

The Communitas Chronicle

2025

Welcome



MOISE DORCIRA
SKILLS
INSTRUCTOR



LISA DUNNE
PART-TIME SKILLS
INSTRUCTOR



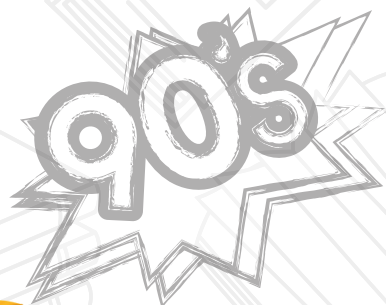
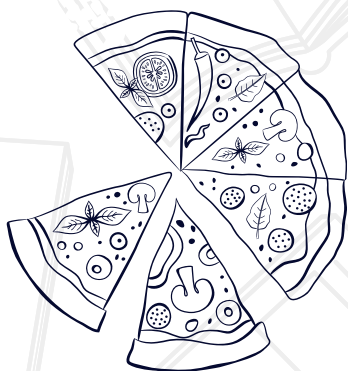
NASHIA ROBINSON
RN



SCAN ME FOR
COMMUNITAS UPDATES

Getting to know you..

THIS MONTH'S STAFF SPOTLIGHT:



Mama



Nashia R.

1. WHATS YOUR FAVORITE THING TO DO OUTSIDE OF COMMUNITAS?
MY FAVORITE THING TO DO OUTSIDE OF COMMUNITAS IS READ, SPEND TIME WITH MY KIDS AND COACH CHEERLEADING.

2. WHAT'S YOUR FAVORITE TV SHOW?
MY FAVORITE TV SHOW IS THE CHALLENGE ON MTV AND GREY'S ANATOMY.

3. DO YOU LIKE MUSIC?
I LOVE MUSIC. MY FAVORITE IS R&B, SPECIFICALLY FROM THE 90'S!

4. HOW LONG HAVE YOU BEEN AT COMMUNITAS?
I JUST CELEBRATED 3 MONTHS AT COMMUNITAS AS A NURSE, BUT I WORKED FOR COMMUNITAS IN RESIDENTIAL FOR ALMOST 2 YEARS WHILE I WAS IN NURSING SCHOOL.

5. WHATS YOUR FAVORITE MEMORIES AT COMMUNITAS?
SO FAR, MY FAVORITE MEMORY WITH COMMUNITAS WAS OUR THANKSGIVING CELEBRATION.

6. WHATS YOUR FAVORITE THING TO EAT?
I CAN'T LIVE WITHOUT PIZZA!

7. WHATS YOUR FAVORITE THING TO DO ON THE WEEKENDS?
MY KIDS ARE INVOLVED IN MANY EXTRACURRICULAR ACTIVITIES, SO MOST WEEKENDS ARE SPENT AT SPORTING EVENTS AND TRAVELING BUT ALWAYS WITH SOMETHING GOOD TO READ. IF WE DON'T HAVE ACTIVITIES, MY FAVORITE THING TO DO IS STAY HOME AND COOK SOMETHING DELICIOUS.

8. DO YOU HAVE ANOTHER JOB?
BEING A MOM.

9. IF YOU HAD A MILLION DOLLARS WHAT WOULD YOU DO WITH IT?
I WOULD BUILD A LIBRARY FOR MY HOME AND INVEST IN MY CHILDREN'S FUTURE.

10. WHATS YOUR FAVORITE VACATION SPOT ?
THE DOMINICAN REPUBLIC. I WOULD BUY A HOME THERE WITH THE MILLION DOLLARS.

11. WHATS YOUR FAVORITE THING ABOUT WINTER?
THAT IT DOESN'T LAST FOREVER

January 2025

Getting to know you..

THIS MONTH'S PARTICIPANT SPOTLIGHT:



FAMILY

MAINE
MAINE
MAINE
MAINE

RACHAEL S..

