



**GULF COAST TEACHING  
FAMILY SERVICES, INC.**

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

# Touching Lives

Issue 2 - Summer 2010

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## A Passion for Football



Richard C. is a recipient of our Personal Care Attendant Services (PCA), a program that assists individuals with disabilities in the performance of necessary daily living activities. Richard is very passionate about football and offered to kick off the new season with this article.

Wolfpack is a great football team; they won the State Championship in 2002, 2003, and 2005.

Two years ago I started helping the football team as a manager. I love it! This year, I am going to football boot camp: I will help the team again as a manager. We have a great football team this year. I hope we will make it to the Super Dome in December for the State Championship game.

My name is Richard C. I am a junior at Redemptorist High School in the Career Education Program. The Redemptorist

I love football! I like to watch college and professional football games too. *(Continued on page 3)*

## Fun Raising!

Scorching temperatures could not dampen the fun as GCTFS held its first annual Spring Fling Carnival on May 7 at the Florida Boulevard office. The back parking lot was transformed into a carnival midway, complete with big top tent, games, and mouth-watering sweets.

### *A Good Time for a Good Cause*

Clients and staff tried their luck on the bean bag toss and the rubber duck race, while others enjoyed the face painting and bingo tournament. Fried fish and chicken plates were sold for \$7 and many GCTFS staff donated homemade baked goods for sale. All the proceeds from the event went to pay for a client trip to the Audubon Zoo. The Spring Fling was a big success, making enough money to pay for the zoo trip, and the clients and workers enjoyed a wonderful day of carnival fun.

*(Continued on page 2)*



## Barbara's Knitting Circle

Barbara is one of our Supervised Independent Living (SIL) clients. She has been part of the GCTFS family for many years. Our SIL program assists adults like Barbara who have disabilities in learning and performing the skills necessary to live independently. Many of our SIL consumers have been very successful with careers, home ownership and volunteer efforts (read the article on page 4 about Jessie, another SIL client).

Barbara is a very dynamic and joyful person who likes to engage in activities with family and friends. She still finds time in her busy schedule to give back to the community. Barbara began volunteering at the local council on aging several months ago. She belongs to a crocheting circle and has knitted several throws that were donated to residents of nursing homes in the Baton Rouge area. She takes pride in her work, often stopping by the GCTFS office to show her new threads. Barbara's caregiver, Rhonda, who accompanies her to the Thursday meetings, is now hooked too: she has become quite an authority on crochet herself! When you ask Barbara why she crochets, her face lights up as she explains where they send the throws when they are finished.



Barbara working on a crochet project

## Fun Raising! *(continued)*

*"I Went on Down to the Audubon Zoo..."*

All the hard work that went into the Spring Fling Carnival was worth it when a huge group of GCTFS clients and staff boarded the buses on May 11, bound for the Audubon Zoo in New Orleans. For some clients, this was their first trip to the zoo and their excitement was obvious. The Audubon Zoo is very accommodating to individuals with disabilities, allowing all of our clients to experience the unique exhibits and activities. In the Louisiana exhibit, the site of a Swamp Monster sporting a Saints jersey brought particular joy to everyone. The group enjoyed a picnic lunch on the zoo campus, then returned to the buses to make the ride back to Baton Rouge, eagerly sharing their memories of the great day.



Maurice and the Swamp Monster



Patricia enjoying the Spring Fling activities

### *Where to Next?*

There is no greater gift than the look on our clients' faces when they are able to experience a new place or activity that might not have been possible without the help of Gulf Coast Teaching Family Services. Always ready to try new things, our clients are working on a possible camping trip to Jellystone Park and plans are in the works for a trip to Disney World in 2012.

While we would love to offer our clients endless opportunities for fun and growth, we are a non-profit agency and thus limited by budget restrictions and funding limitations. It is only through generous donations from friends in the community that we are able to plan trips and events for our clients. If you have any interest in donating to our programs, please contact our office at (225) 201-0696, or visit our website at [www.gctfs.org](http://www.gctfs.org).

