

Focus Foundation



THE FOCUS FOUNDATION

"REACH NEW HEIGHTS"



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Fresh year, timeless mission

BY LINDSEY MARSHALL

WITH EACH NEW YEAR, COMES A FRESH START! NEW IDEAS, NEW GOALS AND NEW PERSPECTIVES. 2024 IS ALL OF THIS FOR THE FOCUS FOUNDATION.

WHILE REFLECTING ON 2023, OUR COMEBACK FROM COVID YEAR, WE WERE ABLE TO RISE ABOVE AND FIND THE LIGHT AT THE END OF THE TUNNLE AGAIN. THANKS TO OUR WONDERFUL INDIVIDUALS AND AMAZING DONORS, FOCUS FOUNDTION WAS ABLE TO HELP OUR AUTISTIC/IDD COMMUNITY BY PROVIDING SUPPORT AND FUNDS WHERE OTHERS MAY NOT HAVE OFFERED A HELPING HAND.

TOGETHER, AS A COMMUNITY, WE ARE ABLE TO MAKE POSITIVE CHANGE AND PROVIDE HOPE TO ONE ANOTHER. AND THE FOCUS FOUNDATION, IS JUST GETTING STARTED...

THE FOCUS FOUNDATION NEEDS YOUR SUPPORT



The FOCUS Foundation is a non-profit 501(c)3, that helps provide activities, special needs, and opportunities for individuals with autism and IDD to grow their independence, in ways that the state may not provide. We have many ideas for ways to expand our services and goals, but it takes a lot of money to do so. With that in mind, we are looking for companies to invest in The Focus Foundation.

We are asking you all to please encourage your favorite companies and local businesses throughout PA, to contact Cindy Domeier at cdomeier@focusnonprofit.org. Cindy is more than happy to speak with community members and business owners about the amazing work The Foundation does. With your support, we are given the tools to help adults with autism and intellectual developmental disabilities, reach their fullest potential.



“Although no one can go back and make a brand new start, anyone can start from now and make a brand new ending.”
 Carl Bard

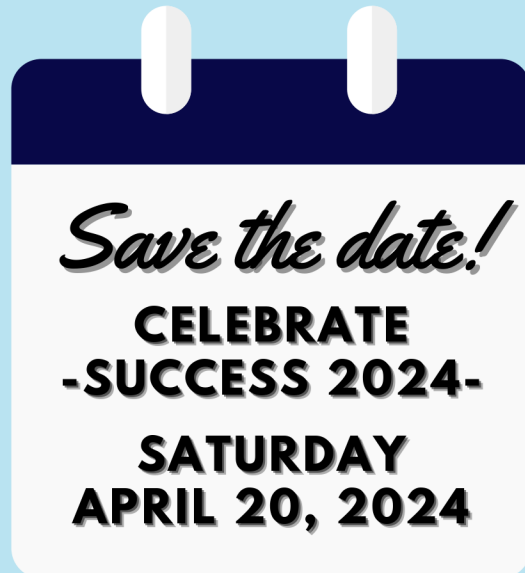
**HELP US SPREAD THE WORD ABOUT THE FOCUS FOUNDATION!
 EMAIL CINDY DOMEIER TO GET ON OUR DISTRIBUTION LIST FOR OUR VIRTUAL NEWSLETTER!
CDOMEIER@FOCUSNONPROFIT.ORG**



DONATE TODAY

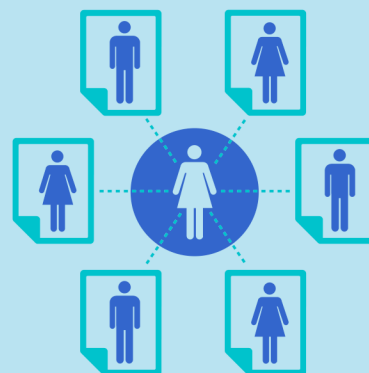


CELEBRATE SUCCESS 2024



Please save the date for our 2024 Celebrate Success Event, the second annual gathering dedicated to applauding the accomplishments of adults with disabilities and fostering encouragement and empowerment for individuals and families living with autism and intellectual disabilities. Taking place at the Gettysburg Area Recreation Park on April 20th, 2024, from 11:00 am to 3:00 pm, the event will feature live music, local food trucks, games, raffles, and more!

The Foundation will spotlight local individuals with disabilities who excel as artists, entrepreneurs, and volunteers, alongside businesses and local organizations supporting those with disabilities. Join us to celebrate and perhaps take home a cherished creation crafted with care by a talented individual. Be part of this meaningful occasion on April 20th, 2024, and support our hardworking individuals.



