

## Losing Pounds at Greater Opportunities

### Independent Living Services

**Geneva Woodworth  
and Leo Hodges**

Since May 2011 when they met and fell in love, Geneva has gone from 378lbs to 211lbs in May 2013 for a total of, drum roll please.....167 lbs lost! Leo has gone from 322lbs to 213lbs in the same amount of time for a loss of 109lbs lost! This was accomplished through a strict regimen of diet and exercise implemented, encouraged and monitored by their ILS Support Staff Jackie Ramirez. Leo and Geneva dropped bread,



potatoes, rice, pasta and sodas from their diet. They drink plenty of water, have 5 small meals a day and indulge themselves once a week as a reward for their discipline. Congratulations Leo and Geneva! You are an inspiration to us all!

For more information about Greater Opportunities Programs and Services, please visit [www.GreaterOpportunities.org](http://www.GreaterOpportunities.org) or call (408) 248-4464.



Our newest bus transports 2 wheelchair users and 6 other folks to help all our Day Services consumers enjoy community-based activities

### Upcoming Events

Summer Barbecue, Central Park, Sunnyvale – July 12  
Day at the Beach, Santa Cruz Boardwalk – July 20  
Summer Camp, Del Valle Regional Park – August 12-16  
Holiday Party, San Jose Airport Garden Hotel – December 12



# Greater Opportunities

Volume I / Issue 2 / July 2013

[www.GreaterOpportunities.org](http://www.GreaterOpportunities.org)



**Congratulations  
to Our Cortez  
Graduates!**



GREATER  
OPPORTUNITIES

GREATER OPPORTUNITIES  
900 LAFAYETTE STREET, SUITE 700  
SANTA CLARA, CA 95050

Serving Persons with Developmental Disabilities

## On the Path to Independence

### Cortez Apartments Semi-Independent Living Program Six Graduate on May 24

It's been a very busy time at the Cortez semi-independent living program in Sunnyvale. Interior and exterior building renovations are under way as current participants graduate this summer and a new group of participants gets ready to start. Training curricula are being revamped to meet state-of-the-art standards.

Greater Opportunities provides a living environment where consumers can live semi-independently while learning

the skills necessary to eventually live independently in the community.

Successful completion of the program requires that residents be able to demonstrate competency in independent living skills. Graduates are then assisted in securing new affordable housing.

On-site classes are taught daily in seven topic areas:

- Nutrition
- Housekeeping
- Anger Management
- Health & Safety
- Budgeting
- Sexuality
- Cooking Skills





## Volunteer Work



Our City Forest



Mayfair Community Center



Heritage Rose Garden



The Alano Club

# Summer Greetings from the Day Program

## Summertime Activities

The Day Program is an exciting Activity and Adult Development Center. With our morning session starting our day, consumers announce any news that is happening in the world, their lives or upcoming sporting events. Not only do we have art projects, we are learning about different countries each month. This month, we are learning about Australia. Each week for the month, we will focus on the land, the animals, food and customs.

Shortly, we will be starting a computer class. Participants will learn to surf the Internet, use Email, network with family and friends on Facebook, and post blogs on our website.

Plus, in the upcoming months we will be incorporating some science projects. Already, we are watching sprouts grow from little seeds.

Also, on our agenda are field trips to Big Basin Redwoods, Monterey Aquarium, Santa Cruz boardwalk, and the zoo. Many of our participants have not had an opportunity to visit these interesting places.

Participants want to learn positive work habits and make productive contributions to the community. Our enthusiastic volunteer teams currently perform a variety of tasks at community organizations:

- Emma Prusch: We plant, harvest vegetables and water the garden.
- Heritage Rose Garden: We shovel mulch and place the mulch around the rose bushes.
- Rose Garden Library: We put away DVD's and dust the bookshelves.
- Mayfair Community Center: We fold and collate brochures for the center.
- Our City Forest: We put together their mailers and door hangers.
- The Alano Club: We sweep and clean the outside of the facility.
- RAFT: We package teacher supplies and get them ready for retail.

## Uncovering Hidden Talents

Our art activities have brought out some excellent artists that we never knew we had. Donald Forderer painted a nature scene, a tree. With the stroke of his brush, his talent was quite extraordinary to watch.



Donald painting



Donald's tree

## Star Artist

Sylvia Gallaher seems to enjoy all aspects of art, whether it is coloring, painting or beading. Her artwork shows so much character and imagination. Here's a sample of her creativity with a container the shape of a star.



Sylvia and her "star" artwork

## Support Greater Opportunities

Help us make a difference in the lives of people with disabilities.

Our wish list includes:

- Digital cameras for photography class
- Flat screen TV and DVD player for the classroom
- Sports and musical equipment and art supplies
- Volunteer sports coaches, musicians and artists
- Funds for general operating expenses\*

\*Our administrative costs are only 9.5% of budget, so 90.5% of your contribution goes to direct services.

## Special Olympics Golf

We have quite a few participants preparing for the Special Olympics Golf tournament. They are practicing now through July to compete in August. Every Wednesday, they go to the San Jose Municipal Golf Course to practice and on Saturdays to the Santa Clara Golf and Country Club. Our golfers are Jeanene, Sylvia, Rommel, Sammy, Viviano, Debbie and Ernie. We wish them all the best!!



Warm-up exercises



Coaching at the driving range



Ernie checks out the ED's swing