



Food for Thought...

A couple of months ago, we had the great privilege to close our Day Program for a day and offer an inservice training to our Day Program staff. This training was led by Nancy Kepner with Crafted Leadership and the focus was on conscious leadership and the power of living a conscious (present) life. The content was powerful and we are excited to implement the learning across CHILL, so I thought this would be a great time to introduce some of the language you may hear as we work towards a conscious organization.

The first topic we discussed was **living above the line**. If you draw a straight, horizontal line, the goal is to spend most of your time above the line. Living above the line looks like - taking ownership for your actions, listening to feedback, responding to people without judgement, being curious on what your actions are saying, being open-minded to the world around you. Conversely, living below the line looks like - gossiping, being defensive, judging others, focusing on being right, etc. There are times we are all below the line, so now we have terminology to help us identify where we are and give us a chance to decide if we want to move above the line.

The next topic we discussed was the **Drama Triangle**. We live in a society that focuses on drama. The question becomes how do we stay out of it or how do we remove ourselves from it. There are three roles we play in the drama triangle - the victim, the villain, or the hero. As the victim, we feel as though things are happening to us and/or we have no control over our circumstances. As the villain, we want to blame others for the situation, point out whose fault it is, or find a solution without owning responsibility. As the hero, we want to rescue the victim, silence the conflict, or fix the situation even if we are not asked. When a situation comes about, we can think of it as a game and someone is asking us to join their game. If we say yes (through our actions or words), we have entered the Drama Triangle. At that time, we can ask ourselves if we want to "shift" and ask questions of the situation that allow us to remove ourselves from the game.

The final topic we talked about was **100% Responsibility**. This concept teaches us to look at a situation at work or at home and determine are we giving it 100% responsibility, less than 100% responsibility or 200% responsibility. When we give 200% responsibility we tend to hold resentment towards others for not "carrying their weight", we find ourselves tired or even burnt out. When we are giving less than 100% responsibility we tend to be passive, waiting for someone else to do the work, and find ourselves complaining. So our goal is to help everyone reside in the 100% responsibility zone.

There was so much good information! I also had the amazing opportunity to take a 3-day course diving deeper into these concepts and others. If you are interested in learning more or want to practice these skills, please reach out to me. I am excited to share them!

Activities Across Town

Looking to do something with your clients?

6/17: Windsor Water Lantern Festival @ 5:30 pm - Boardwalk Park, Windsor
6/17: Juneteenth Celebration - Summer of Soul - Rialto Theater, Loveland
6/23: Movies in the Park @ 8:30 pm - Eastman Park, FC

Every Tuesday this summer - Food Truck Rally @ City Park in FC
Every Wednesday this summer - Lagoon Concerts - CSU Lagoon, FC
Every Thursday this summer - Bohemian Nights Music, Old Town FC

Mark Your Calendar...

Earth Day MakeUp - Street Clean Up - We are looking at scheduling a couple different street clean up events this summer & fall. Continue watching you email & the next newsletter for information.

We are hoping to host a CHILL Fundraiser soon. A basketball game with the clients taking on our providers. Watch your email for more detail over the next couple months.

Looking to do something fun with friends and/or family?

6/16-6/18: Juneteenth Celebration @ Foothills Mall, FC
6/17: Swing Saturdays - Old Town Churn, FC
6/23-6/24: Summer Solstice Festival @ The Lyric in FC
6/24: Stargazing @ Sylvan Dale Guest Ranch; 8-10 pm

Every Wednesday this summer - Food Truck Rally @ Loveland Fairgrounds
Every Thursday this summer - Windsor Summer Concert Series

Upcoming Trainings:

CPR Certification:

Date & Time: June 25th from 10am - 1pm & 2pm - 5pm

Classes held at the Day Program office - 1021 Robertson St.
If you can attend, please sign up: [CPR Class Sign Up](#)



At CHILL, we have so much fun celebrating our client and staff successes. Here are a couple we want to share with all of you!

Ken Jones recently celebrated his 27th year working at Gib's Bagels. He is a hard worker, has fun chatting with the customer and is quite proud of his job of keeping the tables clean.



Besa Haise is a talented artist and creates beautiful crafts. Recently she was asked to illustrate a picture book - *Noodles in my Socks* - and it turned out amazing!!! So happy she can share her talent with others!! If you are interested in purchasing a copy, feel free to reach out to me.



Want to join the CHILL bookclub?

We have decided to postpone the CHILL Book Club for the summer. This gives us a moment to see if the date and time need to be adjusted. Our goal is to share this opportunity with all who are interested. If you would like to join our book club, but the time does not work for you, please fill out this quick survey to see if we can find a time that works for more individuals. Maybe even alternating meeting times and locations.

