



INSPIRE • EMPOWER • CONNECT

Ascend Services, Inc.
2818 Meadow Lane
Manitowoc, WI 54220
920-682-4663

April 2024

Spring



From the Heart...

by Deanna Genske, Executive Director

Let's Jump into Spring!

I love leaving the winter months behind and springing into a new season. I like to use this time of year to develop new habits and actively engage in things that boost my well-being and reduce stress.



Some things I like to do that may inspire you as well:

Move our bodies: Exercise is one key aspect to creating and maintaining total health and well-being. Studies show that incorporating movement into our daily routines, even just 15 minutes a day, benefits not just our physical health but our mental health. So, give yourself permission to get out into nature and enjoy the fresh air, blue sky, and sunshine.

Practice Mindfulness: Mindfulness is the act of showing up for every moment of life, no matter what that moment is like. Consider the "pause" in life. Pause for a slow, deep breath of fresh spring air, pause to look at the morning sunrise and/or simply pause when you hear the birds chirping outside!

Spring Into Healthy Eating: Winter inspires hibernation and comfort foods. Comfort foods make us feel good while we're eating them, but their long-term effects on our health can be damaging. The transition from winter to spring is a fantastic time to adopt healthy eating habits for an energized, healthy life. As with exercise and any other habit change, start small. Identify one change you can make. What is one unhealthy food or drink that you can remove from your diet, and replace with a healthy option?

I use this time to clear out the clutter – whether it is tangible things or simply shedding some winter habits. So, jump into Spring with me and consider how you might develop new habits.

From the Heart,
Deanna

Don't Get Left Behind...Ascend's Swing Fore Ascend Golf Outing is June 24th! Sponsorship spots Open and Team Registration Has Begun!



We are excited to announce that the 3rd annual Swing Fore Ascend is coming up sooner than you think! This year the event will be Monday, June 24th at The Golf Course at Branch River.

This event will benefit the people we serve and help Ascend to fulfill our mission which is to promote individual growth through community experiences, education, and employment opportunities.

Our golf event will feature a day filled with golf, food, and fun! We are hoping that you will consider golfing with us to make the day a success.



The cost is \$280 to register a team of 4 (\$70 per person).

The schedule for the day is:

8 AM - Registration

9:00 AM - Shotgun Start

4:00 PM - Dinner

Plenty of fun and games will accompany the main competition! Don't miss the games on the course, make sure to bring a business card, hint hint! We will be having one of a kind, unique raffle baskets and 50/50 raffles and a delicious meal to follow! So let's get ready to Swing Fore Ascend!

www.ascendservicesinc.org

Ascend Forms New Partnership With Supplemental Warming Shelter

It was an idea that came from the heart. Deanna Genske, Executive Director of Ascend, was sitting home during one of the few large snowstorms that we experienced this past winter and had an idea. The large snowstorm led to public entities closing down on a Saturday. This led her to worry about individuals in our community who were without housing. Instead of sitting at home and basking in a snowed in day, she spoke with Paster Matt from First Presbyterian, and shared that Ascend Services would open its doors during the day on Saturday as a warm shelter for anyone who needed a place to go. Food and volunteers quickly arrived! Saturday led to Sunday, which then turned to every Sunday until Easter.



Warming Shelter

Ascend
SERVICES INC.

8 AM - 2 PM
OPEN SUNDAYS & HOLIDAYS
ALSO DURING INCLEMENT WEATHER

For More Information :
920-682-4663 EXT. 124
CELL 920-905-0950

822 South 13th Street
Manitowoc

Warmth From the Heart

Make a Difference by Donating



Ascend Services, Inc. is a 501(c)(3) Not-for-Profit Corporation. We all recognize the importance of working together and focusing on what people can do when given the chance. Ascend accepts donations from individuals, families, area support groups and companies to help us provide the best services possible.

There are a variety of ways to donate to Ascend Services. You can make an unrestricted donation that would be used for the day to day operations and provision of services. You may also designate a donation to be utilized for a specific purpose or for a specific program. The donation could go towards the Client Activity Fund which pays for special activities like summer picnic, dances and the Christmas Party.

Ascend Services also receives donations through outside avenues such as: local service organizations, corporate donations.

A Preservation Fund was established several years ago to assure that Ascend Services will be able to continue provide high quality services to people with disabilities. This fund is administered by the Lakeshore Community Foundation which ensures that Ascend Services has a managed and diversified investment portfolio.

All contributions are tax deductible as allowed by law. If you would like to make a donation, or have a question about possible bequests, please call Ascend Services at (920) 682-4663.

Youth Summer Program is Filled With Adventure, Fun and Learning



Ascend
SERVICES INC.

2024

June 10th - August 23

YOUTH Summer PROGRAM

M-F 8:30 a.m. - 4 p.m.

YOUTH CENTER

"A Great Place for Your Children"

Ascend Services Inc. Community Center
2802 Meadow Lane, Manitowoc, WI 54220
www.ascendservicesinc.org

Creative Summer Fun & Learning!



For more information call Tracy Olson
920-682-4663 Ext. 113
or email tolson@ascendservicesinc.org

June

June 10 - 14
A Summer of S'more Smiles Week

June 17 - 21
Epic Explorers Nature Week

June 24 - 28
All Star Sports Week

July

July 1 - 5
Party in the USA
Community Heros Week

July 8 - 12
Culinary Cruisers Cooking Week

July 15 - 19
Take a Ride on the Wild Side
Animal Week

July 22 - 26
Inquisitive Minds Science Week

August

July 29 - August 2
Make a Big Splash Water Week

August 5 - 9
Explore Around the World Week

August 12 - 16
Happy Campers Adventure
in the Community Week

August 19 - 23
Sweet Summer Memories Week

Opening Doors to Employment Opportunities with Ascend's Integrated Employment Program

The Integrated Employment Program assists students and adults with disabilities choose, obtain and retain employment in the community.

We have trained staff who focus on targeting jobs that best fit a persons talents and abilities. Time is spent with each individual, working with them to develop a resume, practicing interviewing skills and any other job readiness activities needed in order to prepare for employment.

Benefits for Employers

- Information on tax incentives
- Reduced training and supervision cost through the use of a job coach
- Dependable workers
- Information about The Americans with Disabilities Act

Offered Services Include:

- Internship/Temporary Work Experience
- Individual Placement and Support
- Job Coaching
- Job Preparation and Development
- Job Shadowing

Call Logan Rooney or Kellie Soulier at 920-682-4663 for more information.



Ascend Upgrades Client Transportation with New Transport Vans



Ascend made a very needed upgrade to our vehicle fleet. Earlier this year we purchased two 2021 full-sized vans after receiving three generous grants. A big thank you to The Hickory Fund, Green Bay Packer Foundation, and New Glarus.

The vans are used to transport larger groups of clients out into the community. Unlike the normal sized mini-van these vans can seat up to 11 people.



Ascend's 5th Annual Throw With All Your Heart in the Books!

On April 13th, Ascend hosted their Throw With All Your Heart fundraiser at Tapped on the Lakeshore. This was the fifth year for the Axe throwing tournament which once again included local celebrity axe throwers. The day was filled with games, food and fun! Holla on Wheels food truck was on site with delicious treats. Check out our winners, celebrities, and sponsors! Mark your calendars for next year April 12, 2025!



Paul Hoffman



Ryan Morris



Eric Sitkiewitz



Will Schneider



Capt. Jenny Moffitt



Jeremiah Novak