### Contributors

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If you would like to be removed from our mailing list, please contact us at (225) 201-0696 or [info@gctfsbr.org](mailto:info@gctfsbr.org)

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## Dinner in a Pumpkin

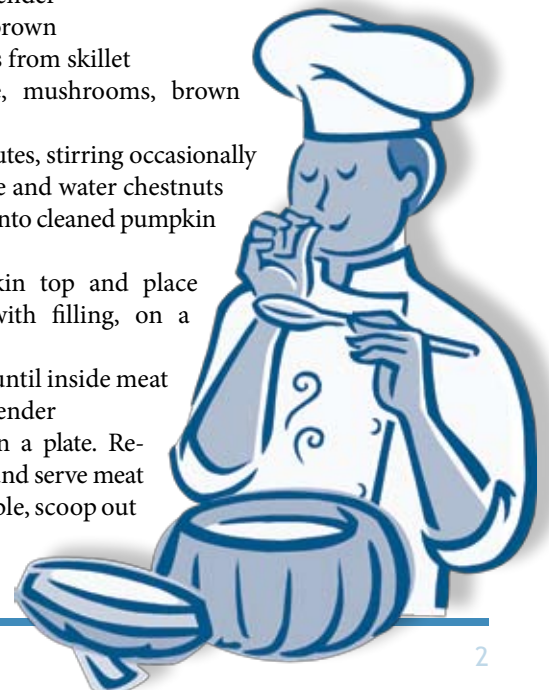
*(Courtesy of Randy Nichols, CAAH Executive Director)*

### Ingredients

- 1 medium pumpkin
- 1 onion, chopped
- 2 tbsp vegetable oil
- 2 lb ground beef or Italian sausage or meat of choice
- 2 tbsp soy sauce
- 2 tbsp brown sugar
- 1 (4 oz) can sliced mushrooms or fresh mushrooms sautéed
- 1 (15 oz) can cream of chicken soup
- 1½ cups cooked rice
- 1 (8 oz) can sliced water chestnuts

### Directions

- Cut off the top of the pumpkin and thoroughly clean out pulp and seeds
- Preheat oven to 350°F (175°C). In a large skillet sauté onions in vegetable oil until tender
- Add meat and brown
- Drain drippings from skillet
- Add soy sauce, mushrooms, brown sugar and soup
- Simmer 10 minutes, stirring occasionally
- Add cooked rice and water chestnuts
- Spoon mixture into cleaned pumpkin shell
- Replace pumpkin top and place entire pumpkin, with filling, on a baking sheet
- Bake 1 hour or until inside meat of the pumpkin is tender
- Put pumpkin on a plate. Remove pumpkin lid and serve meat
- For your vegetable, scoop out pumpkin and serve



## 2010 Football Schedules: Pick Your Team!

LSU Tigers		
Date	Opponent	Time
09/04	North Carolina	7:00 p.m.
09/11	Vanderbilt	TBA
09/18	Mississippi State (H)	7:00 p.m.
09/25	West Virginia (H)	7:00 p.m.
10/02	Tennessee (H)	7:00 p.m.
10/09	Florida	TBA
10/16	McNeese St. (H)	7:00 p.m.
10/23	Auburn	TBA
11/06	Alabama (H)	7:00 p.m.
11/13	UL-Monroe (H)	7:00 p.m.
11/20	Ole Miss (H)	7:00 p.m.
11/27	Arkansas	TBA
12/04	SEC Championship	3:00 p.m.

H: Home Game

New Orleans Saints		
Date	Opponent	Time
08/12	Patriots (P)	6:30 p.m.
08/21	Texans (H) (P)	7:00 p.m.
08/27	Chargers (H) (P)	7:00 p.m.
09/02	Titans (P)	7:00 p.m.
09/09	Vikings (H)	7:30 p.m.
09/20	49ers	7:30 p.m.
09/26	Falcons (H)	12:00 p.m.
10/03	Panthers (H)	12:00 p.m.
10/10	Cardinals	3:05 p.m.
10/17	Buccaneers	12:00 p.m.
10/24	Browns (H)	12:00 p.m.
10/31	Steelers (H)	7:20 p.m.
11/07	Panthers	12:00 p.m.
11/21	Seahawks (H)	3:05 p.m.
11/25	Cowboys	3:15 p.m.
12/05	Bengals	12:00 p.m.
12/12	Rams (H)	3:05 p.m.
12/19	Ravens	12:00 p.m.
12/27	Falcons	7:30 p.m.
01/02	Buccaneers (H)	12:00 p.m.