2nd annual

Celebrate Success

Supporting adults with Autism and Intellectual Disabilities
"Reach new Heights!"



VENUE :
Gettysburg
Recreation Park
545 Long Lane Gettysburg, PA

SAVE THE DATE :
Saturday April 20, 2024
11:00am - 3:00pm
Rain or Shine

Presented by: **The FOCUS Foundation**

FREE ENTRANCE

Food Trucks - Live Music - Raffles - Games -
Vendors - Face Painting - and more



focusnonprofit.org

Reach New Heights
Focus Foundation

For more information or to become a vendor,
Contact Cindy Domeier: (410) 259-1980

ACTIVITIES CALENDAR

Access Here- <https://teamup.com/ksedtkfqc8eenw82ta>

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Monday

10:00am- Native American History

3:00pm- This & That (4th wk)

5:00pm- Animal of the Horizon

Tuesday

11:00am- Health & Wellness

5:30pm- Pokemon Group

6:30pm- Music Group

(2nd & 4th wk)

Wednesday

10:00am- Creative Workshop

3:00pm- Dungeons & Dragons

(2nd & 4th wks)

Thursday

6:00pm- Delicious & Nutritious

(1st & 3rd wks)

**For in-person community events & activities,
please visit the link above for the most up-to-date
information.**

Interested in hosting a Zoom Group? Contact

Stephanie Duvall: sduvall@fbhi.net

Groups are always FREE and available to ALL!

**Subject to change, please see online calendar for updates.*

WANTED

🔍 ISO: FOCUS Foundation Board Members ✕

THE FOCUS FOUNDATION IS SEEKING MEMBERS OF OUR COMMUNITY AND AUTISTIC/DISABLED POPULATION, WHO ARE INTERESTED IN VOLUNTEERING THEIR TIME AND EXPERTISE TO HELP MAKE A DIFFERENCE IN THE LIVES OF INDIVIDUALS WITH IDD & AUTISM.

WE ARE LOOKING FOR INDIVIDUALS WITH SOME OF THE FOLLOWING QUALITIES:

- SOCIAL MEDIA/TECH SAVVY
- INTEREST IN WRITING QUARTERLY NEWSLETTER
- ORGANIZED & RELIABLE
- CREATIVE
- INTEREST IN POLICY CHANGE
- COMMITTED TO VOLUNTEERING

If you are interested in applying to become part of the
FOCUS Foundation Board, please contact:
Cindy Domeier- cdomeier@focusnonprofit.org



IN THE GARDEN

with Cindy Domeier



IN THE GARDEN

with Cindy Domeier

Over the past five years the FOCUS Foundation has been promoting gardening through my own personal garden. In 2019 we held yoga classes and taught gardening to several of the participants in the central PA area. While teaching how to thin perennials it occurred to me that we had lots of extra plants that I was just going to discard as we had so many. It was decided to take those extra plants and offer them on Facebook marketplace for a small fee, benefiting the FOCUS Foundation. The first year we raised several hundred dollars.

In the spring of 2020, as all of us remember, COVID-19 became a way of life. Many people were stuck at home, isolated and with little to pass the time. Although our gardening classes could not be held, I was still working alone in my garden and continued to offer plants for sale on Facebook Marketplace. In 2020 we raised over \$3,000. It was amazing! Although we may be limited due to state regulations, we are still able to offer plants to our community, and raise money for the FOCUS Foundation.

Keep an eye out this spring, summer and fall on Facebook Marketplace, for our plant sales. They will be offered by me personally (Cindy Domeier), but all the proceeds from the plant sales goes to the FOCUS Foundation. We will have plants for sale at our annual Celebrate Success Event. Just look for the FOCUS Foundation table to find out what we have to offer.



STORIES OF SUCCESS

News & updates from our Individuals

Budgeting

Budgeting money is something that most people can do relatively easily. Some of us do struggle with living within a budget, but for people with autism and intellectual developmental disabilities this can be a mountain to climb. Sometimes just the idea of creating a budget can be daunting. Stories of success in budgeting are especially heartwarming for me as it is usually one of the last things that hold individuals back from complete independence. I hope you enjoy this story.



KW's Story

BY SHAYNA PRICE

My individual, KW, wasn't very good at saving money. She would cash her check and it would be gone the same day. I sat down with her and discussed how managing her money would give her money throughout the week to do things. We sat down with envelopes and wrote needs on one and wants on the other. Within 3 weeks, she was able to budget her money and learn a new skill. She will still ask me to help her count her money and where she should put it (in which envelope). She has improved so much!

