her nursing degree at some point, and continue using her skills and knowledge to help Lamb residents.

Suzie Griffith Is Always on the Go



Suzie Griffith

For Lamb resident Suzie Griffith, any season is a good time to get outside and be active. She rates the seasons in order of spring, summer, fall, and winter. But don't think that because she rates winter last she doesn't enjoy it. Suzie is an avid downhill and cross country skier and won two gold medals in downhill events and one in cross country at the Pennsylvania Special Olympics in 1981 at Mt. Shawnee. "Blue Mountain and Jack Frost are two of my favorite ski areas," says Suzie. She skis with her family and enjoys tackling the difficult trails.

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114 North Main Street
North Wales Pennsylvania 19454

Find out who brought smiles to Lamb on page 2.

The Lamb Foundation provides supportive housing for 150 adults with mental, physical, and developmental disabilities in Montgomery County's North Penn community. Lamb Foundation living arrangements include more than 40 fully furnished apartments, studios, twin and single homes. Many of the Victorian, Colonial, and Federal style homes are located on the Main Streets of North Wales, Lansdale, and West Point, PA.

Lamb Council

- Jenn Smith, President
- Linda McComas, Vice President
- Jeannie O'Donnell, Communications
- Fawn Mengel Spurio, Secretary
- Tom Sittler, Treasurer

Lamb Cabinet

- Mike Spenser
- Erica Dillon
- Carole Ellis

Lamb Foundation Director

- Donna L. Mengel

Lamb Community Advisory Board

- Deborah Chaney Giles, Teacher, Norristown Area School District
- Daniel Cheney, Founder and Director of Danellie Foundation and former owner of Springhouse Corporation
- Joseph Evans, RN, Head Emergency Room Nurse at Central Montgomery Medical Center
- Charles Hoefflich, Chairman Emeritus, Uninvest Corporation of Pennsylvania
- Mary Louise Jackson, Director of Fourjay Foundation and Healthlink Medical Center
- Robert Kulp, Robert Kulp Paving, Inc.
- Pamela Learned, President, Word Work Communications, Inc.
- Linda McComas, Lamb Foundation Development
- Daniel O'Connell, Sr., Lamb Foundation General Counsel
- Rev. William J. Rudolph, Lamb Chaplain

We're on the Web!

Lamb's website, www.lambfoundationpa.org, provides detailed information on what we offer and how to contact us. You can also download resident application intake forms.

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Ewes News



FALL 2004

Oh the Places You Can Go from Lamb



Rob Rotunda cools off at Terry Hill Water Park in PA.

Summer is a great time to get away and do something different. Lamb residents had two trip opportunities they could enjoy this summer, the weeklong Lamb Getaways and the new Lamb Getaway Day Trippers.

The weeklong Lamb Getaways offer trips to the beach, water parks, the New Jersey State Aquarium, and more. Back at the camp, residents enjoy bowling, fishing, morning devotions, nature walks, and more. At night, gathering around the campfire and watching movies provide the perfect close to summer days.

For those who prefer staying closer to home, the Lamb Getaway Day Trippers provide adventure and the ability to return to home each night. The program, introduced this year, proved to be very popular. Day trips included the beach, a water park, Peddler's Village, Trexler Game Preserve, a day in Skippack, and more.

"As many as half of the residents take advantage of the Lamb Getaways," says Donna Mengel, Lamb Foundation director. The trips and camp introduce residents to many local activities they might not have known existed. "They learn how they can take a trip on their own, such as where to get tickets and the train," says Linda McComas, director of development.

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Getting Fit at Lamb

Lamb residents and staff are getting fit at the Curves on Walnut Street in North Wales. Eight staff and residents are taking advantage of a group discount Curves offered to Lamb.

Stefanie McKeever, owner of the North Wales Curves, is excited about the partnership. "Our location offers a smaller 'personal touch' approach to working out and taking care of yourself. Our staff welcomes everyone for who they are and offers support to help them be all they can," says Stefanie.

Benefits beyond exercise

When Curves International held a nationwide food drive in March, Curves in North Wales donated 653 pounds of food to Lamb. "This drive is the only time we waive the one-time service fee of \$149 if new members bring in a bag of non-perishable food," says Michele Bairstow, who was the manager of Curves in North Wales at the time and is now at Curves in Lansdale.

"Curves has been kind and patient with our residents, giving each person individualized time and effort to

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Operation Tooth Fairy Brings Bright Smiles

Smiles were the order of the day when Junior Girl Scout Troop 376 of North Wales delivered their service project, Operation Tooth Fairy, to Lamb Foundation on August 24. Junior Girl Scouts Shannon Bouvia, Rosemary DeLuccia, Alison Moore, and Aurielle Smith, with the assistance of Phyllis Bouvia, Junior Girl Scout troop leader, collected dental supplies and donated them to Lamb Foundation residents.

Girl Scouts make it a little like Christmas

"I thought it was really neat that their age group was interested in helping the elderly. I passed out the supplies to my house and they were thrilled — it was a little like Christmas," says Dolly Dancha, supervisor of the home at 200 South Main.

To achieve the Bronze Award, the highest award in Junior Girl Scouts, the girls had to find a need in their community and develop a project to address it. Choosing to focus on dental health for the elderly and people with special needs, the girls wrote and sent a letter to 28 local dental offices explaining their project and requesting donations.



