



The **PLUS COMPANY** Inc.
People • Learning • Useful • Skills

PLUS PERSPECTIVES

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It is great to be a part of this wonderful community. Our PLUS staff and volunteers have taught me to never underestimate the connections we can make in our community. Our programs continue to grow and we are discovering more opportunities for the people and families we serve. With the highly anticipated opening of our new building on Chestnut Street in Nashua, we will find more ways to inspire dreams and achieve goals. What's your dream? Perhaps PLUS can be a part of it, for we have plenty of inspiration to share.
 ~ Kim Shottes

THANK YOU PLUS DIRECT SUPPORT EMPLOYEES

In September, Governor John Lynch issues the annual proclamation honoring the great men and women who provide direct care and support to individuals in New Hampshire. "PLUS is very proud of our great direct support team, for they make a positive difference in the lives of the people and families we serve. We are extremely grateful for their efforts," stated Kim Shottes, PLUS Executive Director.

AWARDS & MORE

BAE Systems Employee Community Fund, Inc. (BECFI) awarded PLUS \$7,500 toward the improvements of PLUS residential staffed homes and funding for Adult Education programs.

NEW BUILDING WILL HELP OTHERS ACHIEVE MORE DREAMS

After nearly 40 years spent building the dreams of individuals with disabilities, The PLUS Company, Inc. is proud to announce one dream has finally become a reality: the dream of buying a new building. On August 9, The PLUS Company purchased 19 Chestnut Street in Nashua. The new build-

ing will combine both Nashua offices and allow the organization to grow and to create innovative, individualized programming that serve the changing needs of individuals with disabilities and their communities. The expanded space will also allow The PLUS Company to add

more adult education classes and enrichment programs to an already busy calendar for both Nashua and Massachusetts clients. It will also ensure the nonprofit is able to maximize options for vocational, social and financial independence, and integration for adults with disabilities.



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IN MEMORIAM

All of us at PLUS are deeply saddened by the loss of Karen Rodgers who was a dedicated volunteer in the Literacy Program, Performing Arts Club, RELAX, Jazzercise Club, the PLUS Pride Special Olympics (Track & Field, Basketball, Soccer and Volleyball teams) and many other events. Karen will be remembered for many things, but the one thing that stands out is that she made everyone smile and laugh. She enthusiastically shared her happiness with others and expressed her love for helping consumers achieve their dreams. Karen made many friends at PLUS and was considered a part of the family. She will be greatly missed and remembered always.



Karen Rodgers

THANKING THOSE WHO MAKE A DIFFERENCE

PLUS Vocational Coordinator Jan O’Grady recently retired. For more than eighteen years, Jan O’Grady made a big difference in the lives of individuals with disabilities and their families in the greater Nashua area. She inspired many with her constant positivity, patience, and encouragement.



“The one thing I will remember most about Jan is her ability to remain positive no matter what the situation. She always looks on the bright side

of things, whether it is regarding a person who is going through a particularly challenging time, or a situation which is difficult to manage. I have always admired this in Jan and tried to incorporate her positive spin on things in my approach to challenging situations,” shared Kim Shottes,

PLUS Executive Director. “On behalf of PLUS, we thank Jan for her wonderful work and dedication. She will be missed.”

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is a quarterly publication of The PLUS Company, Inc. We welcome your input and story suggestions. Please call us if you would like to add a name to our mailing list.

~ *Susanna Hargreaves, Editor*

Executive Director

Kim B. Shottes

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The PLUS Company, Inc. is a non-profit agency dedicated to providing and maintaining the highest quality, most innovative programs and services to enhance the potential for social, vocational and financial independence for people with disabilities in the Southern New Hampshire and Northern Massachusetts areas.

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HEALTHY PARTNERSHIPS IN THE COMMUNITY

In a recent hands-on nutrition class, PLUS Consumer Chris Michaud learned some healthy cooking and eating tips. Susan O'Keefe, a registered dietitian from Nashua's Hannaford's Supermarket, helped students take turns preparing a nutrition-packed vegetable-fruit smoothie. According to Marti White,

PLUS Life-Enhancement Coordinator, the class focused on eating more vegetables and helping consumers learn healthier options. "Susan was super and students got to try samples of different kinds of food. Besides being very educational and fun, this hands-on workshop was completely free of charge."



Susan & Chris

ACHIEVING DREAMS & COMMUNITY SUCCESS

Angie Mackillop, 25, of Nashua has big dreams and they are growing. A PLUS consumer since 2006, Angie has set her dreams on her love for animals. In 2009, she began her business of making gourmet biscuits for dogs. Now, she offers treats for her feline friends.

According to Denise Davis, PLUS Vocational Coordinator, Angie has made many marketing changes in her business over the past few months, which were encouraged by Richard Bathurst of Stormy Moon Vocational Development. She changed her company name to: "Angie's Gourmet Biscuits for dogs and cats." She added tuna flavored cat treats to her selection of biscuits and changed her packaging. Angie has participated in several community Farmer's Markets in Nashua, Merrimack, and Milford. To Angie's excitement, the goodies have been selling out and she plans to continue selling at other local events.



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THE PLUS COMPANY NEEDS YOUR PAPER!

The PLUS Company now has its very own Abitibi Paper Retriever! You may have noticed a large green-and-yellow bin located in the parking lot next to the dumpster. The Paper Retriever program is designed to collect paper that can be recycled into newsprint. This bin is for you to recycle your old magazines, newspapers, catalogs, junk mail, weekly circulars, TV guides, shredded paper in clear plastic bags, and almost every type of clean office paper! Please DO NOT include cardboard, or phone books. Paper can be dropped off

in the bin or brought to Michelle Soucy's office.

The PLUS Company earns money for the paper you put in the bin and promotes "green-ness"! We will keep you updated on our progress. Contact Michelle Soucy, Leni Hodgins, or PLUS Company GO GREEN Club President Jeff Hayward if you have any questions. If you can, please bring your papers from home (and let your neighbors know we want their paper as well) and put them in the Paper Retriever bin, it will be greatly appreciated. Thank you for your support!

Save the Date

Saturday, November 20th

"Building Dreams"

The 13th Annual Silent Auction

and Dinner Dance

Crowne Plaza Nashua

Volunteer and Build Dreams

If you've ever wondered how you can make a difference in the lives of individuals with developmental disabilities, come and join us at The PLUS Company. Your interests and talents can inspire others to achieve their goals and even make dreams come true.

ADDRESS SERVICE REQUESTED

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