

The Communitas Chronicle

2025



February

WE ALL CARRY SO MUCH LOVE IT OUR HEART
DON'T FORGET TO GIVE SOME TO YOURSELF



FEBRUARY 2025

Getting to know you..

THIS MONTH'S STAFF SPOTLIGHT:



Lisa D.

1. WHATS YOUR FAVORITE THING TO DO OUTSIDE OF COMMUNITAS?MY FAVORITE THING TO DO IS PAINT. I STUDIED ART AND DESIGN IN COLLEGE AND I MOSTLY PAINT ANIMAL PORTRAITS AND LANDSCAPES.
- 2.WHAT'S YOUR FAVORITE TV SHOW?I DON'T HAVE CABLE TV, BUT I WATCH MOVIES ON NETFLIX. I LIKE COMEDIES, MYSTERIES, AND DOCUMENTARIES!
- 3.DO YOU LIKE MUSIC? I HONESTLY LOVE ALMOST EVERY KIND OF MUSIC, BUT ESPECIALLY ROCK AND POP MUSIC.
- 4.HOW LONG HAVE YOU BEEN AT COMMUNITAS?I'VE BEEN AT COMMUNITAS SINCE NOVEMBER, SO I'M NEW AND VERY HAPPY TO BE HERE.
5. WHATS YOUR FAVORITE MEMORIES AT COMMUNITAS?MY FAVORITE MEMORIES AT COMMUNITAS SO FAR ARE THE OUTINGS I'VE BEEN ON, TO THE DOLLAR STORE AND THE GYM IN WAKEFIELD. I'M LOOKING FORWARD TO MORE!
6. WHATS YOUR FAVORITE THING TO EAT?MY FAVORITE FOODS ARE PASTA PRIMAVERA, VEGETABLE PAD THAI AND DARK CHOCOLATE. IT WAS IMPOSSIBLE TO PICK ONE FAVORITE!
7. WHATS YOUR FAVORITE THING TO DO ON THE WEEKENDS?ON THE WEEKEND I LOVE TO GO HIKING OR SPEND TIME WITH FAMILY AND FRIENDS.
- 8.DO YOU HAVE ANOTHER JOB?I HAVE TWO OTHER JOBS. I WORK IN A SPA, AND I AM A CARETAKER FOR A VERY NICE LADY.
9. IF YOU HAD A MILLION DOLLARS WHAT WOULD YOU DO WITH IT?IF I HAD A MILLION DOLLARS I WOULD SHARE IT WITH MY SONS. I'D ALSO DONATE TO AN ANIMAL SANCTUARY, AND TO COMMUNITAS.
10. WHATS YOUR FAVORITE VACATION SPOT ?MY FAVORITE VACATION SPOT IS DUBLIN, IRELAND, BECAUSE BOTH OF MY SONS ARE THERE. IT FEELS LIKE GOING HOME, BECAUSE I USED TO LIVE THERE.
11. WHATS YOUR FAVORITE THING ABOUT WINTER?MY FAVORITE THING ABOUT WINTER IS BEING AT HOME, WATCHING THE SNOW FALL WITH A HOT CUP OF TEA!



FEBRUARY 2025

Getting to know you..

THIS MONTH'S PARTICIPANT SPOTLIGHT:



ALBERT G

~~hello
WINTER~~

- 1) What is your favorite thing to do outside of Communitas? *Go out to eat at the 99*
- 2) What are your favorite TV shows? *ALL Sports*
- 3) Do you like music? If so what kind? *Yes, Insane in the Membrane*
- 4) Whats your favorite color? *Green*
- 5) What are some of your favorite memories of Communitas? *Being with my friends and all my favorite staff, I belong here.*
- 6) What is your favorite thing to eat? *ALL food, If it's in front of me , I'm eating it*
- 7) Favorite thing to do on the weekends? *Go to my brothers house*
- 8) Do you have a job? *Yes Stop and shop for 18 years*
- 9) If you had a million dollars what would you do with it? *Buy a house in Florida*
- 10) What is your favorite vacation spot? *Florida*
- 11)Whats your favorite thing about Winter? *Winter is NOT my favorite, even though my birthday is in the winter.*



