New Dimensions is staying active and focused at work by practicing different exercise techniques. Whether you are sitting or standing on the job, or if you just need a pick-me-up on break or lunch, these exercises can be very helpful. Find one that works for you and repeat!

Don is demonstrating a **Sitting Leg Lift**. While seated, straighten one leg and hold in place for five or more seconds. Then, lower the leg back to the ground without letting feet touch the floor. Repeat and alternate legs. Challenge: try it with both legs!

Trevor practices a **Pressure Lift**. Start by locking the wheelchair so that it is not able to move. Then, unhook the safety belt. Place hands on the sides, take a deep breath in, and push the body up and off of the chair. Hold the lift for a few seconds, and exhale during the release, carefully lowering back down. Don’t forget to replace safety belt!

Rachel is holding a **Core Cruncher**. This can be done while sitting, standing, or even while walking. Simply take a deep breath in and tighten your stomach, bringing the muscles in toward the spine while exhaling. Stay squeezed for a few seconds and then release.

Jeff is showing **good posture**. While sitting at the back of the chair with feet flat on the floor, shoulders should be set back so that the chest is open. The head also needs to be facing forward with the chin up.

Ashley poses with the perfect **Namaste**. With feet flat on the floor, bring palms together in front of the chest. Press both hands firmly together, until the arms start to feel tight. Release and repeat this, and don’t forget to focus on your breathing!

We regularly practice these exercises and more to remain focused and energized while in training.
New Years Resolutions for 2014

Folks at New Dimensions made work-related resolutions for the new year. They range from gaining new skills to obtaining employment. Many chose specific goals relating to success in their programs, such as improving attendance and communication. Others decided to focus more on achievements in Competitive Employment, such as working for Rebel Food Store or Pizza Hut. William W. is very interested in stocking product at Rebel, specifically. It is close to his home, which is nice because he does not drive, so it is a convenient walking distance. He also enjoys the staff of Rebel. “They are always friendly and appear to be a very well-trained staff,” explains William.

It seems the most difficult part of a New Years Resolution, or any goal, is coming up with a plan to accomplish it. This is something that is challenging for everyone. By revisiting our progress and collaborating with others, we can do it!

New Opportunity!

We are starting a new curriculum that will allow individuals to create items to sell. We have teamed up with Hidden Treasure, a local business where we will create the items and put them for sale. The business is located at 1201 Marquette. Our first project will be cat scratching posts. We are looking for materials for the project, such as carpet scraps, wood, etc. We welcome any donations that would help with this project or possible future projects. We encourage you to stop by and visit while we are there and check out our items once we get started. Our hope is to be there on Thursdays and Fridays from 10am - 2pm, beginning February 6th.

Employee of the Month— Tim W.

We are honored to announce Tim W. as Employee of the Month for January of 2014. Not only does Tim maintain an impressive attendance record here at New Dimensions, he also pushes himself to take on new opportunities and is willing to help out whenever he is needed. He enjoys volunteering at Messiah Evangelical Lutheran Church and participating in group trainings and job shadows. Congratulations, Tim! Keep up the hard work!

Becky’s Programming Corner

We are starting a new curriculum that will allow individuals to create items to sell. We have teamed up with Hidden Treasure, a local business where we will create the items and put them for sale. The business is located at 1201 Marquette. Our first project will be cat scratching posts. We are looking for materials for the project, such as carpet scraps, wood, etc. We welcome any donations that would help with this project or possible future projects. We encourage you to stop by and visit while we are there and check out our items once we get started. Our hope is to be there on Thursdays and Fridays from 10am - 2pm, beginning February 6th.
Wheelchair Simulation

New Dimensions focuses on the strengths and abilities that make individuals employable. Individuals who use wheelchairs are no exception. Their physical barrier to employment is rivaled by their abilities, and we want to learn more about them! Experiencing others’ disabilities helps you to identify and appreciate what you have to offer. Sometimes, you just have to look for strengths and abilities in a new way. In the future, we will be conducting these simulation experiences not only to better understand another disability, but to recognize all the strengths that shine through it.

New D Votes “YES” to Reusable Dishware

Our Newsletter Contributors, Jeff and Don, took a poll for Food Service to find out if customers of Arnold’s Café would appreciate reusable mugs and dishes. A very large majority voted “yes” to these new items. Out of the 45 polled, 91% voted “yes,” and 9% voted “no.” The 9% voted “no” based on the fact that they do not purchase a lunch or coffee from Arnold’s Café. Therefore, this upgrade will not affect them. As for the individuals who do benefit from the upgrade, there are many perks. First, we are saving money and being less wasteful by not purchasing Styrofoam products. Secondly, we can gain restaurant experience by washing the dishes. Third, it will be easier to carry lunches with the help of the trays. Lastly, the cups and bowls are microwavable, but will stay warmer longer and hold more for the same price. We look forward to enjoying these new, eco-friendly products!

Our Coke Rewards

Please consider New Dimensions when recycling or throwing away the packaging of your beverages from home. The brands listed below have codes printed on the inside of the 12 pack cases they are packaged in; these codes can also be found underneath the caps of the beverages. We can receive different rewards by entering these codes online at mycokerewards.com. In addition, this process can be a training feature to expand our knowledge of the internet. If you or anyone you know is able to help, please bring in your caps and clipped out cardboard pieces with their codes to Rachel in the training room.
Searching for a job? Check out these sites...

http://saginaw.craigslist.org/  (Click “jobs”)
http://www.snagajob.com/  (Enter the zip code and click “find jobs”)
http://www.indeed.com/  (Enter the zip code and click “find jobs”)

Food Resources

Good Samaritan Rescue Mission Food Basket Service
713 Ninth St., Bay City, MI
2nd and 3rd Tuesday of the month
Doors open at 10:30am and close at 11:00am
Details: Bags of food are given to families and individuals in need.
Recipients must have picture ID and come prepared w/ride home.

MSU Extension – Family Nutrition Program
515 Center Ave 3rd St., Bay City, MI
Monday-Friday 8:00am-5:00pm
Details: Provides nutrition education to families.

New Dimensions Announces Changes in Board Members

Hazel Kish has retired from her position on the Board of Directors for New Dimensions. Hazel served since 2001 and played an important role in supporting the agency as it increased its focus on integrating the program participants into community employment and volunteer activities.

Existing Board members, President Karen Foco, Vice President Matthew Lance, Secretary Mary Pearsall, Treasurer Ryan Craves, Gene Thompson, and Mike Wooley have recently welcomed three new members. Stephanie Van Petten joined in the spring followed by Joe Thieme and Diane Watkins-Slaughter. All of the Board members bring extensive business experience along with a strong interest in helping New Dimensions continue to grow as it meets the challenges of today’s economy and the vocational rehabilitation industry.