

Featured Participant – Zorawar Kumar

## Zorawar's Journey: Achieving Milestones with a Smile

Meet Zorawar – a truly inspiring individual who shows us every day what it means to stay positive and keep going, no matter what. He continues to live life to the fullest with a smile on his face and a positive attitude that's contagious to everyone around him.

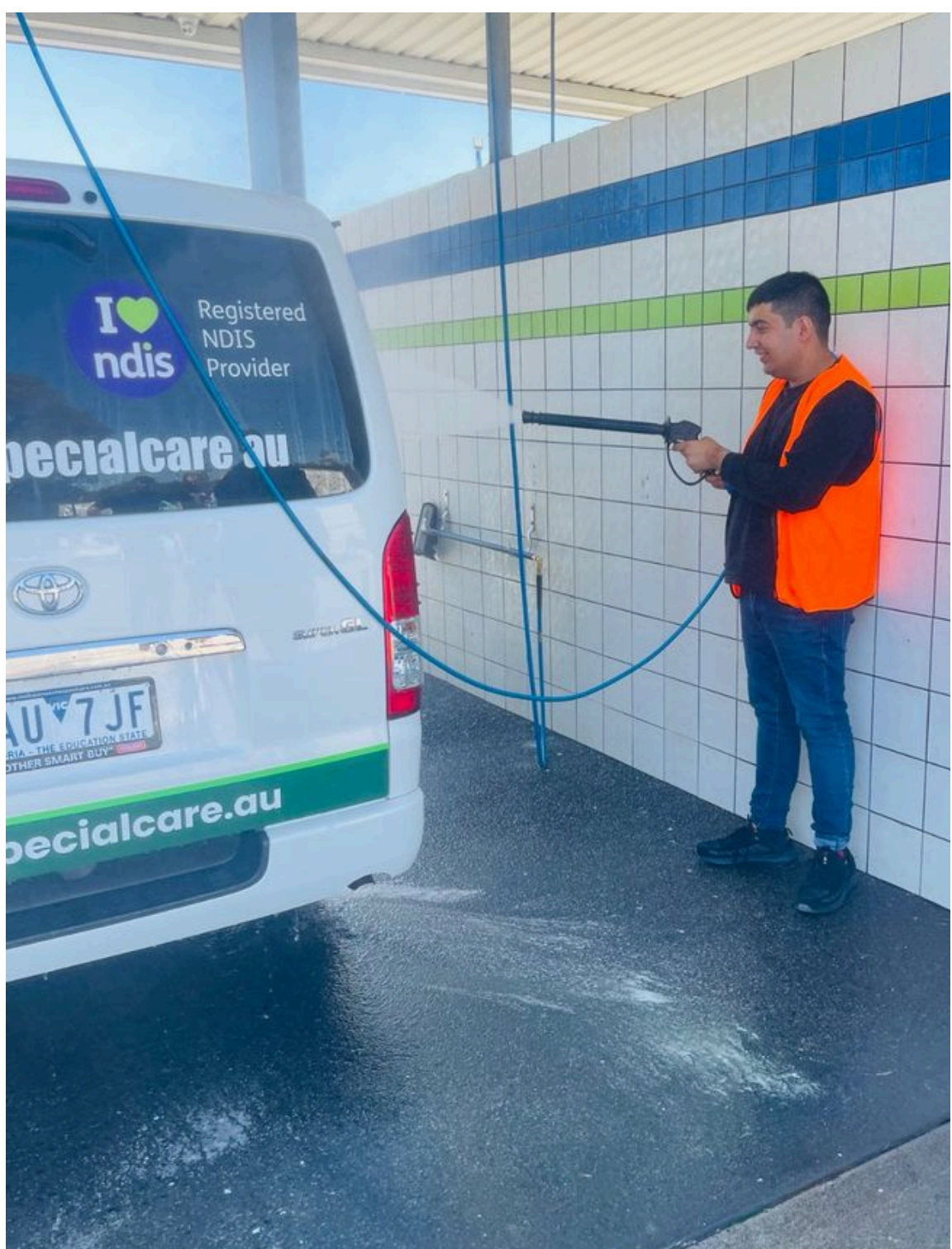
Zorawar has made some amazing progress recently. He's lost 3 kgs, showing how committed he is to his health and well-being. He takes part in the YES Program with so much enthusiasm, where he eagerly engages in catalogue distribution. He's consistent and always eager to participate in the day program, which just goes to show how much he enjoys learning new things and staying busy.

Over time, Zorawar has developed valuable life skills, such as making his bed, washing dishes, packing his own lunch, and even learning how to wash the car. These practical skills not only contribute to his independence but also give him a sense of accomplishment and pride. He communicates really well and is always so happy and full of energy – his smile lights up any room he's in. He listens well, follows instructions, and enjoys being part of the team.

