

**TURNING
DISABILITIES
INTO
POSSIBILITIES**



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Letter from the CEO



3085 Shawnee Drive—the Site of our Future Home

Dear Friends,

As spring approaches and the flowers and trees begin to show signs of new life, so, too, does the NW Works organization. Our new facility continues to take shape and I'm pleased to report that our architectural plans are now at about 75% complete. We hope to have our pre-bidders conference in the first part of April, and a contract awarded by the first part of May.

This new facility has been a dream of ours for many, many years, and it's so exciting to see it finally get underway. Projected changes to the 58,000 s.f. facility include the creation of an exercise room, media center, two fully operational training kitchens, a craft room, an autism center, and two exterior pavilions. While we're not doing a whole lot to the exterior, we will have the whole building power-washed, we'll add a new covered entryway for our workers, and we'll change the appearance of the guest entry. In addition, for our community partners, we'll be able to offer conference rooms, the largest of which can hold up to 100 guests.

Our goal is still to be in the new site by this fall—a lofty goal—but one that will allow us to begin expanding both the type and amount of workers that we are able to serve this calendar year. Additionally, if all goes as planned, we'll be able to hold our annual fundraiser, Haunted Casino Night, at the new site!

I'd be remiss if I didn't take a minute to thank the many people who have helped make this project a reality: First and foremost, my wonderful Board of Director's who saw this as a great opportunity for the organization and jumped in without hesitation (due-diligence, yes, hesitation, no). I'd also like to thank the Board of Supervisors, John Reilly, Joe Wilder and Ed Strawsnyder from Frederick County, along with our partners at Winchester City, for allowing us to make this a joint project, thus allowing us to keep the \$1 million dollars in Stimulus funding (which will be used for our renovations). Thanks, too, to the many individuals, businesses and Civic clubs that have supported us. We could not have come this far without you! Finally, a special thanks to Martha Shickle, Tiffany Tran, Senator Russ Potts and the staff at DHCD and HUD for their herculean efforts to help us acquire and move the Stimulus funds for this project. We are truly blessed.

It's truly an exciting time for the NW Works organization, and I look forward to inviting you into our new "home" before the year is out!

"Going Green"

Every time we turn on the TV, open a magazine/newspaper or search the web new information about the importance of preserving our environment pops up.

We, of course want to do our share to help the planet and think that there is no better way than to use less paper, while saving lots of money at the same time!

One way to help us do this is by having our newsletter sent to you by e-mail. We will be happy to add you to our list. All you have to do is to send us your e-mail address to:

banderson@nwworks.com

Thank you in advance in helping NW Works
"Go Green"



3D Shredding

Data Destruction making a Difference

By: Peter Kronemeyer

NW Works' expanded shredding business, 3D Shredding, officially launched in January. We are very excited to already be serving customers on a monthly basis and have shredded personal documents for several community members who have taken advantage of our drop-off service.

Below are the top reasons we believe 3D Shredding has a bright future offering secure data destruction to community members and valuable paid employment to NW Works workers.

Security: We appreciate the sensitive nature of the documents and media we handle. That is why we offer lockable collection containers to customers, keep all material locked and monitored during collection and transit, and built a locked, limited access storage area where documents and media are stored after hours and when shredding operations are not in progress. In-transit and in-house, all customer material is attended by a background checked employee or locked in individual containers in our locked, limited access area.

Price: Shredding material at our facility allows us to achieve cost-savings that mobile shredding trucks can't provide. In many cases we are able to beat competitor prices because we pass our operational efficiencies on to our customers. I'd be happy to discuss how shredding with us can save you money without sacrificing service and security.

Environmental Impact: Shredding with us means a greater chance that all material will be recycled. When sending material to our shredders we send paper and plastic material such as folders, CDs, and disks to separate shredding machines. This allows us to deliver higher quality material to recycling centers and to recycle a greater quantity and variety of material. Mobile trucks can't achieve this and results in a contaminated batch of material, more of which will inevitably go to waste.

Flexibility: We offer flexible service options such as one time purges, scheduled service, and on-demand pickups. We also welcome individual and household customers as well as businesses to drop off material at our facility for our lowest cost shredding.

Direct Impact: Each piece of paper that comes to our facility means security for our shredding customers and paid employment to NW Works clients with the most significant disabilities.

The Worker's Corner

Pump It Up! by Tommy C.

I try to go to the gym at the hospital at least 3 times a week. I swim, do the tread mill and sit in the big whirlpool. I also sit in the sauna and the steam room. For those who don't know a sauna is a big room that gets hot. You might lose some weight but it also relaxes you. The steam room is similar but it is hotter and full of steam.

My Two Cats by Karen G.

I have two cats, Gray Gray and Little Missy. They are a lot of company. They always greet me at the door when I come home. They must have great hearing to know when I'm about to walk through the door. They are always jumping up on my lap. They sit and stare at me when they want to eat.

Rumor Has it by Michael S.

There's a lot of stories about our new building. I'm not sure what is the truth. I know we're going to have a lot more room. I hear that there is going to be a lunchroom with an outdoor screened in area where we can eat. There's going to be more tables and chairs too. I heard there's going to be a mailroom and lots of offices. And a lot more.

The Therapeutic Room by Bill C.

At Rose Memorial we have a room with a therapeutic pool. I like to get in there and "tread" water. I get a lot of exercise that way. There's also an exercise bike. I try and cycle for 30 minutes. We also have a Wii game. I like to play bowling most of all. That's a great way to have fun while you exercise.

Air Buds by C.J.

This past Sunday we had our Special Olympics basketball competition. It was the first one of the season. It was a lot of fun and very thrilling. We played hard and we won all three of our matches. We are divided into teams by our abilities. I play half court.

Looking for Extra Money by Daniel C.