STORIES OF SUCCESS

News & updates from our Individuals

Tom's Story

BY EVA SANCHEZ, DSP

A few months ago, my individual, Tom, had expressed interest in hosting an Adult Autism Support Group. He had hosted this group in the past, but due to the COVID-19 pandemic, his group had unfortunately been disbanded. Tom had expressed to his team that he saw his group as an asset, to adults like himself, in providing the opportunity of giving social and emotional support to those within his community. He had expressed how vital it was for others to socialize and have fun with one another through these community activities, which he had noticed a lack of in the area that he resides. The group was very important to Tom back in the day, and he told us (his team) how it had brought a sense of fulfillment to his life and to the lives of those who had attended in the past, based on the peer review he had received.

After a lot of hard work, planning and coordination with staff, family, and himself, Tom was finally able to bring his beloved group back to life in December of 2023. In the past, he had seen attendance numbers of around thirty people, and although the December meeting only saw an attendance of three individuals, Tom did not let this discourage him and he is continuing on with hosting. To his surprise, the latest meeting in January saw almost double the amount of individuals AND staff, which served to boost Tom's confidence in the group and his ability to host. Despite the occasional setback here and there, Tom has said how much he looks forward to hosting in the future and how he hopes for the group to grow into what it used to be back in its heyday. He enjoys planning games and activities for everyone, as well as deciding what kind of refreshments he's going to provide next, switching things up month to month. Tom hopes that by featuring this story, he'll see an even greater increase in attendance in the near future. His group is open to anyone within the adult autism community.

For more information, or to RSVP, here is Tom's email and the groups location:

Contact Tom: tom2679@comcast.net

Group date/time: Third Thursday of the month from 7:00pm to 8:00pm

Location: 3185 York Rd, Gettysburg, PA 17325
(Freedom Valley Church: Room 205 (upstairs))



2023- A YEAR IN REVIEW



The FOCUS Services Foundation of Pennsylvania is starting off 2024 with high hopes and much thanks. Our 2023 was a wonderful year and we are so grateful to all our supporters for their help in supporting our participants in their quest to reach new heights. We are also thankful for all the hard work that our participants have done to overcome obstacles and challenge themselves to move towards independence.

This past year we were blessed to congratulate several individuals with a gift to help with furnishing their first home of their own. This is always exciting not only for our new independent individuals but for their families and their team. This step is always a celebration at the FOCUS Foundation as it has taken a lot of hard work and trial and error to achieve.

In April of 2023 we held our first annual, "Celebrate Success" event. We were able to celebrate the successes of many individuals who have started their own businesses, taken on volunteer positions they are passionate about, or pursued artistic gifts. We were also able to host many community organizations and local businesses that support adults with disabilities. These organizations were able to share with families and individuals what they can do to help them in their quest to reach independence.

We are looking forward to our 2nd annual "Celebrate Success" event on April 20th 2024 at the Gettysburg area Recreation Park. I hope you will mark your calendar and plan to come celebrate with us.

FOCUS FOUNDATION FUNDRAISERS

Focus Foundation Merch Store Fundraiser *New Styles Available*



Wear our logo loud & proud! Part of the proceeds will be donated to The Focus Foundation!

- FUNDRAISER OPEN -

[HTTPS://WWW.BONFIRE.COM/STORE/FOCUS-FOUNDATION-OF-PENNSYLVANIA/](https://www.bonfire.com/store/focus-foundation-of-pennsylvania/)

123 ITEMS SOLD

\$992.36 RAISED SO FAR!

COMMUNITY AID FUNDRAISER

FOCUS Foundation has partnered with Community Aid, who will be donating \$0.13/lb to The Focus Foundation. Just be sure to provide our partner number when making your donation. If you are not located in the area of a Community Aid, please share with your friends and family who are.

Partner #- 50092

LOCATIONS:

- HANOVER HARRISBURG
- LANCASTER
- MECHANICSBURG
- SELLINGSGROVE YORK

\$120 RAISED SO FAR...

THE FOCUS FOUNDATION
WWW.FOCUSNONPROFIT.ORG

DONATE YOUR UNWANTED ITEMS TO COMMUNITY AID & HELP THE FOCUS FOUNDATION

ITEMS ACCEPTED :
ELECTRONICS, TOYS, CLOTHING, HOUSEHOLD ITEMS (NO FURNITURE)
CLOTHING ITEMS SHOULD BE BAGGED SEPERATELY

PARTNER # = 50092

Faces of The FOCUS Foundation



Nick Mudgett
Founder



Cindy Domeier
President



Joe Ciccone
Vice President



Lindsey Marshall
Editor & Chief/Advocate



Tyler Mudgett
Advocate



Mendy Scholl
Advocate



Anthony Gittins
Advocate



Chuck Taylor
Advocate

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