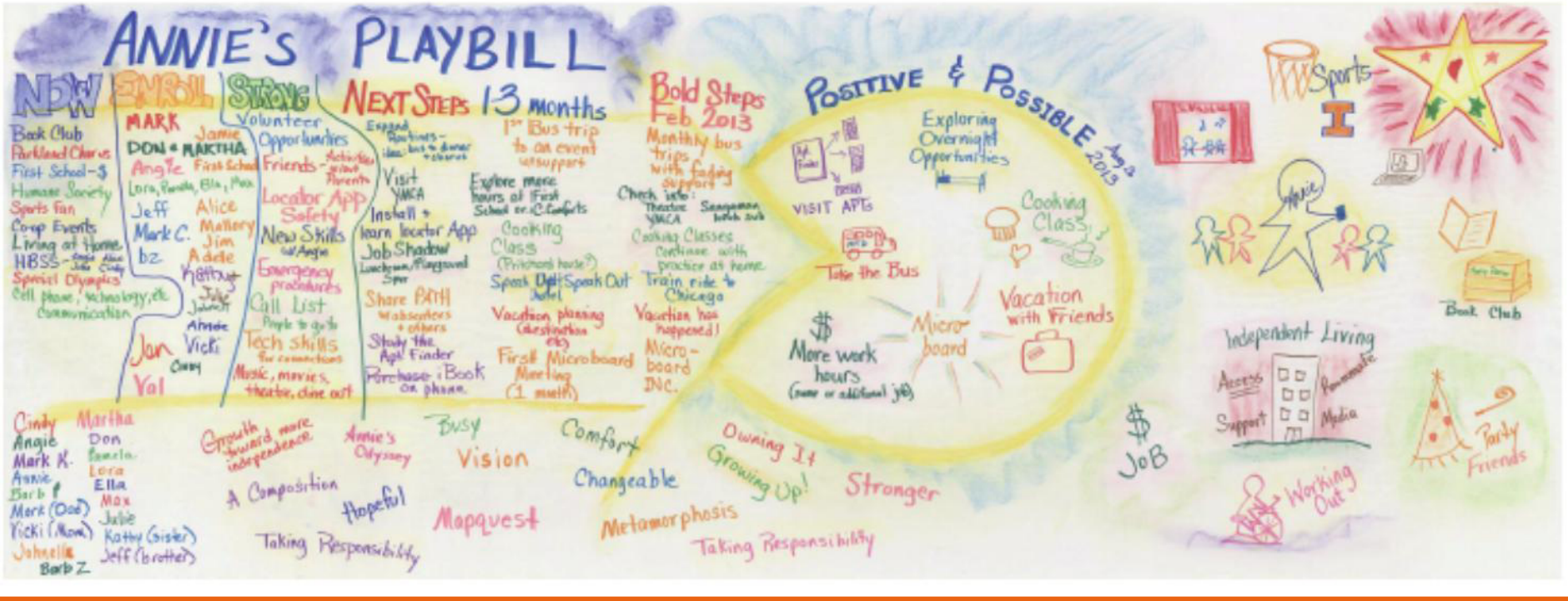




# Living a Real Life in the Community:

## ANNIE'S STORY



This is my PATH. It is a plan to help me reach my hopes and dreams.



