



SKY POINT

SOCIAL SERVICES

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FOR MORE
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SKYPOINTINDIANA.COM



SKY POINT SOCIAL SERVICES

WE RISE BY LIFTING OTHERS

SUMMER 2019

East Wing Academy: Come Earn Your Wings!

East Wing Academy (EWA) is a day service program offered by Sky Point Social Services, LLC for individuals who have developmental disabilities and emotional health needs. The EWA serves to empower, enrich the lives of, and provide a meaningful and practical education to participants enrolled while ensuring that their physical, emotional, social, and cognitive needs are being met.

A non-traditional day program, EWA offers an integrated curriculum focused on participant needs and interests with an emphasis on functional skill development- enabling them to fully participate in and contribute to their community.

Our Curriculum:

- Human Rights & Advocacy
- Current Events
- Relationships & Social Skills
- Technology
- Life Skills
- Social Studies & World Cultures
- Vocabulary, Reading, & Writing
- Health & Physical Education
- Practical Math
- Fine Arts

Youth Options:

EWA invites school-aged youth who have intellectual and developmental disabilities to participate in summer, spring, and winter programs. In addition, EWA offers an option for year round, participant directed home-school programs utilizing our staff as learning coaches and allowing your student to receive a state accredited education!

Enroll Today!

Contact East Wing Academy Program Coordinator, Mindy Esparza at mindy.esparza@skypointindiana.com or [click here to begin the application process.](#)



Best Wishes to Dyonnetta White

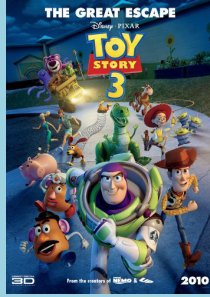


Dyonnetta White, lovingly referred to as Dye, has served as a program manager with Sky Point for just over 2 years, but has been in the field for several decades. In that time, she has touched a countless number of lives and gone above and beyond to provide support to not only her clients, but the staff that serve them as well. On June, 14 we said farewell to Dye as she and her husband set out on their journey to Texas. We want to express our sincerest gratitude for all of her hard work. The progress and success stories of those she has served are a true testament to her dedication. We wish her the best as she begins a new adventure!

July

Movie Night: Toy Story 3

Friday, July 12
5:30 pm to 7:30 pm
The East Wing
Clients and staff are invited to join us for a movie, snacks, and beverages.



Game Night: BINGO

Friday, July 26
4:00 pm to 6:00 pm
The East Wing
A community event, all are invited to join us for a night of fun, refreshments, and prizes!



August

Sky Point Night with the Tincaps

Wednesday, August 7
6:00 pm to 10:00 pm
Parkview Stadium
*RSVP required by Friday, July 19
Space is Limited*



Caregiver Lunch and Learn: Compassion Fatigue

Thursday, August 15
12:00 pm to 1:00 pm
The East Wing

Game Night: Sky Point's Got Talent!

Friday, August 23
4:00 pm to 6:00 pm
The East Wing
Clients and staff are invited to participate or simply sit back and enjoy the talent show!

September

Relay4Autism

Sunday, September 8
12:00 pm to 4:00 pm
Allen County Fair Grounds
Contact the office to sign up or stop by to visit our booth!

Movie Night: Inside Out

Wednesday, September 11
5:30 pm to 7:30 pm
The East Wing
Clients and staff are invited to join us for pizza, snacks, and a movie!



Game Night: Are You Smarter than a 5th Grader?

Friday, September 27
4 pm to 6 pm
The East Wing

STOP SHOULDING ALL OVER YOURSELF

Recognizing and Getting Support for Compassion Fatigue

In your work or personal life do you ever catch yourself saying "I should have been available," "I should have recognized the signs," "I should have been there," "I should have known better"? Being a helping professional or caregiver can be very rewarding but it also comes with a high level of demand. When you are passionate about taking care of others or affecting positive changes in families it is a natural consequence to at some point experience what is known as compassion fatigue, emotional distress or apathy resulting from the constant demands of caring for others. The condition is serious and includes symptoms that affect the whole person (physically, emotionally, spiritually and behaviorally) such as: rapid heartbeat, aches, dread working with certain clients, decreased sense of purpose/enjoyment in career, diminished feelings of work competence, mental health changes, anger, shutdown, hypersensitivity, overwhelmed, questioning faith, distracted, rigidity, perfectionism, sleep disturbance, moodiness, impatient, mistrust, social isolation, and projecting anger, fear or blame.

