

PLUS

Perspectives

PLUScompany

Summer 2023

“Empower Individuals, Maximize Independence”

PLUS Clients Deliver For Those In Need



Special (veggie) delivery! Rising food costs has made it more and more difficult for our low-income neighbors to purchase fresh fruits and vegetables, and The PLUS Company is doing our part to help. Clients are volunteering to assist those in need by acting as “Veggie Couriers” for Grow Nashua. We pick up vegetables from 7 donation stations where fresh fruits and vegetables from gardens and grocery stores have been dropped off. We then bring those donations to Grow Nashua, so they can be distributed to families in the community who need a little extra help. It’s just one way our clients give back to the community to thank you all for your continuing support!



Main Office
19 Chestnut Street
Nashua, NH 03060
603-889-0652

Tewksbury Office
1059 East Street,
Tewksbury, MA 01876
978-640-3936

www.pluscompany.org



www.facebook.com/pluscompany

Staff Spotlight: Melissa Psomiades

Congratulations Melissa!

Melissa Psomiades has worked as a PLUS Company Direct Support Professional for 11 years, and loves that no two days are ever the same. Melissa spends her days assisting clients be successful on job sites, supporting them while they learn life skills such as interacting with others or cleaning, delivering supplies to various group homes and bringing donations to the Hudson Community Thrift Store. She has also found herself in the position of helping clients and staff with IT questions and running the thrift store Facebook page. Melissa enjoys the variety, but her favorite thing is working with the clients. She says, "My favorite thing about working at PLUS: I know that each and every day I am making a difference in someone's life." Melissa recently completed her DSP-I certification with the National Alliance of Direct Support Professionals. This achievement acknowledges direct support professionals for their exemplary work in supporting people with disabilities.



Melissa earned the NADSP DSP-I certification on April 4, 2023.

Summer Snapshots



The PLUS Company, Inc.

Executive Director
Kim Shottes

Board of Directors

Donnalee Lozeau (Chair)
Kevin Kouble (Vice Chair)
Mark McKenna (Secretary)
Jim Allard (Treasurer)
Kim Shottes (Executive Director)
Lori Douglas
Robin Hefflefinger
Joseph Marshall
Brian Levesque
Sandy Pelletier

PLUS Clients Complete "Abundant" Training Program and Find Jobs

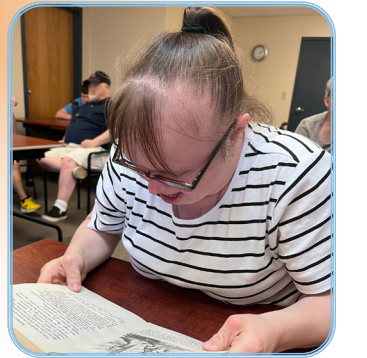
PLUS Company Massachusetts clients David Whitney and Jaclyn Viola participated in the CVS Health Corporation's 14th Cohort of the Abilities In Abundance Retail Training program, a partnership between the MA Regional Employment Collaboratives and the CVS Health Corporation. The two completed 8 sessions of soft skills training, cash register training at the CVS Experience Center in Boston, and a 4 week, 32-hour in-store internship in a CVS Health store with support from their PLUS job coaches. During the in-store portion, the interns gained experience in stocking, front-facing and rotating dated items, and practicing exceptional customer service. "I like using the scanner to find exactly where products go on the shelves," Jaclyn said of her internship experience.

Both David and Jaclyn graduated from this intensive training program in May and applied to work in the stores where they had completed their respective internships. The online application for CVS contains a skills assessment called the CVS Virtual Job Tryout, which can be daunting for any applicant. A special session of the soft skills training was dedicated exclusively to the VJT assessment, which David appreciated saying, "Some of the VJT questions are very confusing, but we had seen examples in the training and that made it easier." David and Jaclyn are both employed by CVS and receive ongoing support from PLUS Company.



Reading, Writing, and Relationships

PLUS Company classes and clubs are in full swing. One of the most popular is Book Club, where clients are practicing their literacy skills, while enjoying the classic "Charlotte's Web". In Money Management class, students are learning everything from identifying and avoiding scams to how to write a check properly. This class is being taught by our good friends at Jeanne D'Arc Credit Union. In Relationship class, clients are learning the basics of a healthy friendships, dealing with conflicts, and practicing their socialization skills. These are just a few of the classes and clubs clients have the opportunity to participate in each week. All of these opportunities are funded by your donations and grants.



Celebrating Three Years of Thrift Shopping

Do a little shopping and support PLUS Company clients at the same time! The Hudson Community Thrift Shop, located at 19 Central Street, is your one-stop-shop for clothing, knick-knacks, toys, and all kinds of hidden treasures. The shop, which will be celebrating its 3-year anniversary this fall, is a partnership between the Hudson Community Church and The PLUS Company. It is a wonderful place that allows our clients to learn important social and vocational skills, while raising funds for both organizations.

Cleaning out your closet? The shop is currently accepting the following item donations:

- Small kitchen appliances
- Matching dishes
- Summer clothes
- Back to school supplies
- Lunch bags
- Backpacks
- Vacuums



Director's Letter

The summer sun is finally shining at The PLUS Company! Our staff and clients are having a wonderful time getting outside and enjoying everything from ball games, to hikes, to picnics and trips to the beach. We are also spending time volunteering, giving back to this wonderful community that has supported us for the past 50 years. Our clients are working with Grow Nashua as veggie couriers (see front page), cleaning up the parks, and helping to prepare and serve meals at the local rescue mission. Part of our mission is for clients to become full, active members of the community, and there is no better way to do this than through volunteerism.

Another place you can find our clients in the community is at the Hudson Community Thrift Shop. This partnership with the Hudson Community Church is entering its third year! It's a great place for you to do some shopping or drop of those unneeded items, while PLUS Company clients learn employment skills and how to interact with customers. Proceeds from the shop are split between the church and PLUS, and are used to support our Adult Education program.

In other news, our Silent Auction Committee has started planning for our 25th Annual Silent Auction and Dinner Dance, which will take place on Saturday, November 18 at the Courtyard by Marriott. We are looking for sponsorships and item donations, so if you know of any companies that might be interested or would like to provide gift certificates, a service, or a basket of goodies to be included in the auction please let us know. More information can be found at <https://PLUSSilentAuction.org>. The funds raised at this event go towards all the class, clubs, and activities featured in this newsletter. We greatly appreciate your help!

Enjoy the rest of the summer!

-Kim Shottes