

imagine
POSSIBILITIES

WE IMAGINE
POSSIBILITIES
EVERY DAY.

January 2018
New Year Update



Mistakes: The Key to Success

Thomas Edison once ran a company into the ground trying to extract iron from sand. Babe Ruth set the all time strike out record a week after he set the all time record for hitting the most home runs. SurePayroll, a payroll processing company in Illinois, once gave out Bronze, Silver and Gold awards to employees for the Best New Mistake.

“Mistakes are the tuition you pay for success,” said Michael Alter, president of SurePayroll. These examples, from Ron Friedman’s Book ***The Best Place to Work***, are rooted in a research tested psychological truth; if you are afraid of making mistakes while seeking to solve a problem your body goes into what is called avoidance motivation. Your blood vessels constrict and your body reacts as if it is under attack. Your thoughts don’t seek out new possibilities. They hover around what you have done before, what makes you feel safe.

Reading this book I was excited, intrigued and puzzled. At Imagine Possibilities we are responsible for the well being and care of our participants. How can we encourage each other to make mistakes?

First we define categories. Health and safety supports are easily defined. Medications must be passed on time, meals must be prepared according to protocols designed to prevent choking. We design systems to implement them and do our quality assurance checks.



But that is only half of our job. When it comes to selecting activities and outings we make many glorious errors. Last week we found out that the World Forestry Center wasn't that interesting to many of our participants. But we went there with the same spirit of adventure that led to our trying out the Oregon Museum of Science and Industry. That experiment led to a two year membership. Our outings to OMSI are some of our most popular, interesting and adventurous.

Every day we are seeking new experiences for our participants. But we are also seeking to help them expand their lives; to gain new experiences from activities they have done many times. Is today the day they will make a purchase at a favorite store without any assistance from a staff member? Will tomorrow be the day they try cooking a new recipe?

Yesterday in painting group Alli was carefully painting in designs of a flower in solid colors while next to her Bobbi was joyfully brushing in wildly colored petals around a bright yellow center. Katrina, the staff supporting the activity, was making sure everyone was participating, trying what they wanted to try.



Imagine Possibilities has a core value that states that every achievement matters, no matter how small it might appear. Learning to knit, to build with Legos, to enjoy a board game, to help prepare your own lunch or to visit a business to watch what goes on and think about getting a job; all these activities require that we approach them with a feelings of interest and adventure to have the best chance of success.

This excited, engaged feeling is what psychologists term an “approach motivational state.” It’s how you feel when you are aiming for an outcome that will reward you and enlarge your world. That’s why we cheer when we drop a few Legos or celebrate while we wipe up the batter that we spilled when first tried spooning it into a pan. Come join us if you would like to help us make our next mistake!

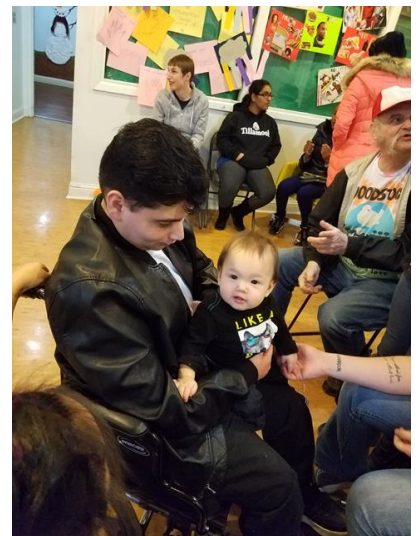
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Kevin Burke, Executive Director

News



Our 50s-style sock hop was a blast! Gang of greasers descended on the program to enjoy rock and roll on a Saturday afternoon! Here are some pictures from the event.





We've also updated our website! There are expanded sections highlighting our Employment (now fully certified and contracted with the State of Oregon Vocational Rehabilitation Services; way to go Rena Van Meter!) and Horticultural Therapy Programs, as well as updated information about our programs and testimonials from past and present participants. The IP website is continually being updated with pictures, new additions to the program, and upcoming events, so be sure to check back regularly.

[Click here to visit our website!](#)

Our New Year's Resolution

In 2018, one of our main goals is to move from community integration to community inclusion. We know that each of our participants are unique and special. Our next step is to support them in finding places and people that will facilitate inclusion; active participation in their communities. Being community inclusive means helping our participants to make new friends with similar interests by joining a knitting group at the local library, or joining a gaming or car lovers group with other members of the community. The goal is that our participants get to not only FEEL a



part of, but BE a part of something bigger. We don't want our participants to be an "add-on" or to be "tolerated" in our community, we want them to be accepted for who they are and live their best life possible.

Community Inclusion starts with lots of small actions; having the confidence to make a purchase, building relationships with the staff of a favorite business, practicing the social skills necessary to connect to people you meet. It means our teams have to work together to makes sure that Health and Safety needs are met. It means having the courage to be creative, the patience to allow for mistakes and the drive to keep trying. These qualities are important for the staff and participants of Imagine Possibilities.

And most of all community inclusion means **you!** If you know of or have a connection to a business that needs touring, a farm that needs visiting, an art gallery with an opening or any number of other locations and activities that might include us, shoot us an email. We are always in the market for ideas for community connection, including volunteer opportunities.

Thank you, and have a great 2018.



Imagine Possibilities
PO Box 5778
Aloha, OR 97007

503-649-6110