



A Little Something Different

September 2018 Family Newsletter

Houston Astros 2018

Thanks to our very special friends, the Holak Family, a few of the ALSD clients and staff were given the extraordinary opportunity to watch the Houston Astros play at Minute Maid Park! Everyone had so much fun watching the game, enjoying some popcorn, taking their pictures with the Dallas Keuchel stride display and meeting a few Houston Police Officers! We are so grateful for the chance these members of the ALSD family were given to watch America's greatest pastime be played by the reigning World Series Champions! We wish the best of luck to our Houston Astros in this year's playoffs!



Residential Reviews

A quick reminder to host home/companion care families! Residential Reviewers from HHSC (Health and Human Services Commission) are supposed to do a drop-in visit to your home on an annual basis. This is generally a surprise visit that you will not be given notice for! Please check and always have the following items prepared for a review:

- Evacuation Plan (red paper)
- Delegation Exemption (pink paper)
- Hot water temperature under 117 degrees
- Pet vaccinations
- Charged fire extinguisher (dial in the green)

If you have any questions or concerns about this feel free to call Paul or Megan!

A Day at NASA Space Center

We had a wonderful time at NASA's recent event that focused on the special needs community! We owe another huge thank you to The Holak Family for the opportunity to be involved this year. The clients and staff were treated like VIPs while getting to explore the Space Center that we are so lucky to have in Houston!



ALSD



ALSD Day Program News



ALSD Curriculum Updates

We are very excited about some recent updates we have made to the day hab curriculum and outings schedule. In an effort to increase the frequency of structured activities and community involvement, we have joined forces with some external organizations. In addition to the educational curriculum that our manager develops, ALSD day hab clients will now have the opportunity to participate in the following weekly activities:

Mondays: Music Therapy- full group sessions with Mr. Charlie to include singing together, learning about and using different handheld instruments, and exploring rhythm!

Tuesdays: Community Service- rotating small groups will attend the Houston Food Bank and Houston Pet's Alive on alternating weeks. This is a chance to teach the clients the importance of giving back to the community that supports you!

Wednesdays: Community Outings- various sized group will be attending activities like museum visits, business tours, theatrical presentations, movies and more within the greater Houston area.

Thursdays: Storytime at Levy Park- rotating small groups will attend these weekly reading sessions hosted by the Houston Public Library that also include an activity or craft related to the book.

Fridays: Adaptive PE with Ejay Sports- full group sessions with E.J. and Tony doing adaptive recreational activities like stretching, exercising, dancing and sports!

Things we learned about this month....



MAY: Summer Fun in the Sun



JUNE: Ocean Adventures



JULY: Color Exploration



AUGUST: World Travelers

Community Outings Spotlight

Houston Asia Society
Splash Pad
Bahama Bucks
Edwards Marq*E
Verne Cox Center

Main Street Theater
Bowling
Miller Outdoor Theater
Community Scavenger Hunt
NASA Space Center

Contact Us

As always, we would love for you to contact us with any questions, compliments or concerns that you may have regarding the care of your loved one. Feel free to contact Paul or Cheryl Chollett at any time at 713-589-5649.

A Little Something Different
9000 Southwest Freeway, Suite 303
Houston, TX 77074
281-888-9248
www.alsdonline.net