Do any of those symptoms sound familiar? I know that I have struggled with them (becoming irritable, withdrawing from tasks, experiencing frequent stomach aches) even in my peripheral role as a support to the helping professional and caregiver. But remember when you first fell in love with this work? It was because you were able to experience compassion satisfaction. When we express compassion hormones are released which increases feelings of trust and calmness. Other benefits include stronger immune system, lower blood pressure and stress levels, improved mental health and decreased risk of anxiety and depression. Boy were those the days! They were full of excitement for the work and seeing only the rewards and successes of your hard efforts. Since that time we have experienced barriers to compassion, that may include heavy caseloads, documentation, lack of resources, high stress levels, and strong feelings that get triggered when working with clients. Before you know it you may begin to "catch emotions" by absorbing your clients energy, illness, pain, etc . . .

The combination of awareness and mindful practices can assist you in the unique journey of surviving and thriving in the work we love to do as helping professionals and caregivers. You are not alone in the range of emotions (rewarding and challenging) that come along with this work. Managing compassion satisfaction is an ongoing process that requires patience with yourself as well as being intentional about working toward healthy self-care practices. If you recognize that you are at risk or currently struggling with compassion fatigue, know that you have a supportive management team that wants to provide aid to its competent, inspired and motivated helping professionals and caregivers. Move away from "shoulding" all over yourself, and get assistance achieving compassion satisfaction. Please join our monthly Lunch and Learn workshop on the **third Thursday of the Month at 12 pm in the East Wing beginning August 15**. If you are unable to attend the workshop please call or email brittney.collins@skypointindiana.com and a mentor will be provided. In the meantime remember that, "If your compassion does not include yourself it is incomplete." (Jack Kornfield)

NEW FACES WELCOME TO THE TEAM



ROBIN STINSON
Billing Specialist

Robin has several years of retail experience and has always enjoyed working on the finance side of business; making her a perfect fit for billing! In her spare time she enjoys reading a large variety of books. Robin is very close to her mother and grandmother and is an active member of her church community. She is excited to work in a field that allows her to give back!



SUMMER HULBERT, BS
Program Manager

Summer has been a life-long resident of Angola and received her bachelors degree in psychology from Trine University. She comes to Sky Point with three yrs. of experience as Program Manager and many years experience working for various non-profit organizations. Summer enjoys spending time with her husband and their three children and two 4-legged kids- [fainting goats](#)! That's an actual breed. We kid you not!



MOLLY DAUGHERTY, RN
Registered Nurse

Molly is a native of Fort Wayne, completing all of her education in the area. In addition to being an RN for 35 years, Molly has taken on the roles of business owner, consultant, and teacher. In the short time that she has been with Sky Point she has built strong relationships with clients and has truly enjoyed getting to know each of them. In her spare time, Molly enjoys spending time with her husband of 30 yrs, Tim. Together they have three grown children and two cats.

MEET THE TEAM Direct Support Professional Spotlight

TEILA JACKSON



Teila has been a DSP with Sky Point for over 2 years now and provides care to individual clients as well as clients in our 24 hour homes. In her spare time, Teila is an active member of her church, a woman who knows no stranger, a friend to all, and above all else a family woman who's love is rooted in her faith. Anybody who has had the pleasure of knowing Teila will tell you that she is kind and compassionate, has a contagious smile, and gives better hugs than your momma!

YOLANDA AUSTIN



Yolanda began working with Sky Point in January, but has been a caregiver and advocate for much of her life. As a preferred caregiver, She brings with her a unique perspective on the family dynamics and needed supports. In addition to being a preferred caregiver, Yolanda has been an IT Project Manager for over 20 years. She is an extremely active member of her church and enjoys making memories with her husband and their two sons.

JERROD MCCOY



Jerrod began his career as a DSP after feeling that he was "called by God to be a compassionate support to those in need." In the short few months that he has been with us, Jerrod has proven to be a true asset and an amazing advocate for our clients and was recently promoted to 'House Manager'. His dedication and commitment to improving the lives of others is inspiring. In his spare time Jerrod is active in his church community and enjoys spending time with his beautiful wife and two children.