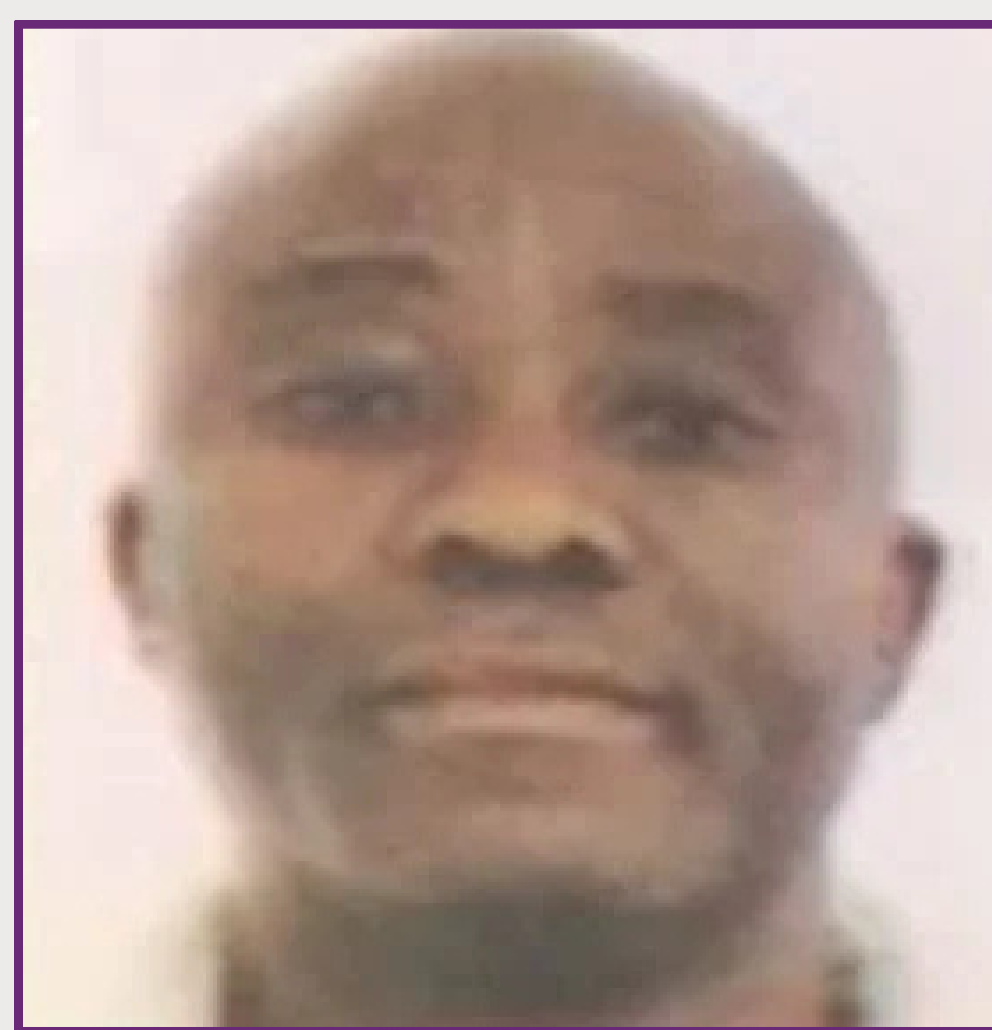
Zorawar also enjoys spending quality time with others. He looks forward to getting his hair cut with Chitra, and his mum makes a constant effort to see him on regular basis, which always brings him great happiness. Swimming is another activity Zorawar loves – he enjoys being in the water and having fun. Cycling is also a favorite of Zorawar's, as he relishes the sense of independence and adventure it brings.

Food is another highlight for Zorawar! He enjoys Indian vegetarian dishes and looks forward to his weekly treat of a fizzy drink, something he truly enjoys. One of his biggest achievements is the strong bond of trust he's built with the staff.

Zorawar's journey is a wonderful reminder of how, with the right support and a positive mindset, great things can be achieved. We are so proud of his progress and look forward to seeing all that he will continue to accomplish.



## Staff Spotlight:



Meet  
**Lusene**

Active Support Staff

This month, we're excited to shine a spotlight on Lusene – a pillar of support at SCA with over 20 years of experience. His dedication to providing active support and his unwavering kindness make him a standout figure in the lives of participants and their families. Lusene is known for his willingness to always go the extra mile—never saying no and consistently being the go-to person for any situation.

Parents of participants deeply appreciate Lusene's compassionate approach and his ability to adapt to any challenge, making him a reliable and trusted presence at SCA. Lusene's kindness, helpfulness, and commitment continue to leave a lasting impact on everyone he supports. Let's get to know him better –

- Describe yourself in one word:
  - *Dedicated*
- What Sports did you play growing up?
  - *Growing up I played Soccer*
- Who is your biggest inspiration in life?
  - *My mom, dad and my teachers who helped me to be a person I am today*
- What do people notice most about you?
  - *People often notice that I am gently friendly and who loves to empower others*

*He truly embodies the spirit of care and support, and we are grateful to have him as part of the SCA team.*



## Developing Healthy Eating Habits with Self-Control and Discipline

Building healthy eating habits is key to improving overall well-being, especially for individuals with disabilities. Here are some simple tips to help develop self-control and make healthier food choices.

- **Create a Routine** – Set regular meal times to reduce hunger-driven snacking and help stick to healthy eating habits.
- **Focus on Balanced Meals** – Include nutritious, balanced meals that satisfy hunger and avoid unhealthy cravings.
- **Practice Mindful Eating** – Eat slowly, pay attention to hunger cues, and focus on portion sizes to prevent overeating.
- **Limit Unhealthy Foods** – Keep tempting junk food out of reach and stock up on healthy snacks and options.
- **Set Simple Goals** – Start with small, achievable goals like eating more vegetables and celebrate each success.

By building structure and making healthier choices, people with disabilities can develop better self-control and discipline in eating.

## Building Independence Through Life Skills

Here are 5 important life skills that help people with disabilities live more independently:

- **Cooking** – Learning how to cook basic meals helps you take care of yourself and make healthier food choices. You can start with easy recipes and use helpful kitchen tools.
- **Managing Money** – Understanding how to manage money, allows you to make decisions and feel more independent in everyday life.
- **Personal Care** – Taking care of your personal hygiene, like showering, brushing your teeth, and grooming, boosts confidence and helps you stay healthy.
- **Staying Organized** – Keeping track of tasks, like appointments or daily activities, can help you feel more in control and make your day easier to manage.
- **Socializing and Communicating** – Learning how to express yourself and connect with others improves relationships and makes you feel more included in social situations.