

MAY & JUNE 2020

THE CAYOU

SPONSORED BY THE CAU RECREATION DEPARTMENT

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CAU MISSION STATEMENT

To provide community access through effective and comprehensive support services for people with disabilities, at-risk youth and people with affordable housing needs, giving them the opportunity to live independently and to lead normal and productive lives as citizens integrated into the community.



BIRTHDAYS!

MAY & JUNE

Happy Birthday

Leo	Mezzina	05/01	Christopher	Davis	05/18	Joelle	Diamond	06/05	Matthew	Katz	06/19
Raul	Cruz	05/03	Brian	Baker	05/18	Allan	Berlin	06/06	Sunnah	Bilal-Shakir	06/20
Alan	Conroy	05/05	Saul	Brownstein	05/21	Maureen	Marziale	06/07	Theresa	Werner	06/21
Thomas	Ferro	05/06	Gabianny	Valerio	05/22	Lyman	Thompson	06/08	Kenneth	Borre	06/24
Ronald	Machuta	05/07	Denise	Gatsche	05/22	Midread	Lampley	06/08	John	Burek	06/24
Karen	Karpinski	05/08	Joyce	Sigue	05/23	Vincent	Marrero	06/09	Dante	Garrubbo	06/24
Richard	Attor	05/08	Sandra	Matias	05/27	Shaleec	McKinney	06/13	Joanne	Mayberry	06/24
Matthew	Cohen	05/10	Melody	Lucas	05/29	Robert	Hartman	06/14	Mary Jane	French	06/24
Eric	Goldfarb	05/12	Dorothy	LeCompte	05/31	Jordan	Phillips-Wiley	06/15	Douglas	Weinblatt	06/25
James	Emann	05/12	James	Maccia	06/01	Mitchell	Jacobs	06/15	Joseph	Stokes	06/25
Franklin	Lagonegro	05/12	Virginia	Jeffer	06/01	Berta	Ramirez	06/15	Calvin	Gibson	06/26
Kelly	Schoberl	05/14	Geraldine	Fair	06/02	Donald	Trainor	06/15	Linda	Marchand	06/27
Rosemary	Miliano	05/15	Sheri	Cheskin	06/02	Eugene	Miller	06/15	Denise	McArthur	06/27
Anthony	Cotton	05/16	Megan	Modero	06/03	Gary	Rubin	06/16	Helena	Swan	06/28
Daniel	Bird	05/16	Richard	Worschak	06/04	Shatisha	Thomas	06/18	Chana	Paloff	06/29
Richard	Sanders	05/17	Jalil	Cooper	06/04	Edward	Drapola	06/19	Lara	Ferreira	06/30



MEMBER SPOTLIGHT

In this edition of CaYou we chose Mr. Gary Rubin as our Spotlight Member. Gary has been a member here at CAU for many years. During his time here, he has made a name for himself as a strong advocate for individuals with disabilities. He's currently the president of Helping Hands. An advocacy group within CAU which gives our members a voice within our community. He also travels around the country advocating and fighting for the rights of his peers as well as his staff. Gary recently became a proud owner of his first condominium. Congratulations Gary. Keep up all the great work.

HELPING HANDS SELF ADVOCACY

Meetings: To Be Determined
80 West Grand Street Elizabeth, NJ

RELIGIOUS SERVICES

Hosted by Rev. Aleyah Lacey & the Union
County Interfaith Coordinating Council

ZOOM MEETINGS

ID: 859-7233-6325

CALL IN: 1 (929) 205-6099

Every Wednesday @ 11:00 AM

UPCOMING OVERNIGHT TRIPS- POSTPONED

ATLANTIC CITY, NJ MAY 26-29, 2020 | MYRTLE BEACH, SC JUNE 14-18, 2020



ATLANTIC CITY, NJ

MAY 25-29

POSTPONED FOR A LATER DATE

POSTPONED



MYRTLE BEACH, SC

JUNE 14-18

POSTPONED FOR A LATER DATE

POSTPONED

CAU RECREATION GUIDELINES

1. CHOOSE EVENTS THAT INTEREST YOU & CONTACT US FOR AVAILABILITY:

Recreation Instructor:

Asia Mitchell

(908) 354-3040 ext: 4706

AMitchell@caunj.org

2.

For CAU Members

Contact your counselor or
Program Assistant Director to
complete registration for events
you're interested in attending.

For Community Members

Contact (above) to reserve your spot
for your favorite recreation event

3.