P: Pre-Season Game  
H: Home Game

Southern Jaguars		
Date	Opponent	Time
09/05	Delaware State	11:00 a.m.
09/11	Arkansas - Monticello (H)	6:00 p.m.
09/25	Alabama A&M	6:00 p.m.
10/02	Arkansas - Pine Bluff (H)	6:00 p.m.
10/09	Mississippi Valley State (H)	5:30 p.m.
10/16	Jackson State	6:00 p.m.
10/23	Prairie View	4:00 p.m.
10/30	Alcorn State	2:00 p.m.
11/06	Texas Southern (H)	6:00 p.m.
11/13	Alabama State (H)	5:30 p.m.
11/27	Grambling State	1:00 p.m.
12/11	Bayou Classic SWAC Championship	TBA

H: Home Game

## A Passion for Football *(continued)*

My favorite professional team is the New Orleans Saints. I was so excited during the Super Bowl. I hope they do it again this year. LSU is my favorite college team. Before Coach Nick Saban left LSU, I got to meet him at a party. He left the party with me and my Mom to walk over to see my tomato garden. He talked to me for a long time and then he invited me to watch LSU practice. It was fun to be on the football field with the Tigers.

My neighbor, my Dad and I make a football board every week during football season. We pick 10 college games each week. Then we pick which teams we think will win. We have a big football board trophy that goes to the person that picked the most winning games. I win it sometimes. It is a lot of fun.

Football is not the only sport I like to watch. Sometimes I go to see LSU baseball and basketball games. I go to most of the LSU men and women tennis home games. When I get older, I want to work with sports.

## Andrew's Take on...Art



Andrew C. is a client in our Supervised Independent Living (SIL) program. He is a bright young man, full of energy, and extremely creative. Andrew is the author of this column, as he is also very passionate about arts and entertainment.

Colors, markers, paints, clay, fashion, and music are all arts. Whatever is in your hand can be your masterpiece. Art has been around since the beginning of time and various artists have brought emotion and thought to a lot of art.

I like art because it is not just paper and pencil. There are all sorts of things you can do with creativity and imagination. Art can be formed in many ways. There are no rules except for one, and that is, it has to have meaning to you. You

could sculpt a sculpture with everyday items, or you could use clay, ice and even marble.

My friend Lacy is an artist and art teacher. She is a wonderful example to follow. When she does a painting, she first draws the image on a piece of paper with a pencil. Then she might color it with colored pencils. Afterwards, she picks a canvas. A canvas is the background, the home in which your painting is shown from. Lacy makes an outline of the drawing on the canvas, then she paints it.

I like art because it shows I have passion, and when I do it, it makes me feel special. It takes a lot of concentration and it is challenging. To me, art means "breathtaking".

## Your Donation Makes a Difference!



Support our programs at [www.gctfs.org/donate](http://www.gctfs.org/donate)

Vehicle donations are also welcome!

Gulf Coast Teaching Family Services is a private, non-profit corporation founded in 1983. We empower people with mental, physical, behavioral, and other challenges to improve the quality of their lives and to live as independently as possible in the community.



# Gulf Coast Teaching Family Services, Inc.

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## Celebrating an American Worker

With the Labor Day holiday approaching, GCTFS would like to recognize the achievements of a very special person, Jessie, one of our Supervised Independent Living (SIL) client who has been with GCTFS for almost 19 years.

### *An Exemplary Employee*

In September, Jessie will celebrate his 21 years of employment with Wal-Mart, where he works full time pushing carts and carrying groceries for customers—he may have already assisted you during your shopping!

### *A Responsible Home Owner*

Jessie purchased a house eight years ago, after attending the First Time Home Buying program. He is really proud of his home that he has updated to his tastes with some remodelling, including adding fresh paint and new countertops in the kitchen, and wood flooring for his living room. Jessie shares his residence with Buster, the dog he adopted three years ago.



Wanda, GCTFS Coordinator,  
with Jessie in front of his house

### *A Great Host*

Jessie really enjoys entertaining friends and family in his home. He has been the host of birthday parties and Sunday family dinners. He has been practicing his cooking skills with his caregiver who helps him with reading the recipe instructions, preparing the ingredients, and measuring the cooking times. Jessie has made a lot of progress and can now fix steaks, turkey wings and jambalaya to share with his guests.

## Before the Storm

Are you ready for hurricane season —which officially lasts through November 30<sup>th</sup>? If you do not have a game plan yet, you should start by preparing an emergency supply kit that includes the following items:

- Canned food and bottled water to last 3 to 7 days
- Can openers
- Paper plates, cups and plastic utensils
- First aid kit
- Mosquito repellent
- Medicines and prescription drugs
- Hygiene items
- Radios, flashlights and batteries
- Cell phones and notebook computers
- Identification documents
- Credit cards
- Legal documents and insurance policies
- Cherished photos

GCTFS has more tips you should know at [www.gctfs.org/hurricane](http://www.gctfs.org/hurricane)