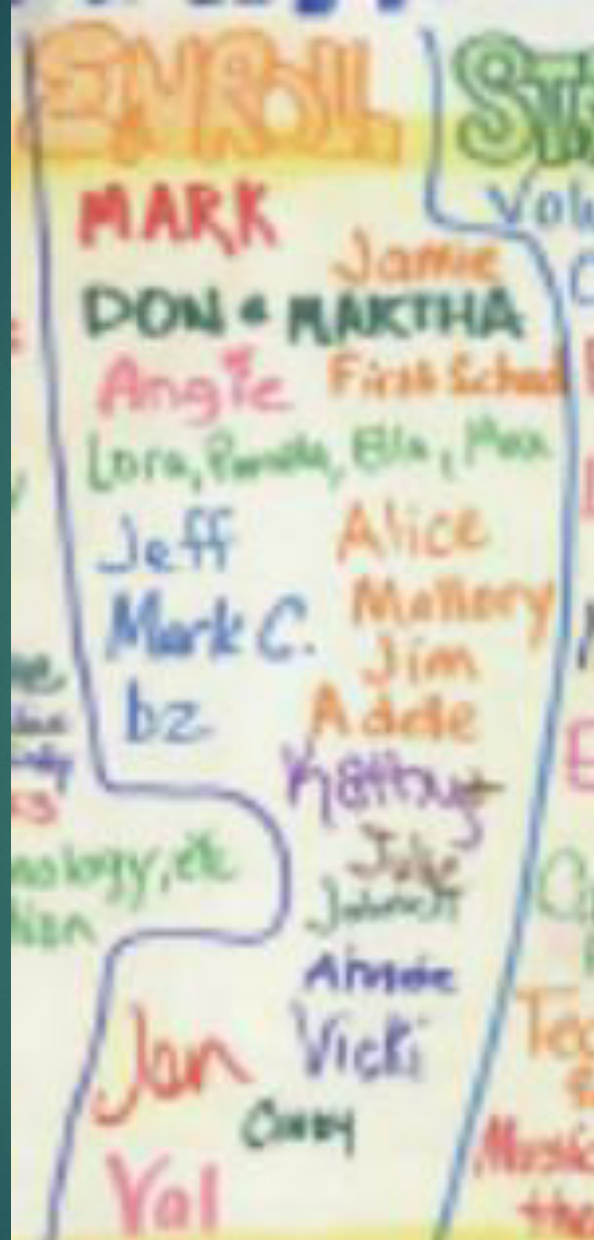
My microboard and Community Choices helped me to do all of these things. I got a job, got my own apartment, and have an independent life.





The most important part of my PATH are my hopes and dreams. I wanted to have a job working with children and to live in my own place.





The second most important part is to talk about people who might be part of the team



This is my house. I moved there four years ago in July. When my parents bought it, it was really junky and stunk like birds.





But my Mom and Dad fixed it up and made it beautiful!





Here's what my room looks like now. You can tell I'm a sports fan!



This is my very own bathroom. I don't Have to share it with anybody.





This is my friend, Kelly. Kelly lives on the other side of my duplex. She helps me when I need help, like when I had a leaky pipe, or when I need to get up early. I don't like to get up early.





This door is in my furnace room. It goes to Kelly's apartment. Kelly helps me when I need her, but she has her own place too.



Here I am hanging out with Kelly and some of my friends at my house.





I marched in a parade with my friends from Curves and gave candy to the kids. It was fun, but I had to walk a long way.





Because I live in my own place, I have to do my own chores. I do my own dishes.





I do my own cooking. Here I am making Hamburger Helper





I do my own laundry.





I do my own shopping.





I can go shopping by myself, but sometimes Kelly or my Mom take me. We usually go shopping on Sunday afternoon



This is my friend, Angie. She drives me around town. She helps me with my job, She helps with my book club. She takes me and my friends on vacations.





I have had a job working at First School for almost eight years. I work in the after-school program. I love my job, and I love making money.



I am an assistant teacher. I also vacuum and wash windows, and do other jobs. I like working with the kids the best. Here I am helping them play Apples to Apples.





My microboard helps me to live life in the community. I work out three times a week.



On Mondays I help out at a school. I do work for the teachers.





I fold programs at church every Wednesday morning.  
They depend on me.



I am in a community chorus every Monday night.





I go to book club every Wednesday night with my friends. We read a little bit, have dinner, and have fun together.