Book Club Time/Place Form: <https://tinyurl.com/dnv389d7>

Future of the Newsletter

Another great lesson I learned in my training was the power of working within your Zone of Brilliance. Basically this means, focusing your time and energy on more tasks that increase your energy, bring you joy, and make you feel successful completing. CHILL embraces this way of thinking and has allowed me to really dig deep into what I love doing. One thing I love doing is connecting people together, and I have been able to do that through various events we have had at CHILL, our semi-annual check ins, and this newsletter. However, one area that is not my Zone of Brilliance is writing. 😊 So I am going to continue sending out the newsletter, in hopes that it connects us with others in the CHILL family; however, I am going to change the format to quarterly. That way the content is still relative and not just a filler. Also, I am calling out to anyone who finds writing in their Zone of Brilliance. If you would like to submit content to be added to the newsletter, I would love to share your brilliance with with others. I am always open to feedback with the newsletter, activities, or other ideas you have to continue making CHILL a great place to be!

Let's Meet our Client's with May Birthdays!!



Kyle Ruebel
May 2nd Birthday

Just a few of Kyle's favorite things:

- To ride his bike, chasing trains on the trail
- Loves eating out.
- Iced Coffee
- Seeing his friends at Chill
- Loves Duck the Dog
- Loves Tonks the Cat
- Video games
- Watching Movies



Nat Schwindt
May 8th Birthday

Nat loves going to Chill with all his friends and spending time with them and his providers throughout the week. He loves Star Wars, Cobra Kai and everything Walking dead related. He enjoys playing Special Olympics basketball and softball with his peers and having family and friends come cheer him on. Nat has a great sense of humor and is one of the most caring people you will meet.



Anika Pounds
May 21st Birthday

She loves reading and learning. She is also a talented writer with a wonderful imagination. She enjoys her cheer group. She also enjoys dancing and performing. She does weekly horseback riding lessons. She is an avid animal lover and advocate. She is fluent in German and very proud of her German heritage.



Taylor Wiginton - May 15th Birthday

Taylor was born May 15th in Fort Worth Texas. He spent many years in Texas before attending college in Eastern New Mexico where he received a certificate in Landscaping. While at college Taylor met his future wife Tiffany. Taylor and his wife have been married for 15 years and live independently in their own condo right here in Fort Collins. Taylor is very involved with Special Olympics, his favorite sports are Basketball, Softball, and Football. When Taylor is not playing sports he is watching his two favorite teams play which are the Florida Gators and the Denver Broncos. Taylor loves going out to eat with his wife, if you want to run into these two you will probably find them at Matador or Cold Stone Creamery. When Taylor is not having fun, you will find him working hard at Walgreens where he is in charge of restocking shelves and keeping the store tidy. Taylor and his wife are excited for the summer and hope to embark on some traveling adventures.



Tiffany Wiginton - May 25th Birthday

Tiffany was born May 25th in Fort Collins. She went to Rocky Mountain High School where she participated in band and loved playing the flute. After high school Tiffany attended college at Eastern New Mexico where she received a certificate in Fashion and Floral arrangements. While at college, Tiffany met her future husband Taylor. Tiffany and her husband have been married for 15 years and live independently in their condo right here in Fort Collins. In Tiffany's free time she loves spending time in her art room freely painting her own creations and she also loves participating in many Special Olympic Sports. Tiffany loves going out to eat with her husband, if you want to run into these two you will probably find them at Matador or Cold Stone Creamery. Tiffany recently started volunteering at the Fort Collins Coffee House one day a week where she enjoys helping clean dishes and tables. Tiffany and her husband are excited for the summer and hope to embark on some traveling adventures.

Other Birthdays

2nd: Maureen B.
15th: Kelly T.

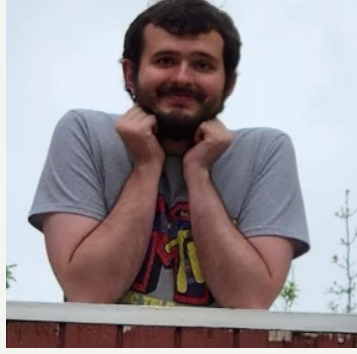
**HAPPY
BIRTHDAY**

Let's Meet our Client's with June Birthdays!!



Sara Del Rosa
June 10th Birthday

Sara likes to sing and dance, especially to Britney Spears. She enjoys spending time with her family as well as her boyfriend, Marcus. She enjoys shopping and finding things in leopard print. She would love a vanilla cake with pink icing for her birthday.



Jack Gunther
June 19th Birthday

Jack is a big fan of Thomas the train, and enjoys trains in general. He is very good at legos as well as building things. He is great with electronics. He's a very talented artist. He's got a great shot in basketball. Everyone loves his laugh.



