



Sharing the Love

CAMPING TRIP HIGHLIGHTS

By Chrissy Rotermund

The NorthStar camping trip was...well, let's say it was "different" this year. Ok, I'll just come out and say it...it was downright COLD out there! Thank goodness for campfires! Nevertheless, a good time was had by all! Just being together in the wilderness, hanging around the campfire, talking, singing, telling stories and eating Mike's fabulous meals made it all worth the chill in the air. Tyson and Sammy did their usual thing helping everyone to get their tents up and their air mattresses inflated. That was much appreciated! On the first night Chrissy and Valerie Rode made an attempt at getting everyone to sing songs around the campfire. Angelina (Claudia's granddaughter) got some of us into playing UNO while others worked on painting rocks. Sierra came up with a great idea to make dream catchers and Valerie got others working on puppets and still others on building the stage for the puppet show. Later the puppets put on a rockin concert for us all.

Val, Merrilee, Claudia and Fara led everyone on a 1 mile hike down a beautiful trail to a waterfall. It was a long haul but we all made it. We got back in time to relax a little before

dinner. Looking forward to next year already!



Mark your Calendars

PERSON CENTER PRACTICES TRAINING

Will be held at the Grandview office on November 8th & 9th

9am to 4pm contact Vicki in HR if you would like to attend

FORT BRAGG STAFF APPRECIATION

October 11, 10:00 AM – 3:00 PM
Lunch will be provided by Mike Garman. See flyer or talk to Diana about details.

ALTA HOLIDAY PARTY

December 3rd

Lions Club, Diamond Springs

Details to follow

FORT BRAGG HOLIDAY PARTY

December 17th

Caspar Community Center, Caspar

Details to follow

TREMENDOUS LOSSES

We wanted to recognize some special people who have lit up our lives.

On August 1st, NorthStar had a celebration of life for Pamela Littlefield who, through supported living, was able to peacefully pass away in her own home on July 23rd, surrounded by her loved ones. Pam was extremely loving and kind. Everyone was her friend and everyday was her birthday. She was a lover of all music but her favorite song was "You Light Up My Life" and she could sign it.

She had a real connection to animals and a calming effect on even the most rambunctious of them.

Pam will be greatly missed by all who knew her.



NorthStar lost a wonderful employee on August 6th. Joanna Becker passed away in the early morning hours at a local hospital in Fort Bragg. Her death has come as a great shock to us all as she was an extremely valuable and well-liked employee and community member.

Joanna lived an exemplary life as a farmer both on the Mendocino Coast and in Costa Rica, turning her land over to her non-profit just last year before a journey abroad to care for her elderly mother in England.

Joanna also worked with troubled teens teaching them about gardening and cooking vegetables and taught self-sufficiency. She was a true naturalist who

worked the land not just for the joy of it but also as a life's purpose.

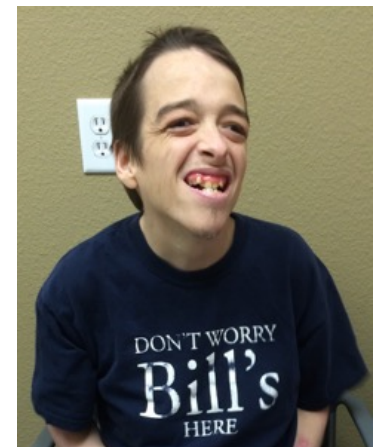
Joanna had a positive attitude even in the face of her own health challenges and lived well as an example to others. She was a progressive thinker who sought to give a hand up to those less fortunate in a multitude of ways.

May we learn from her selflessness on how to be better people.

NorthStar lost the very first person we supported as an agency on April 2nd of this year. Bill Coffelt was a pioneer. If not for Bill, many people would not have been able to enjoy the peace and comfort of living in their own homes.

Life with Bill was not always simple. We had our ups and downs, constant challenges and learning experiences. The high points, however, made the struggles all the more worth the effort.

Most of all we will miss the little things about being around Bill like his goofy nature and how he would make us feel important and needed when he would yell, say or utter our names. Bill will be dearly missed!



NEW ADDITIONS

On June 10th Brittani and Russell Brackett welcomed baby Ryder into their lives and nothing will ever be the same!



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SEND ANY PHOTOS OF FUN THINGS THAT YOU'RE DOING OR SPECIAL EVENT INFO TO crotermundnorthstar@icloud.com

Special talents of some NorthSTAR Fort Bragg employees!



On September 2nd Valerie Rode made a touching presentation about the meaning behind her soulful artwork and Eugene Connell's beautiful photo art was on display at the gallery as well.



Creative focus meetings have been happening on the coast

Kyle White picked a tie-dyed theme and the entire team joined in on the fun!

Frank picked an animal theme for his last focus meeting and we are now “Team Badger” to support Frank with his new healthy lifestyle. (no photo)

Rosemary hosted a private “Fun Hat Tea Party” in the garden at the Atrium Bed and Breakfast in Fort Bragg.



What unique ideas can YOU come up with for your next focus meeting???

Share Your Love



In February, in celebration of it being Valentine month, Val Nix collected comments from everyone about why they love NorthStar. Here are some of the appreciations we received:

I love my support team - I love the people I work with - I love that our team is so like minded and can share our lives and magical talents with one another - I love to Love - I love the support I receive from my CSF - I feel hear and appreciated at work - I love the adventures that happen at work - I love that NorthStar supports people in experiencing the most beautiful parts of life - I love open office - I love the holiday parties - I love Mike's catering - I love focus meetings - I love Paid Time Off - I love the focus on the individual and their lifestyle - I love the training offered - I love the support and encouragement from coworkers - Wonderful CSFs and all around support and training - I love the flexibility of my schedule - I love that we never give up trying new things and figuring things out together - I love how we are professional but we lean on each other and we are there for each other - I feel valued - I love it that we see growth and change with people we support as well as with ourselves - I love my boss and co-workers. Finally - I LOVE THAT I WORK FOR AN AGENCY THAT VALUES WHAT WE LOVE ABOUT OUR WORK AND AGENCY.

“Every single person has capabilities, abilities and gifts. Living a good life depends on whether those capabilities can be used, expressed and gifts given. If they are, the person will be valued, feel powerful and well connected to the people around them. And the community around the person will be more powerful because of the contribution the person is making.” John McKnight

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