GET OUT FORT WAYNE

**SCIENCE CENTRAL:
AWS FOUNDATION
SPECIAL ABILITIES DAYS**
PRESENTED BY [AWS FOUNDATION](#)
AND [SCIENCE CENTRAL](#)

FREE TO MEMBERS OF THE COMMUNITY WITH SPECIAL ABILITIES WITH [PRE-REGISTRATION](#)

Through the generous support of the AWS Foundation, Science Central hosts AWS Foundation Special Abilities Days, providing fun science education for members of the community with intellectual and developmental disabilities.

Saturday, Aug. 17: 10 a.m. - 5 p.m.

Tuesday, Sept. 24: 10 a.m. - 4 p.m.*

Saturday, Nov. 9: 10 a.m. - 5 p.m.

Tuesday, Dec. 10: 10 a.m. - 4 p.m.*



*closed to the public



NORTHSIDE POOL OPEN SWIMS

For Children with Disabilities or Special Needs

Mondays from 5:15-6:15 p.m.
beginning June 10

No pre-registration is required. The swim is **FREE**. Please check in before entering the pool. A parent must accompany each child in the water.



SKY POINT

SOCIAL SERVICES

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Office Hours : M-F 8am-5pm

OUR FOCUS:

Sky Point Social Services aims to provide services to clients with developmental, intellectual, and emotional health needs. Sky Point serves children, teens and adults.

OUR MISSION:

Sky Point Social Services is committed to support individuals with ALL abilities in reaching their fullest potential by providing the care and services that will enable them to live enriching lives in the communities where they are valued and respected for their abilities and contributions.

OUR BELIEFS:

- We believe in empowering our employees and the clients we serve.
- We believe in treating everyone with respect and dignity.
- We believe in continuous improvement.
- We believe in people and their dreams.
- We believe in reaching for the sky!

OUR PROGRAMS:

- Supported Living
- Employment Services
- Behavior Management
- Community Mental Health Wraparound Services (CMHW)
- East Wing Academy Day Program



SkyPointIndiana.com

CLIENT'S CORNER

HONOR[ABLE]: DAN HART



In an era where little research had been done, the misconceptions of intellectual disabilities outweighed the known, and individuals with disabilities were marginalized, one individual made a commitment to changing public perception. In 1962 Eunice Kennedy Shriver, sister of President John F. Kennedy, wrote an [article in the Saturday Evening Post](#) announcing that their sister Rosemary had an intellectual disability. She described the struggle that came with that and how as a society we failed to meet the needs of individuals like her sister. The article caught the attention of many. The research and attempts that the Kennedy's had made to provide supports and empower those with individual disabilities was brought to light and others began to join the effort.

That same year, Kennedy Shriver started Camp Shriver in her hometown of Potomac, Maryland. The camp provided children with intellectual and physical disabilities the opportunity to participate in organized athletic activities. Camp Shriver was so successful, that it became an annual event and the Kennedy Foundation provided grants and scholarships to provide similar camp experiences across the country. These camps combined with the research of many birthed the idea of the [Special Olympics](#).

The Special Olympics has since grown to become a worldwide movement. It has come to include not only the Special Olympics World Games which has provided training and competition for over five million participants from 172 countries, but state level competitions in the U.S. as well. As just one of the many millions who have benefited from the Special Olympics, Dan Hart was happy to share his story with us.

Dan started his Olympic journey around the age of 10 and has participated in the events for nearly 35 years. This year he began his weekly training in March to prepare him for competition in June. Competing in the 400 meter walk, the softball throw, bocce ball, and bowling, He took home two gold medals, one bronze, and a trophy. But his experience with the Special Olympics is about so much more than a collection of medals.

In addition to providing structure and physical education, the Special Olympics gives participants and volunteers the opportunity to socialize and provides a diverse and accepting group of supports. When asked what his favorite thing about the Special Olympics was, Dan was quick to reply that the relationships and bonds he has built with fellow competitors is what brings him back every year. "I get to meet new people from all over the country every time I go. I make friends. And I'm gonna keep on doing it!" These relationships alone are proof of the success of the Special Olympics. We are so proud of Dan and grateful for the opportunities he has been given!