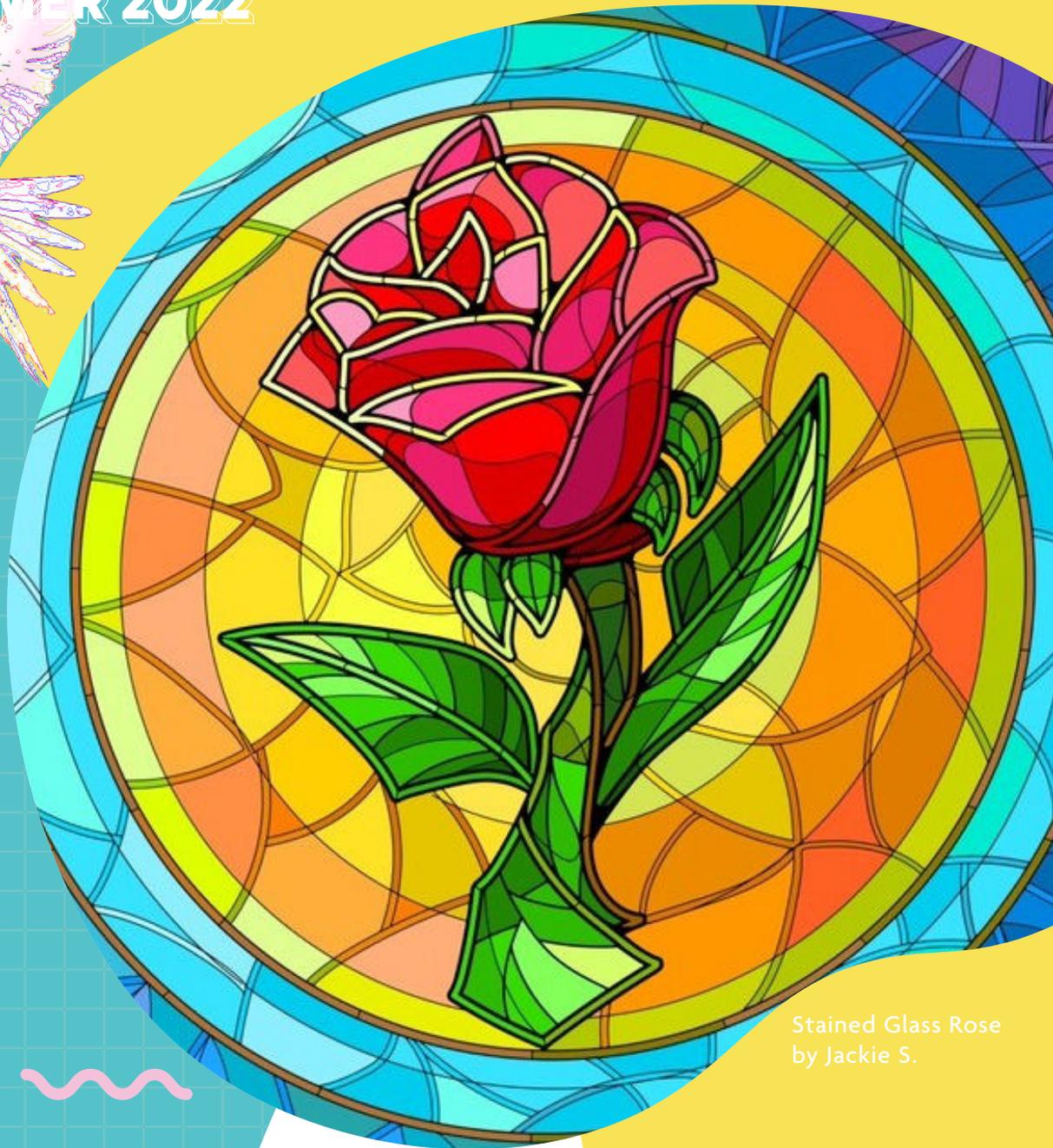


BIRD'S-EYE VIEW

SUMMER 2022



Summer '22 was filled with fun, family friends, and that fantastic feeling of healing.



Stained Glass Rose
by Jackie S.

