



SKY POINT SOCIAL SERVICES

# THE SCOOP

ISSUE 10 • JANUARY 2021



## HOME SWEET HOME

This past year is certainly one to remember! With the challenges of 2020, we chose to focus on the "wins". This year we celebrated so many wins and one of our favorites was the move to our new home! In 2020, we realized we needed to find a more accessible office space to help us better serve those across Northeast Indiana, and we think our new space does just that! We moved into our new home December 1, 2020 and are settling in well. We wanted to kick-off our time in our new location with a Christmas Spirit Week! We wore our best ugly sweaters, got cozy in our pajamas, dressed up as our favorite Christmas characters, and wore silly hats. This past year may have been tough, but we were blessed with the opportunity to move and create new friendships and partnerships. Stop by sometime to say hello and check out our cool new place!

Written By: Angela Weaver

QUARTERLY  
NEWSLETTER

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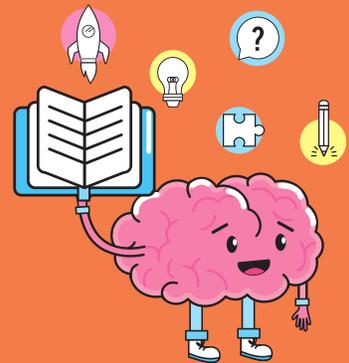
# VIRTUAL SCAVENGER HUNT

Are you looking for a fun, safe, and warm way to engage with our community this winter? Look no further! VisitFortWayne.com has put together an 360 degree interactive scavenger hunt featuring landmarks across Fort Wayne. Take a virtual trip to the Fort Wayne Children's Zoo, Science Central, Parkview Field, the Allen County Courthouse, the Embassy Theatre, and many more! Keep an eye out for zebras, Einstein, an American flag, a bald eagle, and even Santa while learning about the history and amenities available in our city. Click [here](#) or visit <https://www.visitfortwayne.com/plan/maps/scavenger-hunt/> to join the fun this winter!

Prepared By: Emily Martin

## MENTAL HEALTH TIPS FOR WINTER

Mental health is an important part of our overall wellbeing. Just as you would work out your body with physical exercises or your brain with puzzles, you should also work out your mind to support a positive outlook. Check out the tips below to feel better and boost your mental health!



- **Drink, Eat, and Sleep Well:** Drinking, eating right, and sleeping well plays a big part in your overall health and mood. It's shown that a lack of vitamins could cause a decline in your mental health, resulting in addictions, depression, anxiety, stress, and other psychological disorders.
- **Stay Active:** Staying active and fit can help boost your mental health and encourages positive energy. Having negative energy is detrimental to your well-being. Staying positive and focusing on your daily activities will lead to a successful life. Try fun exercises or puzzles to engage your body and brain!
- **Be Grateful:** It's a good habit to write down at least 3 things every morning that you're grateful for. Acknowledging your gratitude will start your day off on a positive note. Then you can look back and see all of the things you were grateful for over the week, month, or year.
- **Do the Things You Enjoy:** Doing things you enjoy will increase your endorphins and help you stay positive and energized throughout the day. Try a new hobby such as crafting, biking, reading, volunteering, or playing an instrument. Do what makes **YOU** happy!
- **Help Other People:** Helping others not only makes you feel better, but it can change other people's lives. What you put out into the universe will come back to you. Giving back is a great way to get involved in your community and gives you a positive boost!

Written By: Jennifer Glass

# OUR GROWING COMPANY

Join us in welcoming some new faces to the Sky Point Family!

## 2020 STATISTICS

21	Direct Support Professionals
06	Behavior Consultants
03	Employment Specialists
02	Habilitation Facilitators
01	Program Manager



**Myrna Cruz**  
Direct Support Professional



**Victoria Hardy**  
Direct Support Professional



**Jennifer Hicks**  
Direct Support Professional



**Asmaa Tariq**  
Direct Support Professional



**Taylor Durbin**  
Direct Support Professional



**Melissa Crace**  
Direct Support Professional

## NEW YEAR, NEW YOU

Do you make a resolution in the new year or do you have other traditions? Many families celebrate the new year by putting puzzles together, playing board games, making snacks in the kitchen, listening to the radio, watching the ball drop, setting off fireworks, and banging on the kitchen pots and pans outside, yelling "Happy New Year!" Many of us set New Year Resolutions with the best of intentions, but somehow they just never seemed to get past the next month or two. Why is it so hard to make a New Years Resolution and keep them? Maybe this year is the time to get creative with your resolutions! Try placing your goals for the new year on a piece of paper and putting them in a jar to save it for the next year. On the next New Year, pull out the pieces of paper from the jar and read the notes to see how far you have progressed. Or maybe you can write your goals out and place them somewhere you can see them everyday, such as the refrigerator door or bathroom mirror. What are some of your resolutions for this year? Maybe start a new healthy habit or get rid of an old habit, save more money, pay off your debt, lose weight, read the Bible within a year, go to a football game, attend a candle light service at a local church, work at a soup kitchen for the homeless, get married, watch a movie series, learn how to play an instrument, join a choir, or take a walk everyday. The possibilities are endless! With hard work, determination, and support from loved ones, you can reach your goals in 2021 to become a better you. So what are your traditions or goals for the new year?

Written By: Mark Church

# CLIENT CORNER: FEAT. SUMMIT EQUESTRIAN

Meet siblings, Olivia and Kyle, who began Behavior Management Services with Sky Point in July 2019 with Behavior Consultant, Lori Edwards-Walters. Both Olivia and Kyle struggled with their communication skills from a young age, resulting in delayed speech and communication by yelling, hitting, and screaming. The differing communication styles of Olivia and Kyle caused frustration within their family and they knew it was time for a change.

Since starting Behavior Management services, Olivia and Kyle's behaviors have improved drastically. Some of the most notable changes are with their ability to communicate verbally. Kyle recently finished kindergarten in a traditional classroom and did so with flying colors! He is even starting to read and develop other educational skills.

Each summer, Olivia and Kyle look forward to participating in summer camp. Unfortunately this past summer, the siblings could not attend due to COVID-19 concerns. Because of this, and the needs of many individuals receiving Behavior Management service, Sky Point formed a partnership with Summit Equestrian in the fall of 2020. Summit Equestrian is able to provide a learning program at their stables that promotes development of life skills in a group setting. This new partnership has been proven to be successful and allows individuals to develop a myriad of new skills. Thank you to Summit Equestrian Center, a 501(c)(3) nonprofit organization in Northeast Indiana where people of ALL abilities can experience the joy of therapeutic horseback riding.



## FUN FACT:

Equine Therapy, or therapy that takes place with horses, has many benefits. Some benefits to participants includes physical perks, sensory development, mental health support, and increased development of social skills. Equine therapy has been found to benefits individuals of all ages!



Written By: Brittney Collins



Supporting individuals with ALL abilities in reaching their goals and gaining independence

- Behavior Management
- Counseling Services
- Employment Services
- Supported Living

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SOCIAL SERVICES

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