Lamb residents had something to smile about when Junior Girl Scout Troop 376 donated dental supplies. Seated on bench, the Girl Scouts are Aurielle Smith, Shannon Bouvia, Alison Moore, and Rosemary DeLuccia, with leader Phyllis Bouvia, standing second from left.

Suzie Griffith (continued from page 5)

Music lover

In other seasons, Suzie loves to walk, ride her bike, and swim. She especially enjoys going to Parkside Place in Upper Gwynedd Township with friends to listen to music every Wednesday evening during the summer. "I love all kinds of music, especially country and pop," says Suzie.

When she's not busy with sports, Suzie is busy with work. She works a morning shift at Normandy Farms restaurant, and most enjoys setting the tables and folding the napkins. She also helps at the Lamb office, as well as with dinner at her house, 200 North Main Street.

Selling Melaleuca

Suzie's newest venture is working for Melaleuca Inc, a wellness company. She introduces people to their catalog, who may join to be a Melaleuca customer through Suzie. An exciting part of this job is that she is able to use it as a fundraiser for Lamb Foundation as well.

Suzie is looking forward to fall and has a trip to Stratton, Vt., planned. "Being here is fun, and there are nice people," says Suzie, adding, "I like that I can walk to many places and be independent."



SAVE 20%

Off your next total purchase at Sweet Repeats!

This coupon is good for a one day total purchase through December 31, 2004.

Location: 115 South Main Street, North Wales, PA 19454 • Phone: 215-661-8800

Hours: Monday to Friday, 10 a.m. to 6 p.m.; Saturday, 10 a.m. to 4 p.m.; Sunday, we honor the Sabbath

When You Donate to Lamb, You Donate to Your Community

Helping the needs in your community can be as easy as donating to a local nonprofit organization. The Lamb Foundation welcomes donations of all kinds — clothing, household items, food, volunteer time, and financial.

Donating made convenient

Lamb Foundation's Sweet Repeats Thrift Shop is conveniently located with pull up and drop off accommodations and a warehouse with a loading dock. If you have large, clean items to contribute, we can pick up your donations in our 20-foot truck within a week of your call.

What you support

When you donate to or shop at Sweet Repeats, you give back to your community. Fully 100 percent of all sales go into Lamb Foundation's general fund to support the organization's housing programs. All donations are tax deductible, and a receipt will be provided for your records.

Make a statement that lasts

A donation to a nonprofit through your will demonstrates what you valued most in your lifetime. You might consider donating to Lamb Foundation in your will. Bequests to nonprofits also are exempt from the inheritance tax. If you would like to include Lamb Foundation in your will, an attorney can assist you with the process.

Donation Guidelines

Clothing and Household Donations Drop-off: Sweet Repeats, 115 South Main Street, North Wales, PA 215-661-8800.

Food and Furniture Donations: Call 215-699-5600 or email MarianneMessina@lambfoundationpa.org for pickup or delivery.

Financial Donations or Volunteer Opportunities: Please call Donna Mengel at 216-699-5600 or email DonnaMengel@lambfoundationpa.org.

Please note: If you give to Lamb, we will not sell or give away your name or contact information.

Activities Abound at Lamb!

Activities and outings for relaxation, growth, and fun fill the Lamb Foundation activities calendar. Lamb Cabinet and Lamb Council, comprised of residents and staff, plan activities, field trips, and worship opportunities for every day of the week.

Participation in any of these activities is voluntary, and employees also are encouraged to include residents in their own hobbies. Here's a closer look at some of the newer activities available to residents:

Sunday Worship and Weekday Bible Studies. Lamb residents lift their voices in prayer and song with other members of the Family Worship Center in Towamencin Township. Throughout the week, residents may choose from several Bible study groups. Options this fall include a women's study of the book of Ruth, *True Beauty* by Andrea Stephens, and a men's study of Jonah.

Scarecrows and Football. Upcoming fall trips include a visit to Peddler's Village to see the scarecrow displays, the Renaissance Faire, and Cabela's sporting goods store. We also will cheer on the defending state champion North Penn Knights at some of their football games.

Other activities include:

- Lamb Singers, a chorus group
- Volunteering at Sweet Repeats
- Bingo and the Movies
- Swimming at the Y
- Local Shopping Trips
- Salon Day
- Friday Breakfast at the Astor

For a complete list of the current month's activities, please give us a call!

Lamb Foundation Dances

The Lamb Foundation sponsors dances throughout the year for residents and members of other service provider agencies. Deejay "Luke the Duke of Sound" spins tunes, while Lamb provides refreshments. Upcoming Lamb Dances are set for:

- October 28 ~ Harvest Costume Dance
- December 16 ~ Christmas Dance

Oh the Places You Can Go from Lamb

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This year's most popular trip was seeing *Noah, The Musical* at Sight & Sound Theatres in Lancaster, which features both live and animatronic animals. "It was spectacular! Almost everyone thought all of the animals were real — it was that up-close and alive," says Donna.

Getting Fit at Lamb (continued from page 1)

adapt to the exercise equipment and Curves fitness regime," says Donna Mengel, director of Lamb Foundation, adding, "We hope more staff and residents join Curves this fall and enjoy the benefits of exercise, inclusion, and friendships." For more information on joining Curves, please call Donna at 215-699-5600.