

From the Heart...
by Deanna Genske, Executive Director

Be Your Best!



We're all made of energy. It takes seconds to invite something into our energy at the vibrational level. Only you have the power to change your life. Here are some tips for creating positive energy and bringing the best YOU wherever you go!

- Be aware of the quality of your thoughts and ideas. Reality is neutral; the way you interpret it is not.
- Be grateful. Smile, say thank you (to others, to yourself, to your body). Practice taking a moment to be grateful every day!
- Acceptance is powerful. Accept things you cannot change to save your energy and get rid of a lot of negative emotions.
- Be a thriver, not a survivor. Focus on activities that make you grow, set goals, and spend time with positive role models who thrive in their environment.
- Practice self-care. Know when you need a break or some "me time." Focus on healthy habits, but also incorporate self-care into your daily routine.
- Reframe situations as possibilities (or create the possibility).
- Set your day up for positive energy from the start. Think positively about it being a good day and be open to the great things the day will bring. Change your routine if it will help with this (get up a bit earlier to have time for yourself, start with a quick meditation or stretching, change your commute method or timing).

These simple tips can make a big difference in how you're experiencing life, no matter what the circumstances. And how you experience life trickles into your day at work!

From the Heart,
Deanna

Ascend Services Began Community Center Renovations in Early November



Formal kick off – “Groundbreaking” of the Community Center, 2802 Meadow Lane, Manitowoc, WI 54220. Renovation project of the upstairs for the purpose of further youth programming services. Pictured left to right: Dale Cayemberg, Ascend Services’ Director of Operations, youth clientele: Angel, Dominic, and Makenna; Marissa Fitzgerald, Ascend Services’ Program Director; Deanna Genske, Ascend’s Executive Director and Todd Wagner, Hamann Construction Project Manager.

We are excited to announce that work began on the renovations to the Community Center in early November. Crews from Hamann Construction worked on the demolition of inside structures to open spaces. The project, which is being partly funded through a grant Ascend received from the Otto Bremer Trust, is close to completion. “This newly renovated space will allow us to provide more space for the Youth Programming which is supported by the Children’s Long-Term Support (CLTS) program. We currently serve twenty-two children and are aware there is an extensive waiting list for services, per the Manitowoc Human

Services. This renovation would allow us to accommodate additional referrals. We are excited that this space will allow us to create separate themed rooms varying from sensory to art studio.” said Deanna Genske, Executive Director. “We are grateful that we have secured some of the funding for this project, but it is critical that we strive to achieve more,” said Deanna Genske, Executive Director. In addition to creation of six themed rooms, renovations include electrical work, HVAC remodeling and replacing the roof.

See page 2 for renovation photos.

Renovations Completed and the New Spaces are Ready to Be Furnished and Utilized!

A huge thank you to the Burmester Grant that allowed us to fully furnish the rooms upstairs at our Community Center. During the decision-making process we were able to incorporate the ideas of our youth and what they would like to see to help better their experience at Ascend Services. They came up with five great ideas. The rooms that were chosen are an Arts and Crafts room, a STEM Room, a Board Game room, a Sensory Room, a Library and the Music room. Also upstairs we are able to offer the youth two cozy, comfortable areas that they can do their homework or just take time to relax and visit after a long day.



Some sample photos of the new rooms, left is the swing in the Sensory Room and above is the Library sitting area.

The Overview of the rooms:

Arts & Crafts Room

The Arts and Crafts Room will be filled with two smaller round tables that will allow for very small groups and individualized creative minds. The room will be filled with colors, paints, easels, and lots of other art supplies that will be utilized when their imaginations set in!



STEM Room

The STEM Room will allow our youth to think outside the box and develop many different creations and inventions. They will be using Science, Technology, Engineering and Mathematics to get the final product. We were able to purchase Legos, robot kits, gears, and other hands-on materials that they can utilize to create their ideas.

Board Game Room

The Board Game room will allow our youth to continue working on their skills of everyday life, involving problem-solving. This room will be filled with multiple different board games varying in ages. Our goal is to be able to offer a foosball table to our youth for a fun way to use their energy as they work to win against their opponent.

Sensory Room

Our Sensory Room has been talked about for some time to help all our individuals that we serve. Many of the individuals that come for services require some type of sensory assistance. With that knowledge we knew that we needed to offer this room for our youth. The room will be filled with colorful soft foam tiles, many fidget activities, weighted stuffed animals to ease anxiety, dimmed lighting, a compression canoe, and a sensory swing. This has been a huge need in our services and we can't wait to watch the youth enjoy these helpful tools.

Library

The Library will be a quiet environment that offers books for all ages and allows a comfortable sitting area with nice lamps to use when reading. This room can be a dual purpose area, if someone needs a quiet place to do homework, it is the perfect place!



