

## Volunteer-to-Work

## TIS THE SEASON TO BE JOLLY

*This month at PBMC the weather brought us together on a more comfy level. We celebrated and enjoyed all sorts of activities indoors. Christmas was filled with smiles because everyone received gift cards to McDonald's and a few other gifts too. Community and Site Base program both enjoyed a few outings as well as several fun days of indoor activities. Each program had a great time this December because they had a lot to look forward to with the different indoor festivities they indulged in.*

With the unpredictable weather, the Community played various board games, Uno and musical chairs. They also had a day of movies and pizza on site. Something else the Community enjoyed was outings to Charlie Brown's, Sizzler, Starbucks and McDonald's where they spent the gift cards they received for Christmas. Community also spent money they received from volunteering on these different outings. Volunteer work is always incorporated into the daily activities; window washing and park cleanup is just a couple on this month's productive itinerary. Our community program was excited about their monthly indoor activities and outings, as well as all the great foods that came along with it. But more than that, the memories gained this month will last always.

Our Site Base program's activities were also affected by the weather December brought. They attempted to have a day at the park where they would have had a game of basketball but instead they enjoyed a day of watching movies. They watched movies that demonstrated the importance of togetherness and Friendship and even though the activities they encountered were limited, this month brought plenty of smiles and glee!

*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.

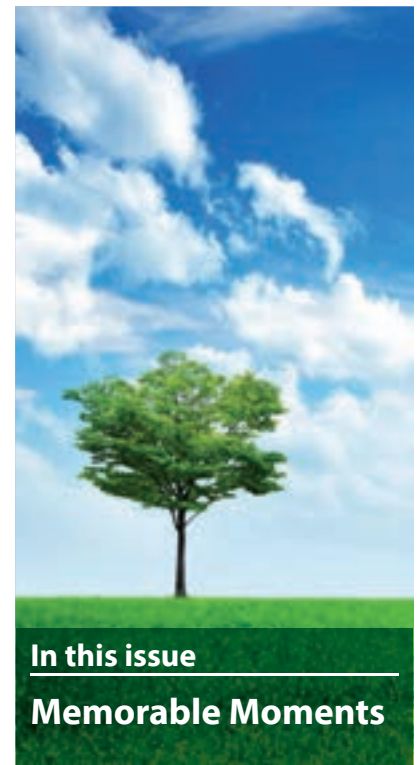


**Anastasia Rodriguez • Diana Espinosa  
Lisa Loll • Louis Blank • Natalie Morris**



**Volunteer of the Month  
Natalia Zagraciuc**

Congratulations to **Natalia Zagraciuc** for being November's volunteer of the Month. Natalia has been attending PBMC Day Program since 2013. Since Natalia has been with us she has showed improvement in many different areas. Areas such as sharing with others, the importance of being patient, and working together with her peers. Natalia enjoys listening to music, dancing, looking through magazines and socializing. It is a pleasure having Natalia at PBMC and we are very proud to have her with us!



**In this issue**

**Memorable Moments**

- 1** VOLUNTEER TO WORK  
Monthly Overview
- 2** CELEBRATIONS  
Client Birthdays  
Volunteer of the Month
- 3** MONTHLY OUTINGS  
The places we go and the activities we do.
- 4** VOLUNTEER TO WORK

**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 encourage 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 encourage to become independent and part of society. Through positive belief our individuals will increase confidence to succeed.



*Christmas was filled with smiles. Everyone received gift cards to McDonald's and a few other gifts too*



This month at PBMC the weather brought us together on a more comfy level. We celebrated and enjoyed all sorts of activities indoors. Christmas was filled with smiles because everyone received gift cards to McDonald's and a few other gifts too. Our Community group enjoyed outings to Charlie Brown's, Sizzler, Starbucks and McDonald's where they spent the gift cards they received for Christmas.

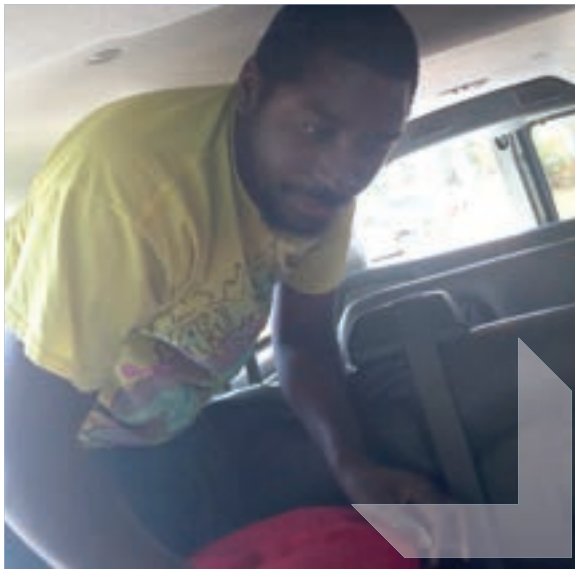
# COMMUNITY OUTINGS FOR DECEMBER

Christmas Celebration • Antelope Valley Mall • Watched Movies  
99 Cent Store • Sizzler • Charlie Brown's • Starbucks • McDonalds

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*



## Volunteer-to-Work

*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.*



*The Community enjoyed outings to Charlie Brown's and Sizzler*



**"We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year's Day."**  
– Edith Lovejoy Pierce