

Where Care Starts.



Featured Participant – Matthew Scandolera

Meet Matthew: A True Model of Health, Creativity, and Connection

We are incredibly excited to highlight one of our most vibrant and inspiring participants, Matthew. His boundless energy and diverse interests perfectly capture the spirit of our community.

Matthew is a true example of vitality, staying active with his dedication to gym workouts and swimming. His focus on health is clear in his diet, where he chooses fresh fruits and nutritious foods to fuel his daily activities.

Matthew's creativity shines through in his TikTok videos and his performances at the annual BAM concert, showing his passion and flair for imaginative expression. Weekends are special for Matthew, as he spends them building and nurturing the family bonds he cherishes.

Matthew's warm and friendly nature is a breath of fresh air to everyone he meets. His engaging conversations and positive energy make him a beloved member of our community. His contributions to our youth employment program are especially noteworthy. Whether he's eagerly helping with catalogue distribution or lending a hand wherever needed, Matthew shows a commendable commitment to supporting and uplifting others.

A true foodie at heart, Matthew loves exploring different cuisines, often going on these culinary adventures with his twin brother. Their shared love for food and their enjoyment of ghost movies during their downtime add a fun and exciting touch to their lives.

Matthew's ability to embrace life with enthusiasm, creativity, and a strong sense of community is a powerful reminder of the incredible potential within each of us. We are proud to support Matthew and celebrate his diverse interests and achievements. Keep shining brightly, Matthew!

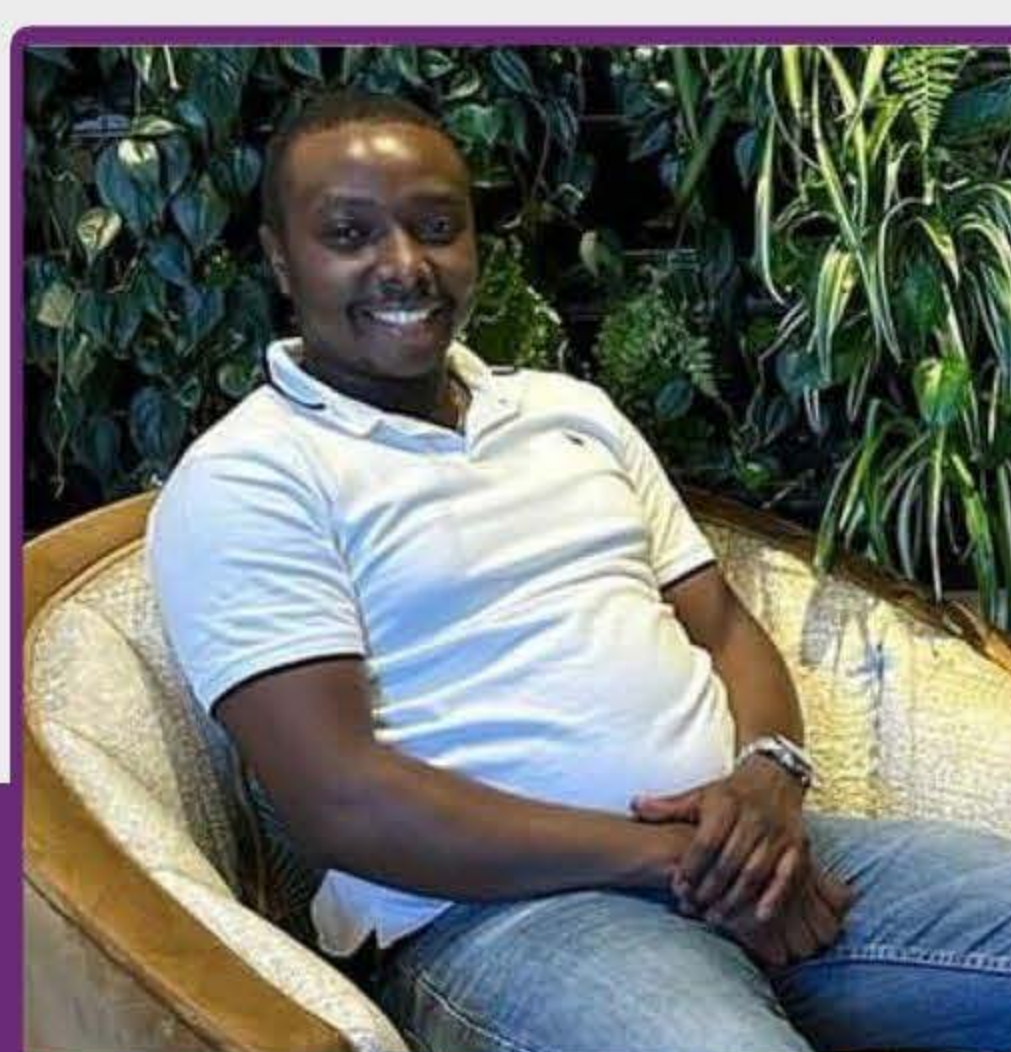


Staying Physically Fit: Essential Tips for All Abilities

Maintaining physical fitness is important for everyone, including those with physical and mental challenges. Here are five key tips to help you stay active and healthy:

- **Adapted Exercise:** Choose exercises that fit your abilities, such as gentle stretching, seated workouts, or light resistance training.
- **Hydration:** Drink water throughout the day to support overall health and physical performance.
- **Healthy Snacking:** Opt for balanced snacks that include protein, healthy fats, and carbohydrates to fuel your body.
- **Quality Rest:** Ensure you get good sleep to aid in recovery and maintain energy levels.
- **Set Realistic Goals:** Establish achievable fitness goals, and celebrate small successes to stay motivated.

Staff Spotlight:



Meet

Hosea

Active Support Staff

We're excited to shine a light on Hosea this month! For over 18 months, Hosea has been an incredible member of our SCA team. He approaches challenging situations with calm and skill. Whether he's working at different sites or day placements, Hosea's hard work and positive attitude never go unnoticed. Let's get to know him -

- Describe yourself in one word:
 - **Hardworking**
- What Sports did you play growing up?
 - *I liked swimming while growing up and played Golf in my High school years.*
- Who is your biggest inspiration in life?
 - *I am mostly inspired by successful business people who innovate new ideas that help solve problems worldwide. Elon Musk is a good example.*
- What do people notice most about you?
 - *People notice my ever happy nature, humility and friendliness.*

Thank you, Hosea, for all your hard work, dedication, and the positive impact you make every day!



Nourishing the Soul: Mindful Eating for Emotional Well-being

Mindful eating is more than just paying attention to what we eat; it's about how we eat. It encourages us to approach our meals with curiosity and awareness, engaging all our senses to enhance the eating experience.

- **Create a Calm Environment:** Eat in a distraction-free space to focus solely on your meal.
- **Engage Your Senses:** Appreciate the colors, textures, and aromas of your food before eating.
- **Chew Slowly:** Take your time to chew thoroughly and savor each bite.
- **Listen to Your Body:** Eat until you're satisfied, not full, by paying attention to hunger and fullness cues.
- **Practice Gratitude:** Express gratitude for your food to cultivate a positive mindset.

So, take a deep breath, savour each bite, and nourish not just your body but your soul with the simple act of mindful eating.