Summer has been good so far. I am very happy that my daughter, Michele, got married and the barn wedding was outstanding. All went very, very well!
-Patrick F.

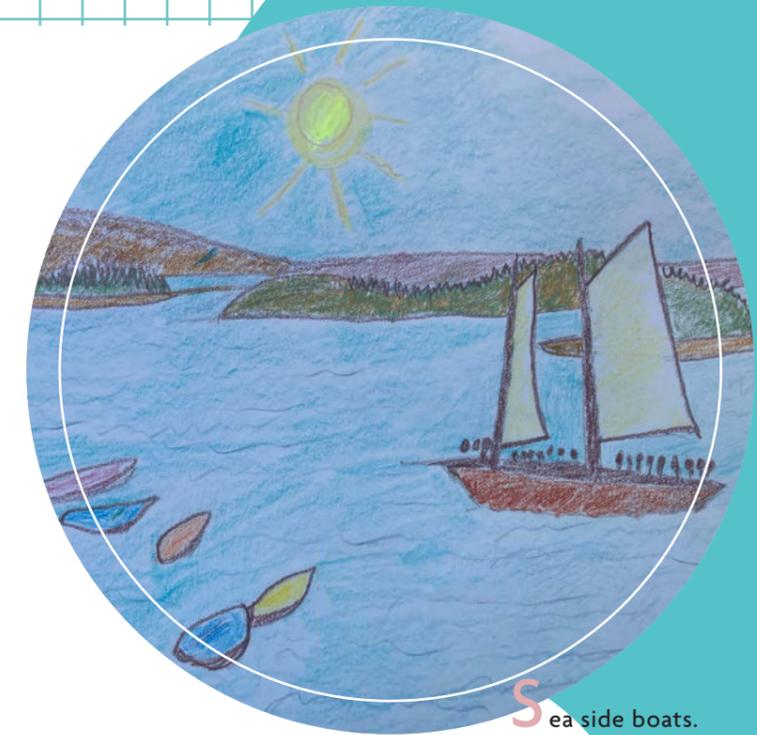
My summer has been going great. I have been working at my job for six months already and I like it a lot. Everyone at my job is very nice to me and anytime I am unsure, they help work it out by talking to me and I feel better. I haven't gone fishing yet because I don't have a fishing license in the state of Connecticut; I probably won't get one this year. So summer has been great. All is well!
-Jonathon W.

My summer has been rough this year. I had surgery on my neck and found out I have arthritis in my neck. On June 16th I had surgery on June 16th. It's been a month now and my neck is still hurting. My summer has had a good side.

New Heights has games, a Food and Nutrition group, trips to places, and it helps take my mind off the pain and surgery. Plus there are people to talk to and hear how their summer is going.
-Kristin H.

This summer I went on vacation with my family to Myrtle Beach and Florida; It was fun. We drove to Myrtle Beach and checked into a hotel with pools and a hot tub. I had a blast with my cousins playing Uno. We walked around South Carolina, saw a couple cool cars, and went to the gift shops with my family. When we left South Carolina, we drove to Florida and the house was big. I had my own room. After we checked into the house, we went out to eat at Applebee's with the family. The house even had a pool.
-Peter M.

My summer is going great. But I miss golf. I miss golfing with Manny Morley, he was my golf partner. He passed away January 25th and is now up in Heaven. He is now looking over us. He was a great guy and a great golf partner. I have been visiting New Heights. I enjoy going to the groups and Jim Frame has been really helpful. I like going bowling, going to Terrywile or Rogers Park with the CSP group.
-Bob V.



Sea side boats.
By Rama

SETTING NEW GOALS

I would like to become a manager at the Shell gas station in Ridgefield. I am enrolled at TBICO. Right now I have almost completed my North Star Digital Literacy portion with one module left.

After that, I enroll in the Corporate Edge Business Skills Certification. This class will teach me useful skills to utilize in the industry such as attention to detail and professionalism. Also other topics such as cash handling, taxes, pay-stubs, etc. Ultimately, I would like to obtain a business degree at Naugatuck Valley Community College.

