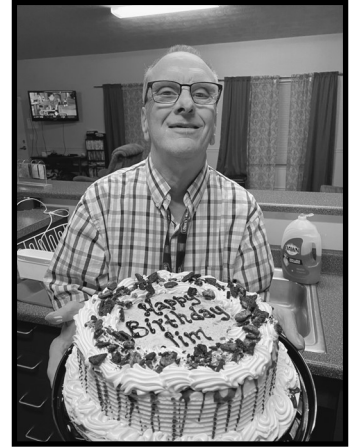


Celebrating Graduation, Friendships, and Birthdays at Valiant Living



Joyfully, people were able to join together and enjoy the social connections in 2022. We had a graduation, more outings, lunch dates for couples, and ate birthday cake without masks!



Valiant Living's Executive Director Dreams of an Outside Living Space and Makes It a Reality

What did we learn from the years of COVID? We learned that people need to be able to go outdoors more than being cooped inside. The outdoors helps us with stress relief, exercise, breathe in the fresh air, enjoy sports activities, and flower or vegetable gardening. With the help of my leadership staff, I envisioned a park atmosphere in the back of our main building. With board approval with COVID funds we proceeded to bring this dream a reality. In the fall of 2021, we started to develop this dream. I had envisioned a sensory type of park with a walking path, a place where people supported could walk freely and spend time outdoors. That walking path turned into more additions. If you're going to have a walking path, you need benches along the way. If you have a walking path, you need a place to have a picnic, so you add a picnic shelter. Thanks to United Way, Valiant Living received funds to purchase a handicap wheelchair swing for the park. People can now swing like you and I that take those simple things for granted. Through the generosity of Gerald Lange's donation, we purchased park furniture. People will enjoy handicap picnic tables, chairs, and benches. Next Spring, my vision also includes adding sensory items such as a xylophone, kettle drum, and other musical equipment to the area for people to enjoy. I want to make this a place where people supported and staff can be outdoors and enjoy what nature has to offer. A place where they can absorb the sunshine and enjoy the outdoors. I am a firm believer everything happens for a reason and there is something positive that comes out of every situation. Sometimes it is hard to find that positive, of course, but it's there, sometimes you may need to look deep. My positive out of COVID, a vision of a park became reality. We wouldn't have dreamed this could become a reality. With Special thanks to the Interlakes Area United Way, Gerald Lange, Rick Olivier, Mr. Bigge, and his students, Valiant Living has been graced to have a first-rate outdoor area for the people, guests, and staff. Your donations made this dream a reality for people supported and staff to enjoy. *Donna Uthe, Executive Director*

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Bowling is Serious, Good Fun



Valiant Living athletes joined other competitors for Special Olympics bowling, fun, and friendship at Cherry Lanes in Madison. The competition gets pretty serious, but in the end, popularity in this sport is *rolling in* because it's a natural place to meet up with friends, get some exercise, and you raise your spirits as you knock down pins! You can see by the photographs that many strikes were earned, but no one strikes out when it comes to awards. Every bowler gets to "wow" the other competitors and the audience, and if you get a chance, get out and support the bowlers when the season restarts. You may be bowled over by the fun!



Christmas Party 2022



1 39 40 41 42 43
3 54 55 56 57 58 59 60
11 72 73 74 75



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