- 1) What is your favorite thing to do outside of Communitas? Go get icecream
- 2) What are your favorite TV shows? Fatamins
- 3) Do you like music? If so what kind? Yes, Backstreet Boys
- 4) Whats your favorite color? Red
- 5) What are some of your favorite memories of Communitas? Bean Bags
- 6) What is your favorite thing to eat? Quiche and Chicken
- 7) Favorite thing to do on the weekends? Ice cream, visit Mom and Dad
- 8) Do you have a job? Yes with Larry
- 9) If you had a million dollars what would you do with it? Leave my money at home in a drawer , and some in the bathroom. And go for ice cream .
- 10) What is your favorite vacation spot? Maine
- 11) Whats your favorite thing about Winter? The cold



January
2025

JAN 2- DAN L

JAN 3- LIZZIE L

JAN 9- MICHAEL S

JAN 19- [STAFF] PATRICIO J

JAN 23- KATHLEEN H & SARAH M

JAN 30- CHRISTOPHER S

JAN 31- [STAFF] DENISE G



THEMED FRIDAY

JAN 17TH- INSIDE OUT DAY- THATS RIGHT WEAR IT
INSIDE OUT

JAN 24TH-MISMATCH DAY- LETS SEE THEM CRAZY
OUTFITS

JAN 31ST- COMMUNITAS GEAR-WEAR YOUR SHIRT/HATS
OR ANY GEAR YOU MAY HAVE

FEB 7TH- SUPERBOWL SUNDAY[FRIDAY]- WEAR THE
JERSEYS

FEB 14TH- DATE NIGHT FRIDAY-DRESS TO THE 'T', SUITS,
TIES, DRESSES AND ALL 

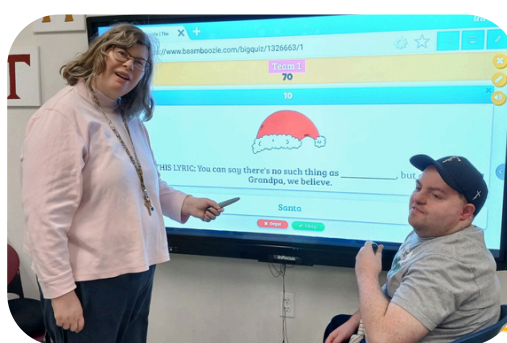
FEB 21ST- FUNNY TEE- WHATS YOUR FUNNIEST
[APPROPRIATE] SHIRT

FEB 28TH- CALEB DAY-WE ALL MISS DIRECTOR ALI AND
BABY CALEB TURNS 3 MONTHS-**WEAR BLUE**

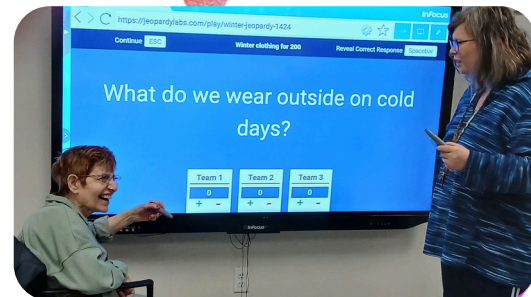
WHATS GOING ON IN THE CLASSROOMS?



LOTS OF PANERA BREAD
DONATED TO BEVERLY



SOME OF OUR SPECIAL
OLYMPICS FRIENDS
AT A XMAS PARTY
(WITH OUR FRIEND OFFICER JAY)



BREAKING NEWS

 **STAY INFORMED WITH OUR FAMILY & HOME STAFF UPDATES!**

DEAR FAMILIES AND HOME SUPPORTS,

WE'RE EXCITED TO INTRODUCE A DEDICATED WEBPAGE CREATED JUST FOR FAMILIES AND HOME STAFF! 🏠🌟 THIS HUB IS YOUR GO-TO RESOURCE FOR THE LATEST UPDATES ON:

- ✓ **DAY SERVICES**
- ✓ **FAMILY SERVICES**
- ✓ **RESIDENTIAL SERVICES**

STAY INFORMED AND STAY CONNECTED WITH ALL THE LATEST HAPPENINGS AT COMMUNITAS. MAKE SURE TO BOOKMARK THIS PAGE AND CHECK BACK OFTEN FOR UPDATES!

 **VISIT NOW: [HTTPS://COMMUNITASMA.ORG/HOME-NEWS/](https://communitasma.org/home-news/)**



UPWARD

WITH PATRICIO & KRISTEN



HELLO ALL,

NEW YOU, NEW YEAR!