Currently, I work at Sunoco and have been trained in coffee station upkeep, general cleaning, lottery distribution, gas pump management, register count, and shift reports. I am learning to set boundaries with myself and my coworkers. I am excited for my future!
-Cathy A.

I have attended the San Genarro festival every evening. It's nice living so close. Saturday I swung by in the afternoon. I had some baked Ziti with meatballs. I listened to some music and watched a laser show.

The rides are away from the Green and unless you came in from behind the bandstand you wouldn't see them.

I was impressed with the group playing called American Pop. They played a lot of big hits from the 60's, 70's, and 80's. The lead singer also played the sax which was cool. By their last set the crowd really thinned out. I have really only one critique. There were not enough tables and chairs. Other than that it was a great event.
-Jim C.



SUMMER JOKES

DUCK JOKE FROM GREG M.



Ducks don't enjoy being stressed.
They quack under pressure.

Boss: Do you believe in life after death?

Employee: Certainly not, there's no proof of it.

Boss: Well, there is now. After you left early yesterday to go to your Uncle's funeral, he came here looking for you!



A REFRESHING SLICE OF CHUCKLE-PIE FROM PATRICK F.



A JOCLAR JESUS JOKE

found by Keven N.

You have brought so much warmth to my soul. You have penetrated all of life's worries, including my disability. You have entered a place deep inside only a few belong. My soul dances and sings.

- Kristin H.

MEMBERS

SHARE HOW NEW HEIGHTS HAS HELPED THEM TO OVER- COME.



Staff helps me overcome things I've been struggling with. I am inspired by the staff member Leigh. She has done so much at New Heights. She is so bright, intelligent, full of energy and life.

- Kristin H.



New Heights has been a saving grace for myself and many. It's great to see all the smiles and feel all the love. That's what New Heights is all about. It has been a big part of my life for almost eleven years now. When I am depressed it lifts my spirits and always makes me feel better. I see them help others and have received this help first hand. There are so many people that have inspired me—from all the staff, as well as members—all have added to my life in a positive way. New Heights Catholic Charities is a real blessing to many including myself, Patrick Finn. I want to thank everyone who has helped me and many others.

BROTHERS

To my brother, I dedicate my love to you in this passage inspired by a blind man in the bible:

There was a blind man who sensed Jesus approaching him. He had so much respect that he falls onto his knees crying, "Lord, I can't see, I can't see." The Lord has pity on him and lays his hands on his shoulders. The blind man starts to cry. He weeps uncontrollably. Jesus loves the blind man so much. He touches his eyes with his hands tenderly. The blind man weeps like a child uncontrollably. Then Jesus asks him to stand up and rise. The blind man does so. He raises his hands up in the air unable to control his excitement. Tears running down his cheeks, he raises his arms in the air and screams, "I can see, I can see!" The sight Jesus blessed him with was the ability to see Christ's love in his heart.

Love, Angelina

REFLECTING TWIN BROTHERS

At the start of this summer, I lost my twin brother Doug. We were not only identical twins, but "mirrored" twins. This is a type of identical twin with mirrored features. When we were born, the doctor mistakenly told our parents that were fraternal. And this is how we were raised, as fraternal twins. We did a genetic test when I had my own twins and were confirmed as identical. Doug, incidentally, also had a set of twins! Truly mirrored. Rest in peace Doug.

Love, Greg



TROPICAL LIFE FOR JONATHON W.

If I had a million dollars I would go on a vacation to Hawaii and sit on the sandy beaches with palm trees all day long.



A STABLE HOME FOR KRISTIN H.

If I had a million dollars I would buy a home for my son and daughter and a home for myself. It would be nice to be able to have a stable place to live.



A HOPEFUL LIFE FOR PATRICK F.

If I won a million dollars, I would go to the unemployment office and hand the first 100 people I see \$2000 with the phrase "Keep your head up, it gets better". I would buy a home outright and see what life brings me and enjoy it for whatever time God allows me to be around.

A MILLION IDEAS FOR A MILLION \$\$\$

BY
DOROTHEA H.

IF I HAD A MILLION DOLLARS...