FEBRUARY 2025

FEB 4- MARY C

FEB 7- STAFF ROBIN

FEB 9- REBECCA D & ANNIE R

FEB 13- ALBERT G

FEB 17- CHRISTINA W



THEMED FRIDAY

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

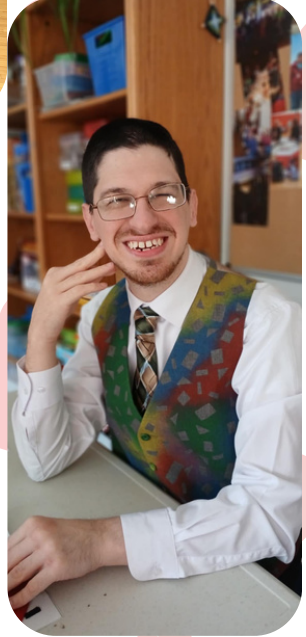
FEB 28TH- CALEB DAY-WE ALL MISS DIRECTOR ALI AND BABY CALEB TURNS 3 MONTHS-**WEAR BLUE**

MARCH 7TH- PAJAMA DAY

MARCH 14TH- ST.PATRICKS DAY WEAR-LITTLE LEPRECHAUNS!

MARCH 21ST- BRING US BACK- BRING IN/EMAIL A PICTURE OF YOU AS A BABY/CHILD

WHATS GOING ON IN THE CLASSROOMS?



UPDATE

DEAR FAMILIES, PARTICIPANTS AND GROUP HOMES ,

WE'RE EXCITED TO SHARE THAT WE HAVE A NEW EMAIL ADDRESS THAT IS NOW LIVE TO STREAMLINE YOUR COMMUNICATION WITH OUR PROGRAMS! FAMILIES AND HOME SUPPORTS CAN NOW USE THESE EMAILS TO INFORM US OF SCHEDULE CHANGES SUCH AS:

- IF SOMEONE WILL BE OUT.
- IF SOMEONE WILL BE LATE.
- IF SOMEONE NEEDS TO BE PICKED UP EARLY.

THIS NEW PROCESS IS DESIGNED TO MAKE IT EASIER AND MORE EFFICIENT FOR YOU TO COMMUNICATE THESE UPDATES DIRECTLY TO THE PROGRAMS.

IF YOU HAVE ANY QUESTIONS OR NEED FURTHER CLARIFICATION, DON'T HESITATE TO REACH OUT.

THANK YOU FOR YOUR COOPERATION AND SUPPORT!

-----> NOTIFYBEVERLY@COMMUNITASMA.ORG <-----



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/)

COMMUNITAS COVID POLICY

IN THE RECENT MONTHS WE HAVE SEEN A SMALL UPTICK IN COVID POSITIVE CASE AND QUESTIONS AROUND THIS. I WANTED TO SHARE SOME SMALL CHANGES THAT HAVE BEEN MADE.

- IF YOU HAVE SYMPTOMS OR TEST POSITIVE PLEASE NOTIFY PROGRAM
- STAY HOME UNTIL ATLEAST 24 HOURS SINCE LAST FEVER WITHOUT FEVER MEDICATION, AND CLEAR OF ALL SYMPTOMS
- WEAR A MASK FOR 5 ADDITIONAL DAYS

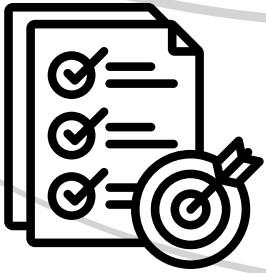
IF YOU HAVE BEEN EXPOSED AND HAVE NO SYMPTOMS- YOU MAY BE IN PROGRAM AND MASK FOR 5 DAYS.

DO YOU SEE A FAVORITE PICTURE OF YOUR LOVED ONE IN THE NEWSLETTER? EMAIL ROBIN AND SHE WILL EMAIL IT TO YOU!