Music Room

Finally, we have the room that will house many future musicians. This room will be filled with every musical instrument that you can think of. We will be providing drums, guitars, keyboards, cymbals and so much more. We are excited to watch and hear the music that will be coming from that room very shortly!

Throw With All Your Heart April 15th!

Register your team Today!

Don't be left holding the axe with no place to throw it!

We are excited to announce that registration and sponsorship opportunities are open for our 4th Annual Throw With All Your Heart Fundraiser at Tapped on the Lakeshore on April 15th! Don't miss out on this fun event! Grab three of your friends and put together a team to participate. The event will include a team throwing Olympics challenge and Celebrity Axe Throwers! Teams will compete in axe throwing, cornhole, darts, shuffleboard, and hammerschlagen. Don't want to sign a team up? Then just come to join in the fun! There will be 50/50 raffles, Celebrity Axe throwers to go up against for \$5 for 3 throws and lots of fun! HOLLA on Wheels food truck will be serving up delicious eats! Don't miss out - join us and Throw With All Your Heart! Sign up today at ascendservicesinc.org under News & Events or on our Facebook page event!

Celebrity Axe Throwers

FUNDRAISER FOR ASCEND SERVICES, INC.

THROW WITH ALL YOUR HEART

Ascend SERVICES INC.

TEAM THROWING OLYMPICS

- AXE THROWING
- CORNHOLE
- & More!

REGISTER YOUR TEAM TODAY!
WWW.ASCENDSERVICESINC.ORG
UNDER EVENTS

SATURDAY
April 15
12 - 5 P.M.

JOIN US FOR AN AFTERNOON OF FUN TO SUPPORT ASCEND SERVICES, INC.

Go Up Against our Local Celebrity Axe Throwers \$5 for 3 Throws!

Holla ON WHEELS

TAPPED ON THE LAKESHORE
 3114 MEMORIAL DRIVE, TWO RIVERS



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| <p>12:30 pm - 1 pm</p>  <p>Lt. Jenny Moffit Salvation Army</p> | <p>1 pm - 1:30 pm</p>  <p>Paul Hoffman Owner Petrus Brewing Company</p> | <p>1:30 pm - 2 pm</p>  <p>Will Schneider Owner Sabbatical Brewery & Owner of Able BCO</p> |
| <p>2 pm - 2:30 pm</p>  <p>Justin Nickels Mayor City of Manitowoc</p> | <p>2:30 pm - 3 pm</p>  <p>Dawn Dabeck, Owner Deed by Dawn Deed & Breakfast</p> | <p>3 pm - 3:30 pm</p>  <p>Ryan Morris Owner Ryan's On York & Co-Owner Courthouse Pub</p> |
| <p>3:30 pm - 4 pm</p>  <p>Troy Adams, P.E. General Manager Manitowoc Public Utilities</p> | <p>4 pm - 4:30 pm</p>  <p>Brandon Bartow Owner Bartow Builders & BRIX Restaurant</p> | <p>\$5 for 3 Throws</p> <p>Head to Head Competition!</p> |

Ascend Has a Full Year of Fun and Fundraising Planned for 2023!

Get in on the fun by sponsoring one or more of these great events.

We are happy to say that all three of our fundraising events in 2022 were successes! Not only did people show up for all the fun, they were so generous it beat our fundraising expectations. So we thought let's keep the fun going. We are once again partnering with Tapped on the Lakeshore to bring you the Throw With All Your Heart Axe Throwing Competition. Including those ever popular celebrity Axe Throwers!

We head to the links in June to "Swing Fore Ascend!" All the great games, raffle prizes and of course the golf! What better way to spend a beautiful June day?

As summer is really heating up so are we. Are we ready to toss some bags and drink some brews? Then you will have to be sure to mark your calendar for August 12 when we partner again with Sabatical Brewing and host the Toss With All Your Heart Bags & Brews Cornhole Tournament. This year we will have live music as well as a food truck.

Registration is open for Throw with All Your Heart and Swing Fore Ascend!

SAVE THE DATE!
4th Annual
THROW WITH ALL YOUR HEART
TEAM THROWING OLYMPICS & CELEBRITY COMPETITION
SATURDAY
April 15, 2023
AT TAPPED ON THE LAKESHORE

Ascend SERVICES INC.
Swing Fore Ascend
GOLF OUTING
Monday
June 26, 2022
Branch River Golf Course

2023
TOSS WITH ALL YOUR HEART
BAGS & BREWS
AT SABBATICAL BREWING CO.
CORNHOLE TOURNAMENT
Ascend SERVICES INC.
Save the Date!
SATURDAY
August 12, 2023
SABBATICAL BREWING CO.
ONE MORE REASON TO BREAK FOR BEER