If I had a million dollars, I would buy an island. Live by myself, with lots of instruments so I could have my own band. Not that I would know how to play them, not that I'd even want the people it would take to form a band; just to say to myself, "You could do it if you want to."

I'd also need a generator for power, so I could sew and have electricity if I chose to. And an area to grow my own food. I would probably try my hand at animal husbandry. I would love a chicken coop, maybe some rabbits.

Since it is an island, there would be plenty of water for irrigation. I'd figure out filtration, so the sea-salt could be collected for cooking, and seasoning. Apparently, I am tired of civilization, and would rather be alone.

Just for fun, I would have a lock-box with important papers in it. There would be a search to find it, like a treasure map. But surprise- there's no inheritance- the island would be left to an animal rescue. My kids have abused my kindness, so there is no money for them. And don't bother about my body. God has my soul, and I have left all the earthly parts to science.

JOB FAIR 2022 AT NEW HEIGHTS



It was a great day for the job fair. It was the first job fair at New Heights. There was a discussion and different agencies available to share resources. Leigh, Jillian, and others worked so hard to get the job fair on its feet. We are all excited and thankful. I feel that our community is in need of a job fair each year because employment is very good. Working is so important; we encourage everyone to participate.

One employer from Ability Beyond said, "I am happy to be a part of the job fair today representing Ability Beyond. Another staff member stated, "I am appreciative of everyone's efforts and the event that was able to take place because of a fantastic team here at New Heights and the Community Support Program part of Catholic Charities".

This is a great opportunity for everyone. One of the members of New Heights, Andrew, gave a speech for three minutes about his experiences in the job market, writing books, and his appreciation for New Heights.

-Kristin H.

“Working is so important; we encourage everyone to participate.

”

SUMMER CAR SHOW



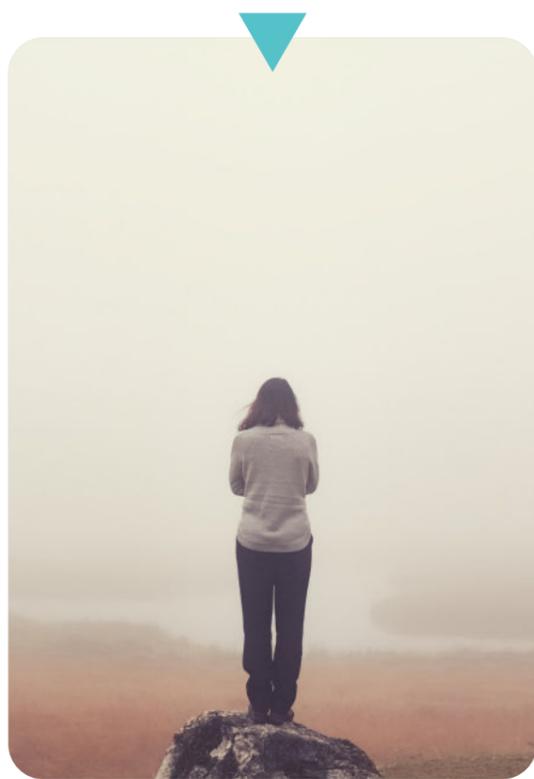
I went to the War Memorial car show Sunday and took a lot of pictures. There were a lot of cars, trucks, and motorcycles to check out.



They had great music playing and there were many food trucks there too. It was very warm and sunny. Shade was at a premium. I took one lap and just after noon I had enough and walked home.



The orange Cuda won Best in Show. Ex Mayor Mark Boughton posted on Facebook posing with the owner. I left way before the judging of the cars.
- Jim C.



DEALING WITH DEPRESSION

I've been struggling with depression for a long time. What makes this particular bout of it more difficult is that I've had it during the summer. Usually it's seasonal with me and winter with its shorter days are worse. I think the most important thing to not do is isolate. Even if it's just to take a short walk, get out of the house! Lately, I have been taking advantage of coming to New Heights and attending Coping with Depression. New Heights is more than just attending groups; talking with other people who are also struggling can be really helpful. My goal is to get rid of my depression and get a part-time job.

- Jim C.