I am trying to find donors for Casino Night. I'm always trying to find people to donate to us because it keeps our name in front of the public. I love going to Casino Night. I have a lot of fun. I enjoy playing games.

My Journal by Steve T.

I'm writing a journal about my exercising. Monday, Wednesday and Friday I do Marshal Arts in Stonebrook. I also spar with another person in Jujitsu. I hope to get a scholarship to the club because I am doing so well.

Taco Bell by Joann D.

I'm going to Taco Bell tomorrow. I'm going to get a taco salad and a sweet tea. I'm going because I followed all the rules at my group home.

"Stay Fit" Club by Emily T.

We have started a new club. It's called the "stay fit" club. We are going to exercise here plus walking at the mall and bowling. We will learn how to make healthier choices with our food. As an example we made sweet and sour meatballs. Instead of using ground beef we used leaner ground turkey. We will also go out to lunch and learn how to choose a healthier meal.

JOB SEEKER SPOTLIGHT



Maria R. seals boxes on the production floor at NW Works.

Maria wants to work. This energetic, young woman is described by co-workers as a determined, hard worker, who picks up skills very quickly and wants to do a good job. Maria, originally from the Fairfax area, is relatively new to Winchester and is eager to earn a paycheck so she can become more independent.

Maria loves to volunteer at the Mountain View Christian Academy with the young students, assisting the teacher with preparing her classroom, making copies and running errands. She especially enjoys signing with the group and showing people how to sign songs. Maria has done production jobs including packing, boxing and labeling. Tina Martin, the production floor manager at NW Works, says Maria is an ideal worker, “She is on-time, is very dependable, and is eager to learn new jobs.”

If you have a position that may be a good fit for Maria, please contact the Supported Employment Department at 667-0809, or email Teresa at twright@nwworks.com.

The Supported Employment Department of NW Works will be featuring a job seeker in each newsletter edition. If you know of a position that needs to be filled, that may fit our job seeker, please contact the Community Employment Specialist, Teresa Wright, at 667-0809 ext. 25, or by email twright@nwworks.com.

TROY HAWKINS RECEIVES PROFESSIONALISM AWARD

Troy Hawkins, assistant director of client services, has attended many special events during his nearly ten years working at NW Works, but this year’s Arc Awards and Recognition Banquet will be one he remembers for a long time to come. “Being awarded with the Direct Care Professional of the Year was such an honor,” said Hawkins. “Coming to work each day and feeling like you make a difference is rewarding, but being recognized by your peers and the people you serve is very special.” John Brauer, CEO of NW Works, was not surprised Hawkins won the award, saying he has long recognized Hawkins’ special commitment to serving people with developmental disabilities. “Troy is a great member of our team,” said Brauer. “his professionalism and work ethic are rivaled by few, and his relationship with the workers, and his colleagues serves as a model for others. We are very proud of him.”

For more information about the Arc of the Northern Shenandoah Valley and the annual Awards Banquet visit thearcofnsv.org.





For the past few years, the NW Works Mobile Cleaning Crew has been providing custodial services to the Sherando and Winchester Financial Centers of First Bank. However, First Bank is much more than “just a cleaning job” to us. They have been, and continue to be, a steadfast supporter of NW Works’ workers, programs, and mission. First Bank and NW Works have built a strong working relationship together and the addition of our janitorial contract has allowed them to take their support to the next level by providing our workers with the opportunity to earn a paycheck and learn valuable life skills.

The crew, consisting of two of our workers and one supervisor, enjoys the good working environment at the First Bank sites. Roger Henry, our Mobile Cleaning Crew supervisor, says that they have met a lot of great people at First Bank. “It is an all around joy working at these locations.”

The feelings are mutual. Janie Dickens-Bowman, Branch Manager of the Winchester Financial Center, states that the First Bank employees have a great deal of respect for the crew and appreciate their flexibility. Roger goes out of his way to make sure everything is taken care of just right and the entire crew exhibits a high level of trust and honesty. They take great pride in their work. The employees of First Bank are proud to play an active part in helping our workers reach their employment goals and dreams.

We want to send out a big **THANK YOU** to the First Bank team for supporting us and being a part of our success. We also want to send out a “**JOB WELL DONE**” to our cleaning crew! Keep up the good work!

If you are interested in our custodial services, please contact Luana Murray at (540) 667-0809 x15, or via email at lmurray@nwworks.com

Angela Schroyer, Executive Assistant

SU Health Promotions Fair 2010 a Great Success!

Approximately 80 workers attended the 2010 Health Promotions Fair, at NW Works, on March 17. Cindi McGreevy, Occupational Therapy faculty at Shenandoah University, along with 26 first-year OT students, organized the event. The purpose of the program was to offer the students a community based-learning experience, while promoting health and wellness information. The students created five interactive exhibits geared towards individuals with intellectual disabilities. This year the themes of the exhibits, based on the Healthy People 2010 initiative, included Diabetes, Food Safety, Heart Disease and Stroke, Physical Activity and Fitness, and Tobacco Use. McGreevy sees the project as an important one for her students, “The feedback has been very positive,” she said, “It has been a great experience for them and it has inspired their participation in other community projects.” McGreevy stressed that having valid health information is only one part of the equation, “Learning how to share that information in a way that is appropriate for the recipient is a key to successful health communication, and an invaluable lesson for our students,” added McGreevy. Vera Pistel, the client services director at NW Works, thinks the partnership with SU is mutually beneficial, “The students are learning, but so are our workers,” she said. “We are grateful to have this relationship with the University, and we hope it lasts for a long time to come.”



A Shenandoah University student discusses healthy eating Choices with worker Amanda F.



SU OT faculty member, Cindi McGreevy (center), poses with Students participating in the 2010 Health Professions Fair.