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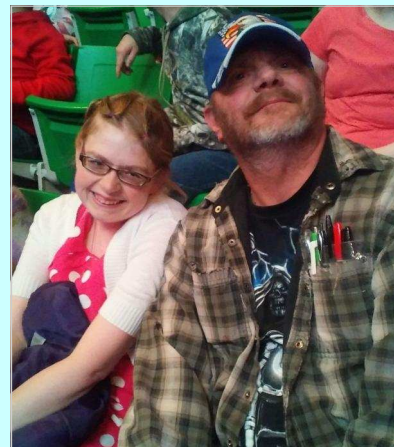


Lincoln Self Reliance Review

Spring 2017



In March clients from the LSR locations in Thayne, Afton, Kemmerer and Evanston travelled to watch Disney on Ice. First we all met up in Evanston for lunch then on to Bountiful to pick up one of our summer clients, then it was on to SLC. The clients all enjoyed the performances and loved buying snacks and souvenirs. The Thayne and Afton clients got to experience an authentic German meal for dinner before checking into the hotel. As for the Evanston group, they loved being able to get out and watch the show, but of course...the Best part was getting to eat out at Olive Garden!



It's hard to believe that we have already reached June! The clients and staff at the Diamondville office have been so busy that the year has been flying by. To name a few of our adventures; we ventured to the Dog sled races and were able to mingle with the mushers and their dogs and drink hot chocolate! Also we have really been into learning new things sooo we now have science days! Below is photos of dyeing eggs in shaving cream we dyed with food coloring. Next photo is where we learned how to blow up a balloon using baking soda, vinegar, and a water bottle and the trick is in the amount of products you use and the size of the bottle. The last photo is us just showing off our dance moves and getting some great exercise!

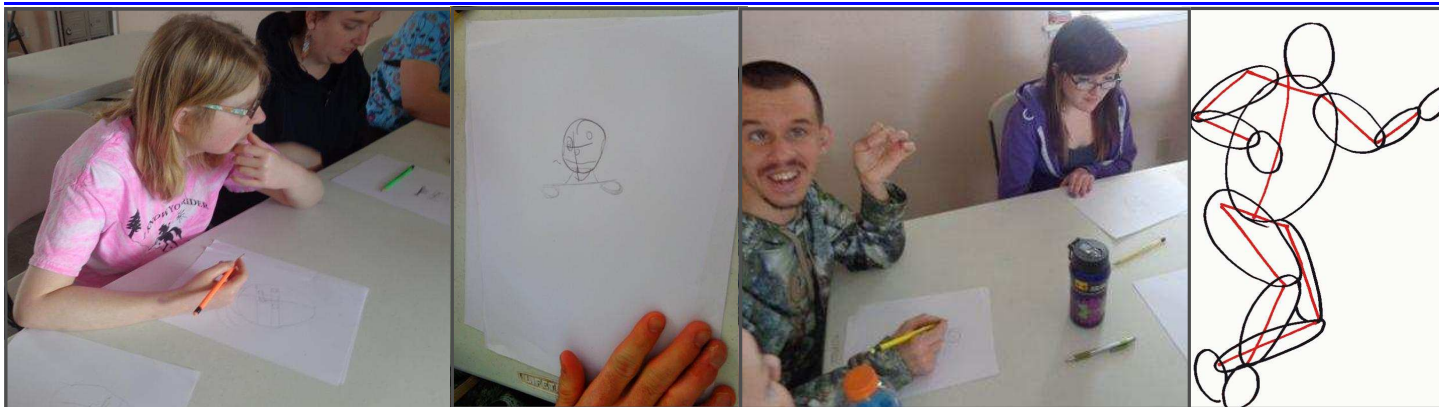


Mission Statement

It is our mission to provide training and support to individuals with disabilities so they may achieve maximum potential for self reliance and achieve participation in the community.

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New at LSR in Evanston: Art Lessons! Our Group B Day Service Program has been able to add a few more fun activities. We now have Art Lessons where a local high school student volunteers twice a month to teach us the basics of drawing. Also we have a lady visit and teach us about Sensible Nutrition once a month. It's important to keep our bodies healthy and to know what foods will help us with that. Now that the weather is starting to warm up we are looking forward to getting out and being more active.

In our Support Services/Residential we have been able to have monthly Guys and Girls Night. Everybody takes a turn to plan what they want to do that month. Some of the fun activities we have enjoyed are: bowling, going to the movies, and eating out at local restaurants. It's been fun to be able to go with friends where we laugh, have a good time and get to know each other better.

We continue to be successful with our volunteer work. Now that it's Spring, we are hoping to get back to work at the Community Garden. We volunteer two days a week with the local Meals-On-Wheels and once a month with the Hungry Kids Backpack Programs. We are always on the lookout for other volunteer opportunities.



Lincoln Self Reliance, Inc. is a private not-for-profit community based provider for individuals with disabilities. We provide Adult, Child, and Acquired Brain Injury Waiver services as well as Vocational Training.

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On March 16th, 7 clients, volunteers, staff and the wonderful guides from Jackson Hole Adventure Rentals set out on a snowmobile ride to Granite Hot Springs for adventure, swimming and lunch. Adventure and excitement was just what we got too!!! A fabulous time was had by all! Thank You Jackson Hole Adventure Rentals.

Dear Jackson Hole Adventures Rental,

Thank you for allowing Lincoln Self Reliance the pleasure of enjoying a drive up to the hot springs. We had a blast. The ride up was very enjoyable for all of us and we had a "splash" swimming in the hot spring. Each one of them talked about their personal experience for days, even the little tip overs that they had. Thank you for guiding us and letting us use your equipment, we all stayed very warm. We all had an enjoyable time and again would like to thank you for giving us the opportunity to experience something new.

Sincerely,

Lincoln Self Reliance

THANK YOU ☺

CHE

The Hot Springs

Che

Ben King

John Deere Mart

SW Thompson

Leanna

Thanks for the whole and the hot day from Jackie Springs

The ride was so fun!

The swimming pool was

amazing! Thanks

JHTRA: Jackson Hole Therapeutic Riding Association. This is an incredible program that our clients were introduced to 2 years ago. This is the 3rd summer that we have had clients attending JHTRA. Our clients enjoy learning about horses and also riding them. It provides a Community Integration opportunity as well as an educational and therapeutic event. All of the clients involved love spending time with the staff and horses at JHTRA.

IN WITH THE SUNSHINE





Lincoln Self Reliance, Inc.

**P.O. Box 1449
1038 S. Washington
Afton, WY 83110**

Lincoln Self Reliance, Inc.

AFTON

**P.O. Box 1449
1038 S. Washington
Afton, WY 83110**

**Phone: 307-885-1577
Fax: 307-885-2577**

DIAMONDVILLE

**P.O. Box 367
20 Adaville
Diamondville, WY 83116**

**Phone: 307-877-1321
Fax: 307-877-5774**

EVANSTON

**100 Bear River Drive
Evanston, WY 82930**

**Phone: 307-789-2037
Fax: 307-789-0407**

THAYNE

**250 Van Noy Parkway
Thayne, WY 83127**

**Phone: 307-883-2577
Fax: 307-883-5578**



Community Partner

LSR Thrift Store

Mon-Fri

10:00am-5:00pm

Sat

10:00am-2:00pm

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