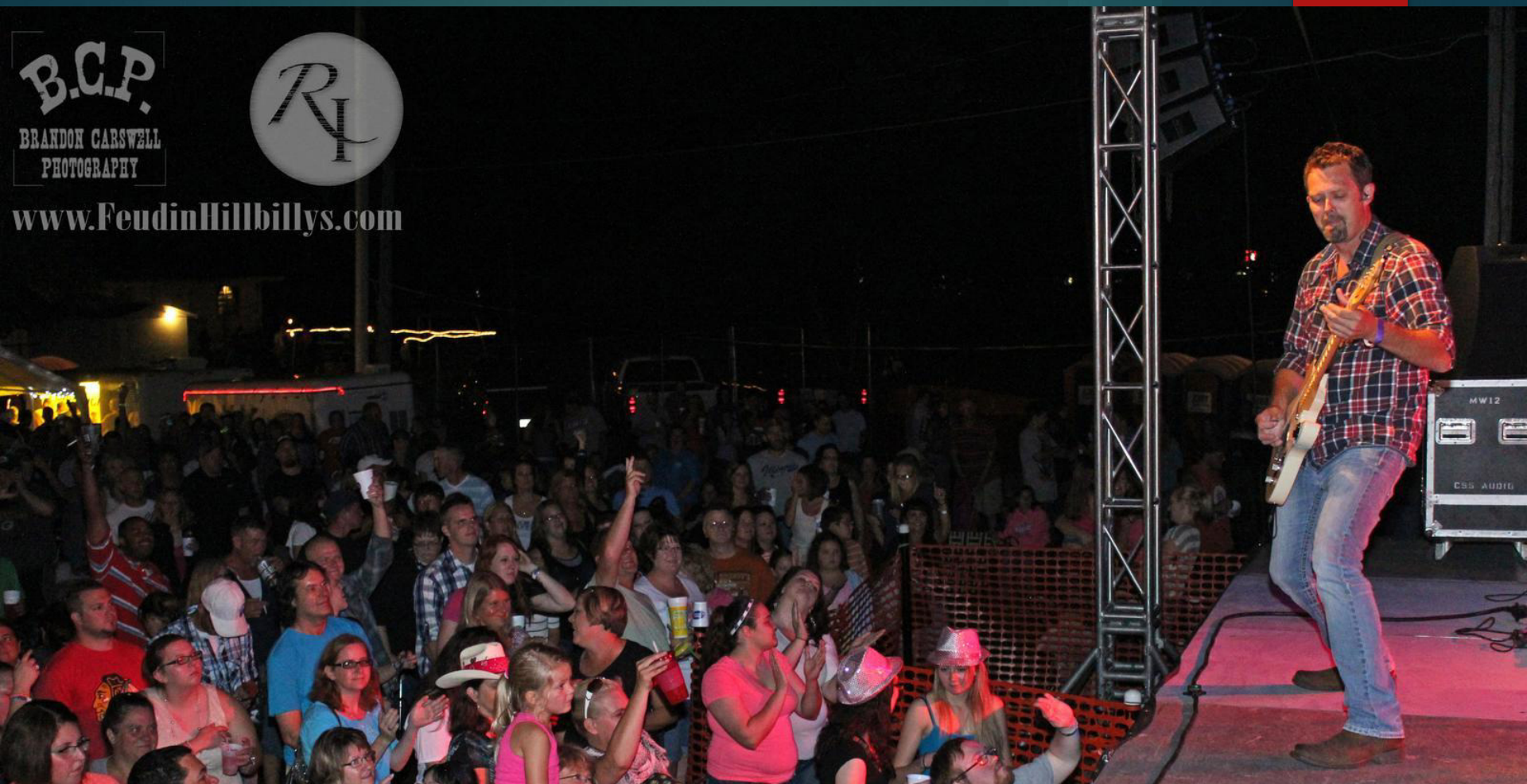
I eat lunch with friends. Fazoli's is my favorite, but I like Jimmy John's too.



**B.C.P.**  
BRANDON CARSWELL  
PHOTOGRAPHY



[www.FeudinHillbillys.com](http://www.FeudinHillbillys.com)



Every year I go to the Mahomet Music Festival. It is only two blocks from my house. I go to the parade, buy food and listen to some great bands. This one is the Feudin' Hillbillies.



