

## Volunteer-to-Work

## Oh the possibilities November will bring

*"Gobbles and Gobbles of Fun!" This month at PBMC we gathered for tons of exciting memories. We celebrated Thanksgiving with plenty of delicious food and laughs. El Pollo Loco catered our celebration and we also had pies and whip topping for desert, what a meal! Each program also participated in a diverse selection of activities this month. Community program and Site Base program both enjoyed a variety of outings from a fun day of indoor movie watching to a variety of shopping locations. Each program had a great time this November because they had a lot to look forward to with the various activities, memories gained and all of the festivities they indulged in.*

November brought a change in the weather, but this change allowed for the Community to have tons of indoor fun! There were games of musical chairs, movies days and much more. Community enjoyed outings to Shakey's where they spent the day choosing from a variety of savory dishes. Yum! There were also trips to Walmart, Target and the 99 Cents Store, while there Community was able to spend the money they received from volunteering. Volunteer work is always incorporated into the daily activities; window washing and adopting a highway is just a couple on this month's productive itinerary. Our community program was excited about their monthly outings and all of the great foods that came along with it. But more than that, the memories gained this month will be everlasting.

Our site base program spent a day at the park where they all gathered for a picnic and fun games. Site Base also enjoyed a day of watching movies. The Secret Life of Pets was the movie they chose and it demonstrated the importance of togetherness and Friendship. With all of the wonderful activities they encountered, this month zoomed by, but not without showing us how important it is to give thanks and be happy with each passing day.

*We believe in motivating our individuals to want and achieve more independence through our volunteer program. Individuals are encouraged to volunteer out in the community, understand responsibilities of work ethics and have a meaningful life.*

We realize more and more that intellectually disabled consumers are hopeful to enter or re-enter into the workforce. That is the goal we have set for our community program that shows great effort and improvement daily.

PBMC greatly appreciates the volunteer work they do out in the community. We work hard to encourage them to keep it up!

See page 4 for more images.



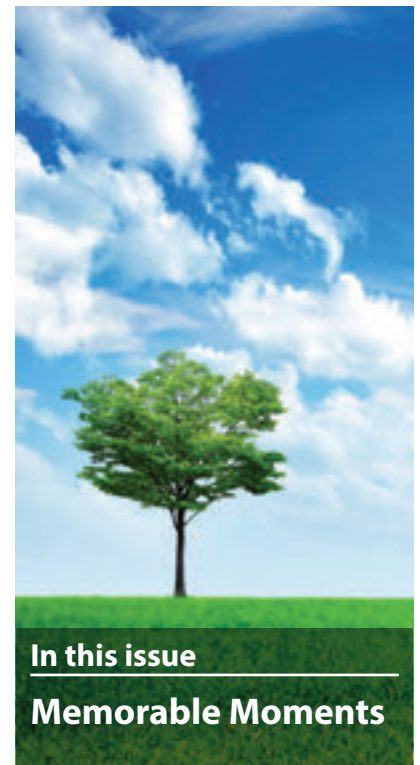
Lamont Mullens • Lawrence Stone



## Volunteer of the Month Charles Drew

Congratulations to **Charles Drew** for being November's volunteer of the Month. PBMC recognizes that Charles has shown tremendous growth and improvement over the last few months. Charles has demonstrated his helpful nature very well to PBMC by being very attentive to assigned activities and stepping up to help out, even if he wasn't asked. Charles is very pleasant and friendly.

By engaging in most activities and assisting his peers Charles has shown his leadership skills and strengths to PBMC. Over his time here we have come to see that Charles is an artist at heart, he loves to color and draw. This month he colored a beautiful picture in lieu of the Thanksgiving holiday. Excellent Job! We are very proud to have you with us!



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#### PBMC

POSITIVE BELIEF MOTIVATES CONFIDENCE  
43437 GADSDEN AVENUE  
LANCASTER, CA 93534  
661-951-7200  
Office Hours: 8:00 am - 3:30 pm  
Program/Transportation: 8:00 am - 4:00 pm  
We Provide Curb-to-Curb Transportation  
On Site Walking Track  
Proudly Serving The Developmentally Disabled  
Site/Community Service

#### Who we are

##### PROGRAM PHILOSOPHY

The overall philosophy of PBMC for its service is to increase our individual's capacity for greater independence, enhance self-responsibility, improved communication skills and improved overall health. Personal growth in all these important areas will result in the individual being productive members of society to the best of their abilities.

##### COMMUNITY VOLUNTEER:

We believe in motivating our individuals to want and achieve more independence through our volunteer program. Individuals are encouraged to volunteer out in the community, understand responsibilities of work ethics and have a meaningful life. Our individuals are trained in communication, organizational skills, money management, decision making, socialization, mild behavior management, and job preparation. Our volunteers are taught to be team players and are encouraged to become independent and part of society. Through positive belief our individuals will increase confidence to succeed.



*This month at PBMC we celebrated Thanksgiving with plenty of delicious food and laughs*

**Happy  
Thanksgiving!**

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## COMMUNITY OUTINGS FOR NOVEMBER

Thanksgiving Celebration • Antelope Valley Mall • Picnic at Park Shakey's • Watched Movies • 99 Cent Store • Wal-mart Target • Basketball • Hometown Buffet

Volunteer work is always incorporated into the daily activities; window washing and adopting a highway is just a couple of things on this month's productive itinerary.



*Volunteer work is incorporated into daily activities which include window washing and adopting a highway*



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