WELL, I THINK UPWARD HAS A LOT TO BE GRATEFUL FOR, WE HAVE A LOT OF TALENTED, KIND, CARING, THOUGHTFUL, INTERESTING INDIVIDUALS.

I AM ENJOYING GETTING TO SEE EACH ONE OF YOU REACH AND ASPIRE TO SET NEW GOALS AND ACHIEVEMENTS FOR YOURSELVES IN PROGRAM AND OUTSIDE OF PROGRAM.

I AM OBSERVING SOME EXCELLENT PROGRESS IN MANY AREAS THAT GIVES ME A LOT OF HOLIDAY CHEER FOR EACH ONE OF YOU ON YOUR JOURNEYS.

THIS YEAR IN REVIEW...OR AS FAR AS I KNOW THE LAST 6 MONTHS....

AMERICAN SIGN LANGUAGE LESSONS WERE REALLY ENJOYABLE WITH ALL OF YOU, WE HAD GREAT CONVERSATIONS, A BUNCH OF LAUGHS AND WE ARE STILL LEARNING! WE ALSO HAD FUN EXPLORING ITALIAN WORDS FOR COOKING IN THE KITCHEN ONE DAY THAT CREATED REALLY ENJOYABLE CHATS ABOUT OUR EXPERIENCE WITH FRIENDS AND FAMILY, FAMILY HISTORY, AND WORLD TRAVELS!

LEARNING ABOUT THE STEPS TOWARDS DRIVING RESPONSIBLY. THOSE OF YOU EXPLORING THIS SUBJECT THAT SEEMS SO SIMPLE, ARE NOW LEARNING THE COMPLEXITIES OF PREPARING FOR SAFE TRAVELS. YOU ADVOCATED TO PURSUE THE SUBJECT AND HAVE STUCK WITH IT.

EXPLORING OUR COMMUNITY TO OBSERVE EACH OTHER AT OUR WORKPLACES WAS REALLY FUN FOR ALL OF US TO SEE EACH OTHER, GROWING AND LEARNING IN OUR PROFESSIONAL ENDEAVORS. WE LEARNED FROM EACH OTHER OUR STEPS IN EDUCATION EXPERIENCES, TRAINING, AND JOB SEARCHING THAT HELP UPS GET THE JOB, KEEP OUR JOBS, ENJOY OUR WORK, AND GROW IN OUR EMPLOYMENT ENVIRONMENT, AND START THINKING ABOUT HOW WE WOULD LIKE TO GROW IN THE FUTURE. SOME OF US ARE LEARNING ABOUT THE STRUGGLE OF BALANCING HOME AND FAMILY AND WORK LIFE AND HOW TO USE OUR COPING SKILLS INDIVIDUALLY AND WITH THE SUPPORT OF THE UPWARD COMMUNITY GROUP.

COOKING "COLLABORATORY"....I JUST MADE THAT WORD UP- BECAUSE IT'S FUN! WATCHING PEOPLE WORK TOGETHER TO CHOOSE AND PLAN A RECIPE TO COOK HAS SHOWN YOUR ROLES AS PEER COLLABORATORS, WHICH IS REALLY IMPORTANT IN COMMUNITY OPPORTUNITIES, WHETHER YOU VOLUNTEER SOMEWHERE, OR PARTICIPATE IN A WORK SETTING FOR A PARTY, OR ENGAGE WITH FAMILY AND FRIENDS. WE HAD A LOT OF GREAT EXPERIENCES... A COUPLE OF THINGS DID NOT QUITE WORK OUT THE WAY WE EXPECTED BUT WE KEEP LEARNING AND THE MORE WE ALL LEARN FROM EACH OTHER THE BETTER IT WILL BE. WE HOPE YOU ARE PRACTICING AT HOME AND ENJOYING COOKING ON YOUR OWN.

THIS GROUP COOKING EXPERIENCE IS THE FIRST WAY OF INTRODUCING NEW INDIVIDUALS INTO OUR PROGRAM AND COMMUNITY OF COMMUNITAS. WELCOMING THEM TO OUR KITCHEN TABLE.