**All participants must complete the Monthly Recreation Sign-Up
Community Access Unlimited**

Attn: Recreation Department

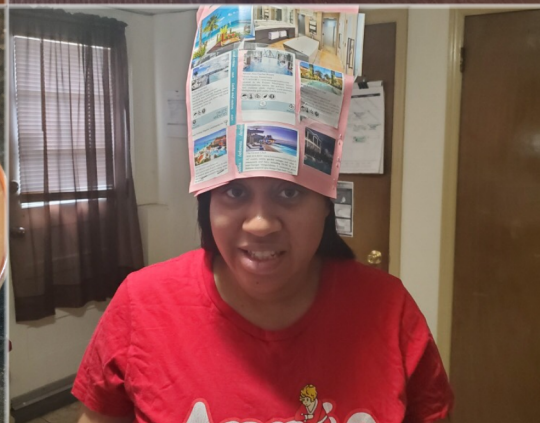
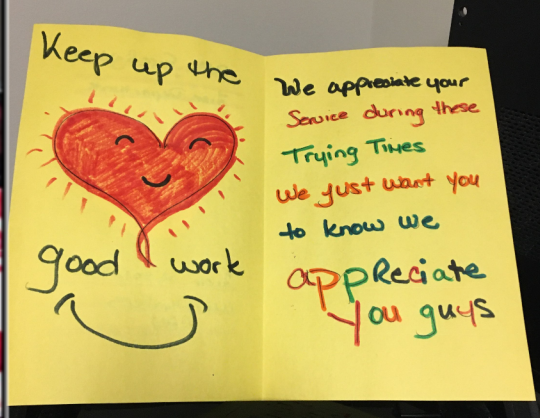
80 West Grand Street Elizabeth, NJ 07202

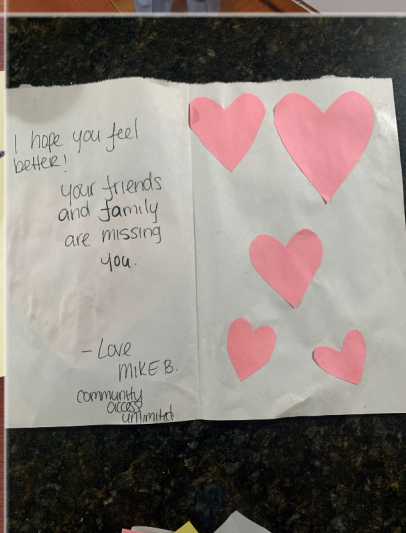
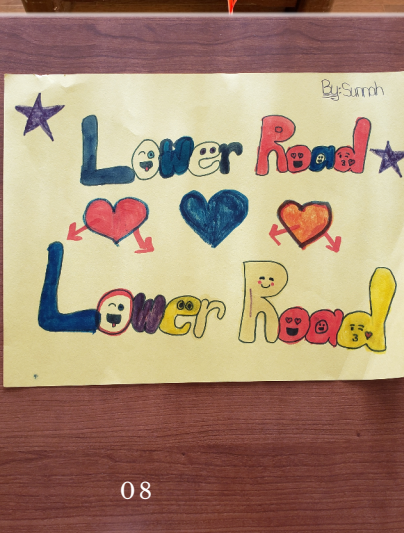
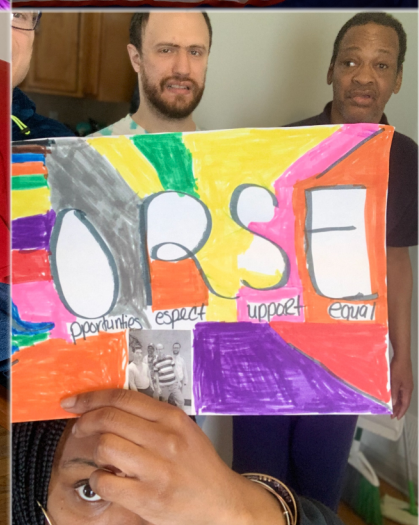
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ADDITIONAL INFORMATION

- Payment is due immediately following each recreation event that participants have attended; attendance is taken to confirm participation. For events that require advance purchase of tickets or passes, payment for the event will be asked for upfront.
- Space is limited for each event; reservations are required
- If you are unable to attend a class or event you have signed up for, notify the Recreation Department. If NOT notified, there will be no refund or credit provided. No refunds or credits may be given for events with pre-purchased tickets.
- Members who are not CAU Members will be charged an additional fee for attending Recreation events as outlined on the Worksheet. If you are interested in becoming a CAU Recreational Member, contact us. The fee is \$300/year and ensures the member price for all events.

CAU CHALLENGES











CENSUS TIME!

DON'T FORGET TO BE COUNTED





EXERCISE

EXERCISE - Studies have shown that regular exercise can help prevent diseases, control your weight, increase strength, improve stamina, help you sleep better, and just make you feel better in general



RELAXATION

RELAXATION- Calm your mind, and you'll lower your blood pressure



GROUP PARTICIPATION

GROUP PARTICIPATION - Participating in any kind of group activity—a class, theatrical production, community league sport, or pick-up game, has all kinds of benefits. Group activities help you build your social skills and social networks.