A POETIC PROJECTION

There once was a room I could call my own
 Unless my "other" brother was at home.
 There were four children-son, daughter, son, and me.
 I think I fell out of the family tree.
 Growing up, the oldest pair
 Were always there
 To get what I dropped, no matter what
 'Cause mom kept busy with the third "butt".
 If you were there, you would know
 What life struggles on me were bestowed.
 I'm not crying in my soup,
 But I'd love, one day, to recoup.
 I'm 65, so I guess not for me
 To ever get better or be free.
 Certain places, people, things-
 Suggest how to get my wings
 They never take the time to really understand
 That their words are just bland.
 I didn't need medication to help me out
 I needed to rise from depression with a chat-about.
 All I wanted was for more than a listening ear
 I needed someone to REALLY HEAR,
 And guidance away from the trouble at home
 Allowing me to be my own person, allowed to roam
 -Dorothea H.

PAINT BY NUMBERS



BY
JACKIE S.

I love a nice summer day and night; about 70 or 80 degrees, low humidity. When gas was cheaper, I would drive around more, go to the mall or Walmart, with the radio blasting away. I love hearing the kids playing outside, screaming with delight while they ride their bikes. I like when it's lighter later; the sun out until 8pm. It's a great time of year!
 - Melinda R.

I love the heat. I love wearing light clothes: summer dresses and summer shoes. I don't like winter with heavy coats and all types of heavy clothes.

A traditional family vacation we went on was to Atlantic City. We rented a bungalow close to the beach and went on the boarding speed boats. We also went on the boardwalk. -Kristin H.
 - Kristin H.

FRIENDSHIPS

Impending Fall

I make it a point from year-to-year
 To try and catch my youth and postpone the fear,
 I reach out with strained arms, but to no avail
 I curse the Heavens, with word beyond the pale,
 "This is owed me, this is my right!"
 My true colors coming to light ...
 Over the hill, my maker soon I shall meet
 As another year falls, mockingly at my feet.
 - Jeff Umansky



I feel that a valuable quality in a friend is honesty. A good friendship is with someone who likes to share and achieve goals similar to your own. You both can share the same opinions and achieve the same or similar goals honestly without hurting anyone or infringing on their rights.
 - Clayton P.



The love and respect you have for one another. All of us need a special person.
 - David P.

My friend asked me what it's like when I hermit at home and these words describe it best, I'm just not this angry and bitter.

- Joe M.

A winter's day
 In a deep and dark December
 I am alone
 Gazing from my window to the streets below
 On a freshly fallen silent shroud of snow
 I am a rock I am an Island
 I've built walls
 A fortress deep and mighty
 That none may penetrate
 I have no need of friendship
 Friendship causes pains
 It's laughter and it's loving I disdain
 I am a rock I am an Island
 Don't talk of love
 Well I've heard the word before
 It's sleeping in my memory
 I won't disturb the slumber of feelings that have died
 If I never loved I never would have cried
 I am a rock I am an Island
 I have my books
 And my poetry to protect me
 I am shielded in my armor
 Hiding in my room safe within my womb
 I touch no one and no one touches me
 I am a rock I am an Island
 And a rock feels no pain
 And an Island never cries

**I AM A ROCK
 BY SIMON & GARFUNKEL**



YOU USE A GLASS MIRROR
TO SEE YOUR FACE;
YOU USE
WORKS OF ART
TO SEE YOUR SOUL.

- GEORGE BERNARD SHAW

This summer, Master Wendy took a lucky group on a field trip to the Mattatuck Museum. The group had a beautiful day for traveling and enjoyed all the regional history and arts the Mattatuck has to offer. Quiz Master Wendy about her regional history knowledge in her next Tae Kwon Do class, Tuesday's at 1PM!