EVERY COMMUNITY OUTING PRESENTS AN OPPORTUNITY FOR US TO LEARN AND CONNECT WITH ONE ANOTHER. FROM SHARING OUR ENJOYMENT OF ARTS AND CRAFTS, ARTS AND CULTURE, GETTING SOME EXERCISE INDOORS OR OUTDOORS, BEING IN NATURE, CATCHING A GREAT PHOTO OPPORTUNITY, OR SOMETHING WE LOVE ABOUT SHOPPING TO MEET OUR COOKING GOALS, OR IDENTIFY SELF-CARE ROUTINES. WE HAVE HAD A FEW EDUCATIONAL OUTINGS THAT HAVE OFFERED YOU ALL OPPORTUNITIES TO SHARE MORE STORIES ABOUT YOURSELVES AND LEARN MORE ABOUT YOURSELF, EACH OTHER, AND THE BIGGER WORLD AROUND YOU. WE FIND RESOURCES EVERY DAY, EVERYWHERE IN SURPRISING PLACES.

ADDITIONALLY, YOU ALL HAVE BEEN WORKING CONTINUOUSLY ON ROUTINE AREAS FOR LEARNING MORE INDEPENDENT LIVING SKILLS BY ENGAGING IN CONVERSATIONS, DOING WORKSHEETS, AND PLANNING OUTINGS, THIS WILL CONTINUE THROUGHOUT THE YEAR:

- BUDGETING AND MONEY MANAGEMENT SKILLS
- HEALTH AND WELLNESS REGARDING HEALTHY FOOD CHOICES AT HOME AND IN COMMUNITY OUTINGS AND COPING SKILLS FOR SELF-CARE.
- PUBLIC TRANSPORTATION OPTIONS AND SERVICES.

EVERYONE AT UPWARD HAS A LOT MORE TO LOOK FORWARD TO THIS NEW YEAR, THANKS TO ALL OF YOU TUNING INTO YOUR CURIOSITY, DEVELOPING SELF-AWARENESS, BEING FLEXIBLE AND WILLING TO LEARN NEW THINGS AND TRY NEW THINGS. WE HAVE MANY FOUNDATIONAL STRENGTHS TO CONTRIBUTE TO EACH OTHER IN PEER LEARNING. I KNOW IT IS NOT ALWAYS EASY AND SOMETIMES SOME OF US STRUGGLE AS WE GROW AND MAKE MISTAKES BUT WE REFLECT ON THIS AND MOVE FORWARD AND MAKE IMPROVEMENTS.

LOOKING FORWARD TO THE NEXT PART OF YOUR JOURNEY UPWARD !

KRISTEN AND PATRICIO
SPECIALIZED SKILLS INSTRUCTORS

COMMUNITAS NEWS

BOXING AT TITLE BOXING

LOOKING FOR A FUN NEW WAY TO GET ACTIVE? COME TRAIN IN THIS ADAPTIVE CLASS WITH TITLE BOXING WOBURN! THIS 45- MINUTE CLASS WILL BEGIN WITH A 7-MINUTE WARM-UP, MOVE INTO 8 ROUNDS OF BOXING ON THE BAGS, THEN CONCLUDE WITH 7-MINUTES OF CORE AND STRENGTH. HAND WRAPS AND LOANER GLOVES WILL BE PROVIDED.

DATE: THURSDAYS, JANUARY 9TH-FEBRUARY 13TH, 2025

TIME: 6:45-7:30PM

LOCATION: TITLE BOXING, 425 WASHINGTON ST, WOBURN, MA 01801

COST: \$125

JANUARY MOVIE NIGHT

COME JOIN US FOR AN ALL-AGES FAMILY MOVIE NIGHT THIS JANUARY AT COMMUNITAS WAKEFIELD! MOVIE TBA. LIGHT REFRESHMENTS WILL BE PROVIDED.