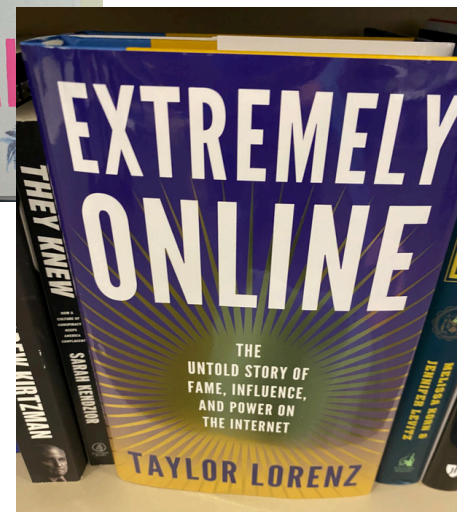
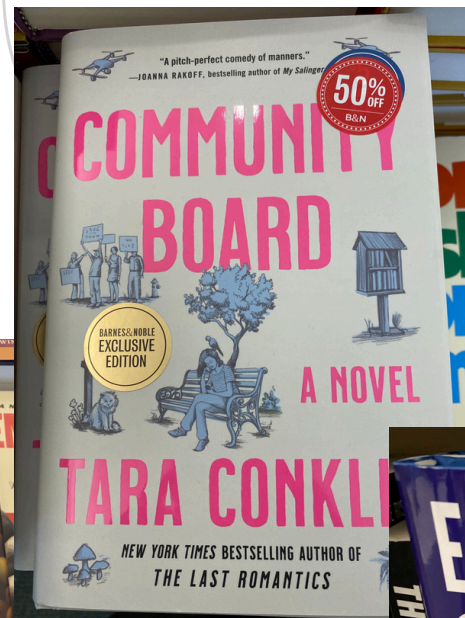
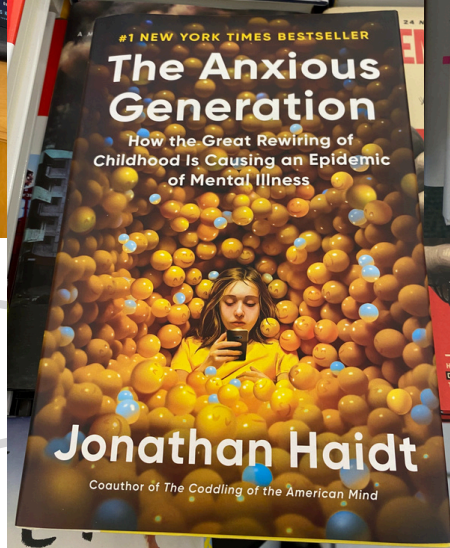
HOT NEWS

UPWARD

WITH PATRICIO & KRISTEN



1. DOING DRIVER'S ED, TAKING THE PRACTICE TEST AS A GROUP, AND WORKING ON IT AT HOME ON THEIR OWN.
2. GOING TO THE COMMUNITAS GYM
3. DISCUSSING THE KITCHEN SIMULATOR
4. COOKING : BROCCOLI WITCH GARLIC AND LEMON, APPLE CAKE, PERSONAL PIZZAS AND CHICKEN SALAD.
5. WORKING ON OUR PROFESSIONAL PRESENTATION AND OBSERVATION SKILLS WHEN DOING THE BUILDING SAFETY INSPECTION
6. EXPLORING ONLINE SAFETY RESOURCES AT THE BARNES AND NOBLE BOOK STORE AND THE LIBRARY.
7. NEW BOARD GAMES
8. CLEANED THE CLASSROOM AND ADDED NEW ART TO THE ROOM
9. VISIT WOBURN UPWARDS PROGRAM
10. CONNECTED WITH FRIENDS
11. WORKED ON INTERNET SAFETY





COMMUNITAS

REC

GAME TIME, FUN TIME

COME HANG OUT FOR A GAME NIGHT WITH LOTS OF LAUGHS, FRIENDLY COMPETITION, AND TONS OF FUN!

DATE: FEBRUARY 12TH, 2025

TIME: 5:30-7:00PM

LOCATION: 30 AUDUBON RD, WAKEFIELD, MA, 01880

COST: \$15

SING IT! KARAOKE NIGHT

IT'S TIME TO TAKE THE SPOTLIGHT AT KARAOKE NIGHT WITH COMMUNITAS! GRAB THE MIC, PICK YOUR FAVORITE TUNE, AND LET THE GOOD TIMES ROLL WITH FRIENDS AND FUN MUSIC ALL NIGHT LONG!