STARGAZER IN THE WILD

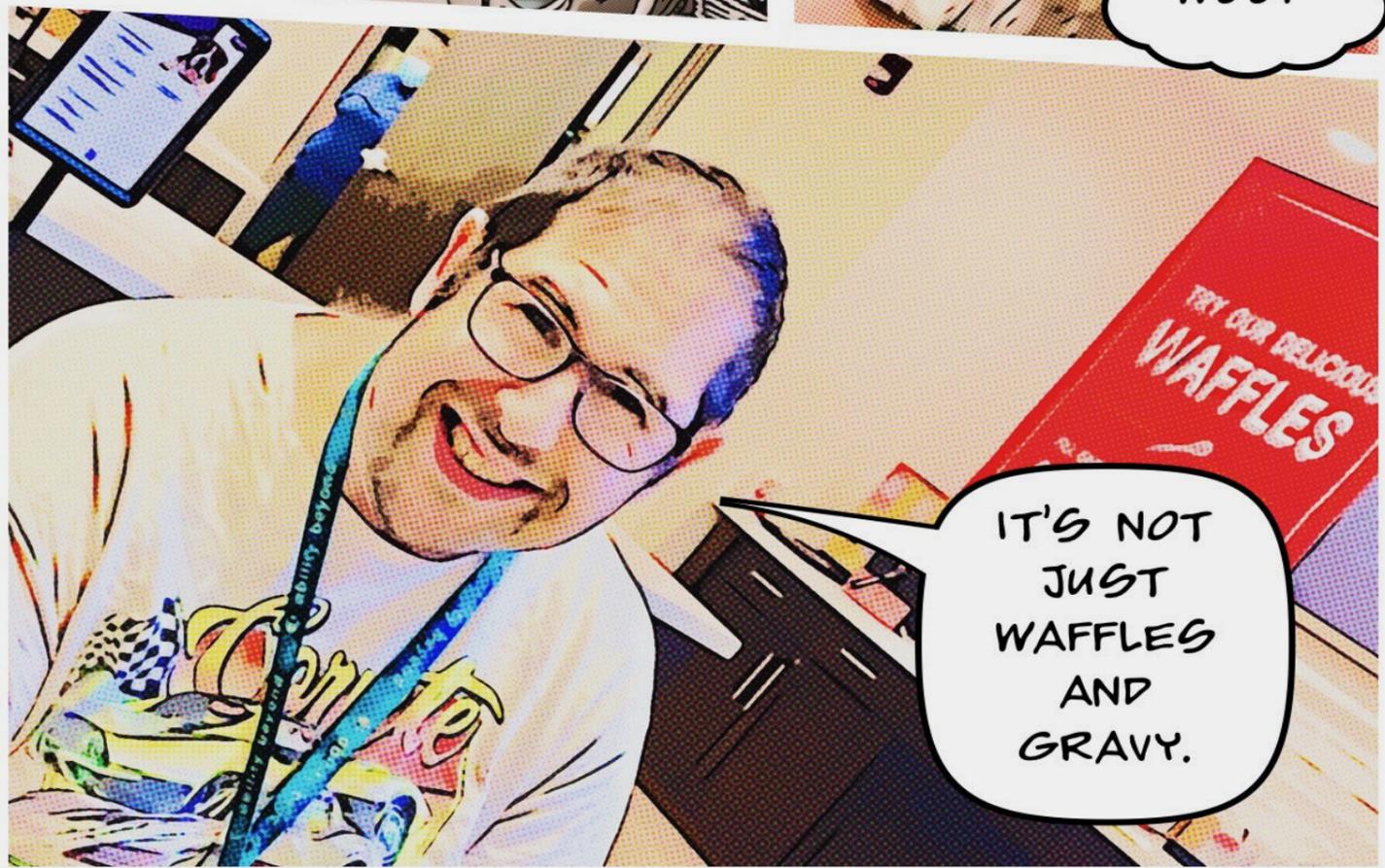


MOO

UNBELIEVABLE!

MOST PEOPLE DON'T KNOW THAT I LOVE ANIMALS.

WOOF



IT'S NOT JUST WAFFLES AND GRAVY.



3.99 A GALLON!?! LETS SEE HOW FAR THAT WILL TAKE ME.

I MADE IT TO THIS BUCKS GAME

AND THIS SOUTH OF THE BORDER HOTDOG STAND.

WITH THIS MUCH SUN, I SHOULD JUST GO SOLAR.



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Jeff and Kathy.

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Best of Luck Andrew M.