DATE: TUESDAY, JANUARY 21ST, 2025

TIME: 5:30PM

LOCATION: COMMUNITAS, 30 AUDUBON RD, WAKEFIELD

COST: FREE

BOOTCAMP

THIS PARTNER FITNESS CLASS WILL INCLUDE 8-10 STATIONS OF CARDIO AND STRENGTHENING EXERCISES, CHALLENGING EACH PARTICIPANT AT THEIR OWN LEVEL, WITH HIGH ENERGY MUSIC TO GET EVERYONE MOVING, SWEATING, AND HAVING FUN!

PARTICIPANTS MUST BRING A HELPER, OR "BUDDY" (FAMILY MEMBER OR STAFF) TO JOIN IN THE WORKOUT FUN AT NO EXTRA CHARGE!

DATE: THURSDAYS, JANUARY 16TH-MARCH 6TH, 2025

TIME: 6:00-7:00PM

LOCATION: DOLBEARE SCHOOL CAFETORIUM, 340 LOWELL ST, WAKEFIELD, MA 01880

COST: \$50

ADULT DRAMA CLUB

JOIN CERTIFIED ADAPTIVE THEATER TEACHER AND DIRECTOR, JEN MORIN, FOR DRAMA CLASSES THIS FALL! THE CLASS WILL WORK ON ACTING, THEATER, SINGING, DANCING, IMPROVISATION, AND MUCH MORE!

DATES: THURSDAYS, JANUARY 9TH-MARCH 27TH

TIME: 6:15-7:15 PM

LOCATION: COMMUNITAS, 30 AUDUBON ROAD, WAKEFIELD

COST: \$380

CHEESY CRACKERS INGREDIENTS

- 4 TABLESPOONS UNSALTED BUTTER, SOFTENED
- 2 CUPS CHEDDAR CHEESE, GRATED
- 1 CUP ALL-PURPOSE FLOUR
- 1/2 TEASPOON SALT
- 1/4 TEASPOON BLACK PEPPER
- 1 TABLESPOON DRIED CHIVES (OPTIONAL)
- 2 TABLESPOONS COLD WATER



INSTRUCTIONS

1. PREHEAT OVEN TO 350F.
2. COMBINE BUTTER, CHEESE, FLOUR, SALT, PEPPER, AND CHIVES. ADD COLD WATER, ONE TABLESPOON AT A TIME, AND CONTINUE TO MIX. IF THE MIX IS TOO DRY —IT SHOULD BE MOIST AND SOFT, AND NOT WET AND STICKY—ADD ANOTHER TABLESPOON OF COLD WATER.
3. WRAP THE DOUGH IN PLASTIC WRAP AND REFRIGERATE FOR 20 MINUTES.
4. LIGHTLY FLOUR A SURFACE AND PLACE THE DOUGH IN THE MIDDLE. LIGHTLY FLOUR A ROLLING PIN AND ROLL THE DOUGH INTO A THIN SHEET. USE SMALL COOKIE CUTTERS TO CUT OUT THE DOUGH.
5. PLACE CRACKERS ON A BAKING SHEET. BAKE FOR 15-18 MINUTES OR UNTIL CRISPY.

STAFF NAMES:

ALI BLAKE- PROGRAM DIRECTOR EXT 3000
*ABLAKE@COMMUNITASMA.ORG (**ON MATERNITY LEAVE**)*

ROBIN KIWACZ- ASSISTANT PROGRAM DIRECTOR EXT 3013
RKIWACZ@COMMUNITASMA.ORG

DAVID ANTIN- CASE MANAGER EXT 3007
DANTIN@COMMUNITASMA.ORG

LEAH KRUEGER- RN EXT 3003
LKRUEGER@COMMUNITASMA.ORG

NASHIA ROBINSON- RN EXT 3001
NROBINSON@COMMUNITASMA.ORG

KIRSTEN WARREN- LEAD SKILLS INSTRUCTOR
KWARREN@COMMUNITASMA.ORG

DIVINE FONCHA – SKILLS INSTRUCTOR
DFONCHA@COMMUNITASMA.ORG

DENISE GILBERT- SKILLS INSTRUCTOR
DGILBERT@COMMUNITASMA.ORG

SUSAN PEACOCK – SKILLS INSTRUCTOR
SPEACOCK@COMMUNITASMA.ORG

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MARVILLA@COMMUNITASMA.ORG

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