Nancy Warren
June 20th Birthday

She loves mermaids, Elsa, meeting new people and having them sign her book, going places with her dog, Buddy, going to Starbucks, & going to Jax. She's very social, has a great sense of humor, loves to take pictures on her phone.



Robbie Thompson
June 21st Birthday

Robbie loves Power Rangers, all the Marvel & DC characters, & cheering for the Broncos and the Rams. His favorite things to do are coloring, watching movies, and hanging out with his friends, especially his girlfriend Mara. Robbie is a good friend to everyone and always has a smile on his face.



Blake Swanson
June 23rd Birthday

Hi, I'm Blake, known by my friends as Blakey. I love to go to the lake and throw rocks in, by far my favorite thing to do. I love my friends which is what I call each of my respite workers. And I am into learning new things and signing as much as I can. I know more signs than mom (and most people I meet)! I am hoping to have a big cake for my birthday and be with my family. I live life as full as I can, making the most of each moment, loving to sing and yell and be pushed on my swing for hours. Thanks for taking a moment to get to know me.



Kayla Fast
June 23rd Birthday

Kayla is proud of her job at Safeway, as well as her apartment she lives independently in. She likes to spend time with her family as well as her boyfriend. She has been working on her cooking skills recently.



Kylie Merritt
June 25th Birthday

Kylie loves Spider-man, watching her movies and listening to her music. She loves to spend time with her host family as well as Tenisha. She is a great traveler, especially going to KC and to Florida to see her mom. She has a great feisty sense of humor. She's a great friend, daughter and aunt, and her favorite thing to tell you is she's awesome. She will probably ask for an ice cream cake for her birthday. She will be going to KC for her birthday to see a Spider-man exhibit at the Union Station there.



Lisa Pope
June 28th Birthday

Lisa has recently moved to a new home with her host home provider and is enjoying decorating her room and getting settled in. Lisa really enjoys and is very good at crafts. She is also very fond at sending people cards and letters and doesn't forget a birthday. She enjoys spending time with her sister. They are currently working on a gardening project together. Lisa has a wonderful smile, and is great to be around.

Other Birthdays

27th: Andrea Linnane
28th: Alfonso Luna



Let's Meet our Staff with May & June Birthdays!!



Bethany Benitz
May 21st Birthday

I grew up in Utah but have been in Fort Collins for over ten years. I have a bachelor's degree in Social Work from CSU. I enjoy reading: historical fiction, biographies, multicultural history, crime and justice. I love to cook and bake. I enjoy spending time with my dog Stella and am looking forward to getting married in the fall. I am lucky to have my family nearby and love getting to see my 7 year old niece. I love working for Chill, I have built such good friendships with so many amazing people and am lucky to be a part of their lives.



Mia Albert
May 30th Birthday

Some facts about me:
I go to school for human development and family studies. I enjoy spending my free time camping, skiing, and taking my dog, Loki, to the river. I have worked for Chill for almost two years and love getting to experience things with our clients.



Nirmal Devnani
May 31st Birthday

From Hawaii to Colorado was the calling back in the early eighties and a long engineering career with HP followed! Nur and I traded up the warmth of the tropics for the Rockies, and have never looked back except during a few weeks every Winter! Blessed with two lovely daughters (Nisha and Molly), we became even more committed Coloradoans! Younger me loved playing club Cricket. Now it's bike riding in Summers and traveling somewhere overseas in the Winters is more like it. Taking classes at CSU in a foreign language, history, and psych have become newfound passions.

Other Birthdays

May

7th: Amanda Snowdon

8th: JoAnn Caddoo

June

22nd - Theresa Smith

25th - Lana Shore

28th - Libby Hoy



Kamee Barber
June 20th Birthday

My favorite holiday is Halloween! I enjoy singing, making crafts, and going to brunch. I love traveling and experiencing new environments, cultures and cuisines. I love music and am trying to learn how to play bass guitar.



30 day Challenge

**Focused on
Healthy
Habits**

Make your bed first thing in the morning	Drink 8 oz. of water when you wake up	Move your body for 30 minutes	Write down 3 things you are grateful for	Eat a healthy breakfast
Clean out your refrigerator	Prepare healthy snacks	Go for a walk	Call a friend you would like to catch up with	Take a break from social media and the news
Listen to a personal growth podcast	Add more fruits and vegetables to your meals	Floss your teeth. Your dentist will thank you!	Stretch for 5 minutes when you wake up	Turn off all electronics after dinner
Give up soda for a day	Do something kind for someone anonymously	Get 8+ hours of sleep	No caffeine after 1 pm	Walk 10,000 steps
Create a positive mantra	Plank for as long as you can	List 3 things you love about yourself	Do not use the snooze on your alarm	Try Yoga
Make a meatless meal	Meditate or Practice quiet for 10 minutes	Take the stairs	No eating after 8pm	Allow yourself a special treat