I used to go on vacation with my parents. Now I go with my friends. We went to Universal Studios, Washington DC, and the Mall of America and an indoor water park. It was fun!





I love my life! Thank you for listening to my story.
















SCHLAGE

1 2 3 4 5  
6 7 8 9 0



SPEAK UP &  
SPEAK OUT











month: NOVEMBER

sunday	monday	tuesday	wednesday	thursday	friday	saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Important Phone Numbers

WiFi password 217 574 4574  
Annie Niwawander 217 898 7572  
Mark Niwawander 217 778 5733  
Vicki Niwawander 217 778 1644  
Sarah Seward 217 617 0050  
Tully Seward 217 617 0089  
Angie James 217 512 0537  
Kathy Johnson 217 613 3023  
First School 217 546 9990

Book Club

October: 31<sup>st</sup> No Book Club friends are at speak out

November: 21<sup>st</sup> Making out Christmas list  
28<sup>th</sup> Christmas Shopping at Target Dinner at who's hot

December: Annie will be having heart surgery on the 4<sup>th</sup> we will not be having book club this month  
11<sup>th</sup> TUESDAY pottery place dinner at Mexican  
19<sup>th</sup> Christmas movie and present exchange dinner at the chickens  
20<sup>th</sup> No book club

We will draw names again after gifts and will pass them out in November when we make list for Santa













# Grocery List

- PRODUCE:**
  - apples
  - bananas
  - oranges
  - lettuce
  - tomatoes
  - onions
  - potatoes
  - carrots
  - garlic
  - cucumbers
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- MEAT/PROTEIN:**
  - chicken (\_\_\_lb)
  - beef (\_\_\_lb)
  - fish (\_\_\_lb)
  - pork (\_\_\_lb)
  - tofu (\_\_\_lb)
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- DAIRY:**
  - milk
  - butter
  - eggs
  - cheese
  - yogurt
  - cream cheese
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- DELI:**
  - lunch meat
  - cheese
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- FROZEN FOODS:**
  - pizza
  - fruit/veggies
  - meals
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- BEVERAGES:**
  - coffee/tea
  - juice
  - water
  - soda
  - wine
  - beer
  - liquor
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- SPICES:**
  - salt
  - pepper
  - cinnamon
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- BREAD/GRAIN:**
  - bread
  - bagels/muffins
  - tortillas
  - pasta
  - rice
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- CANNED GOODS:**
  - beans
  - fruit/veggies
  - soup/broth
  - tomato sauce
  - pasta sauce
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- BAKING:**
  - sugar
  - flour
  - cake mix
  - frosting
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- BREAKFAST:**
  - cereal
  - oatmeal
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- SNACKS:**
  - chips
  - cookies
  - popcorn
  - nuts
  - granola bars
  - fruit bars
  - fruit snacks
  - cupcakes
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- HOME:**
  - laundry detergent
  - softener/bleach
  - dryer sheets
  - dish soap
  - hand soap
  - cleaning spray
  - disinfecting wipes
  - sponges
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- PAPER/PLASTIC:**
  - toilet paper
  - paper towels
  - tissues
  - aluminum foil
  - plastic wrap
  - sandwich bags
  - trash bags
  - napkins
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- TOILETRIES:**
  - shampoo
  - conditioner
  - body wash
  - deodorant
  - razor/refills
  - face wash
  - toothpaste
  - floss
  - mouthwash
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- & THIS TOO:**
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2018		NOVEMBER						2018	
SUN	MON	TUE	WED	THU	FRI	SAT			
☺	☺	☺	☺	☺	☺	☺			
4	5	6 <sup>th</sup>	7	8	9	10			
11 <sup>th</sup>	12	13	14	15	16	17			
18	19	20	21	22 <sup>nd</sup>	23	24			
25	26	27	28	29	30				













CELEBRATING  
30 YEARS  
OF THE INSTITUTE