DATE: WEDNESDAY, FEBRUARY 19TH, 2025

TIME: 5:30-7:00PM

LOCATION: 30 AUDUBON RD, WAKEFIELD, MA, 01880

COST: \$15

CRAFT NIGHT: 2025 VISION BOARDS!

WE'LL HAVE FUN CREATING A COLORFUL AND PERSONAL BOARD TO HELP YOU PICTURE YOUR GOALS, DREAMS, AND THE ACTIVITIES YOU ENJOY OR WANT TO TRY IN 2025! LET'S EXPLORE WHAT YOU WANT TO ACHIEVE AND BUILD A VISION BOARD THAT MOTIVATES AND INSPIRES YOU EVERY DAY!

DATE: WEDNESDAY, FEBRUARY 5TH, 2025

TIME: 5:30-6:30PM

LOCATION: 30 AUDUBON RD, WAKEFIELD, MA, 01880

COST: \$15

FEBRUARY MOVIE NIGHT

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

DATE: TUESDAY, FEBRUARY 18TH, 2025

TIME: 5:30PM

LOCATION: COMMUNITAS, 30 AUDUBON RD, WAKEFIELD

COST: FREE

CHEESY CRACKERS

INGREDIENTS

- 1/3 CUP UNSWEETENED COCOA POWDER
- 2 TABLESPOONS UNSALTED BUTTER
- 1/4 TEASPOON RASPBERRY EXTRACT
- 2 EGGS, DIVIDED
- 1/2 CUP MILK
- 4 TABLESPOONS SUGAR, DIVIDED
- 1/4 TEASPOON SALT
- 1 TEASPOONS BAKING POWDER
- 6 OZ FRESH RASPBERRIES, WASHED AND PATTED DRY, PLUS MORE FOR GARNISH
- POWDERED SUGAR, FOR GARNISH



INSTRUCTIONS

1. PREHEAT THE OVEN TO 325 DEGREES F. PLACE 4 (4 OZ.) RAMEKINS ON A BAKING SHEET AND SPRAY WITH NON-STICK COOKING SPRAY.
2. IN A MEDIUM SAUCEPAN OVER MEDIUM HEAT, ADD THE COCOA POWDER AND BUTTER, STIRRING FREQUENTLY UNTIL THE BUTTER IS MELTED AND IT BEGINS TO FORM A PASTE. REMOVE FROM THE HEAT AND ALLOW TO SLIGHTLY COOL. WHISK IN THE RASPBERRY EXTRACT, 2 EGG YOLKS, MILK, 2 TABLESPOONS SUGAR, SALT AND BAKING POWDER. STIR UNTIL A SMOOTH CONSISTENCY IS REACHED.
3. IN A LARGE BOWL, USE AN ELECTRIC MIXER TO BEAT THE EGG WHITES UNTIL SOFT PEAKS FORM. SLOWLY ADD THE REMAINING 2 TABLESPOONS SUGAR AND CONTINUE MIXING UNTIL SHINY STIFF PEAKS FORM, APPROXIMATELY 2-4 MINUTES. GENTLY FOLD THE FOAMED EGG WHITES INTO THE CHOCOLATE MIXTURE, FOLLOWED BY THE RASPBERRIES.
4. DIVIDE THE BATTER EVENLY BETWEEN THE 4 PREPARED RAMEKINS. PLACE THE BAKING SHEET IN THE PREHEATED OVEN. BAKE FOR 20-22 MINUTES OR UNTIL THE CAKES ARE PUFFED AND THE TOPS LOOK DRY BUT THE CENTERS ARE STILL MOIST.
5. GARNISH WITH ADDITIONAL RASPBERRIES AND POWDERED SUGAR. OPTIONAL: TOP WITH A DOLLOP OF WHIPPED CREAM OR A SCOOP OF VANILLA ICE CREAM. SERVE WARM.

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
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CONTACT US



**BE GENTLE
WITH
YOURSELF**