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Oppportunities, Inc. is a 501(c)(3) Non-Profit Organization committed to serving adults with disabilities.



## Social Network

Did you know that your chances of landing a job increases when you have a personal connection already in the company? We are all part of different communities with connections to businesses who have needs. Our Opportunities, Inc. community is comprised of eager, ready and qualified candidates to meet those needs! This is an ongoing opportunity for **YOU** to assist our work force by helping to connect our job seekers with businesses that you have personal connections to. The next time you make a connection or speak with a friend who's involved with a business, the Opp, Inc. participants challenge you to reference them and then send us the information.

In case you didn't know, here are some benefits to hiring an individual with a disability:

- Increased hiring pool.
- Positively impacts the retention of existing employees.

- ROI - Tax and other financial incentives including productivity benefits.
- Reduced cost of employee benefits available.
- Increased diversity.
- Response to an aging workforce.
- Increased work ethic/dedication.
- Enhanced staff morale.
- New look at creativity and problem solving.
- Becoming poised for future preference in Government Contracting.

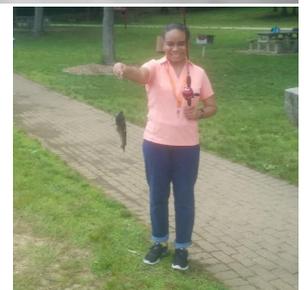
**Reference**

CareerCast.com. (2017, February 14). Benefits of Hiring People with Disabilities. Retrieved from <http://disability.careerast.com/article/benefits-hiring-people-disabilities>

~Erin Fig, *Director of Operations*

## The Fishing Club

This Spring, the fishing club was formed at the Lanham location. Over 20 individuals signed up to get their fishing license at Walmart. The group has been to various lakes and ponds in the Lanham-Bowie area, honing their fishing skills and learning about nature in the process. The feedback from the group has been extremely positive as group members enjoy catching fish and releasing them. The picture features one of our proud fisherwomen, Shadana, posing with her prize catch!



~Tenille Ademiluyi, *Executive Director*

**Inside this issue:**

Social Network	1
The Fishing Club	1
Highlights	2
Have You Heard	2
Programs	3
Healthy Tips for Summer	4

**Special points of interest:**

- *Opp, Inc. showed support for those fighting Colorectal Cancer. Pg. 2*
- *Being able to get around independently is meaningful to a lot of Opp, Inc. participants, which empowers them to become active members of the community. Pg. 3*
- *Healthy Tips for Spring 2019 Back*

# Highlights

## March was National Colorectal Cancer Awareness Month

Colorectal Cancer is the third most common cancer in the United States and the second leading cause of death from cancers that affects both men and women. People of all racial and ethnic groups are diagnosed with colorectal cancer. Unfortunately, Opportunities, Inc. has been affected by the ugly disease. Two employees were diagnosed with the cancer and had a long and painful battle with the disease. On March 1<sup>st</sup>, Opportunities, Inc. staff and participants raised awareness about colorectal cancer by wearing blue clothing and accessories. It was an amazing display of solidarity and cohesiveness within the agency; almost everyone showed up in blue to honor all who are impacted by this disease.

~ Elena Laun, Program Manager



## Have You Heard?

### Dress Code Summer 2019

As the warmer weather becomes more consistent, please keep in mind Opportunities, Inc.'s dress code.

- Clothing must fit properly, be clean and free from stains or holes
- Breath and odor should be fresh
- Hair should be cleaned and combed
- Facial hair should be shaved or trimmed properly
- Long pants or jeans are required on all cleaning, volunteer and job sites. Only wear sweats/athletic clothes if the activity requires it or is needed for dexterity purposes
- Shorts, dresses and skirts that lay no less than two inches above the knee, long pants or jeans may be worn on all non-cleaning or non-job sites
- Closed toed shoes are required on all cleaning, volunteer and job sites
- Open toed shoes are allowed, weather permitting, on all non-cleaning or non-job sites. Open toed shoes must have a back and be easy to walk in (i.e. no flip flops). If open toed shoes are desired please bring these in a bag as closed toed shoes are still required at Opp, Inc.
- Sleeveless shirts and tank tops must cover all private areas and undergarments (i.e. no spaghetti straps or cut off shirts)

## Spotlight



Ms. Betty Colbert, a Pre-Employment Specialist, has been with Opp, Inc. for 15 years and really enjoys working with our participants. She supervises activities that includes art and writing skills, and engages in discussions about community interests, how to problem solve, do laundry, and eat healthy, which includes fruits and vegetables, and maintain personal hygiene and dental care.

Ms. Betty says, *“To see their progress is both enriching and challenging. It’s amazing to see the talents of those who have found success in the community and now have jobs. And, when there are challenges, I try to encourage them to do their best, ask questions to get to the root of the problem, and encourage them to be nice to one another.”*

For anyone considering working with individuals with disabilities and/or looking to join the Opp, Inc. team, Ms. Betty says, *“Helping our participants is very rewarding. Patience is a must, and having a good sense of humor will help along the way. Be a good listener, and encourage and complement them [our participants] for all the progress they make. In time, you will see them improve and mature, and it is especially satisfying to see how far they have come from where they first started.”*

~Beverly Powell, Vocational Counselor



### *“Reinventing Opportunities”*

Plan a visit to Opportunities, Inc. and take a tour. We are excited about our new community programs, and would love to tell you about all of the exciting things our participants are doing in their communities.

**Lanham**  
301-731-4242

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# Programs

## Celebrating Independence Through Travel Training

In March 2019, Opportunities, Inc. (Opp, Inc.) celebrated the first anniversary of its fruitful partnership with the Center for Mobility Equity. We intend to continue this collaboration in an effort to promote the community advancement of Opp, Inc. participants. The Center's goal is to empower individuals with disabilities by exploring fixed-route transportation options through training, education, and outreach. It is designed to help individuals with disabilities explore and use transportation alternatives to access their destinations throughout Maryland.

Opp, Inc. participants have an opportunity to participate in the travel training program, which is ongoing and encompasses two interactive classroom activities conveniently conducted in the Opp, Inc. facility and one field trip at the end of each course. Opp, Inc. participants always look forward to the next sessions of the travel training program because classes are fun and educational. When you walk by the classroom, you always hear lots of interaction and laughter among the instructor and participants. The course is organized by two wonderful and delightful travel training instructors, Alex and Christine, who have designed their curriculum to be comprehensive, enjoyable, interactive, easy to grasp, and filled with real life examples. On the field trip, participants acquire practical skills, such as inserting



change for the bus trip, pulling a cord at the appropriate bus stop, practicing bus ride etiquette, asking the driver questions for assistance, and helping with identifying the different stops in an area.

Being able to get around independently is meaningful to a lot of Opp, Inc. participants, which empowers them to become active members of the community. Opp, Inc.'s hope is to continue the rewarding partnership with the Center for Mobility Equity and facilitate the community engagement and independence of its participants.

~Elena Laun, Program Manager



## The Road Less Traveled

Ibrahim Savane took the road less traveled. He learned how to take the RideOn bus 38 to White Flint Mall and then take the Red line to Bethesda in order to volunteer at the Wisconsin Avenue café.

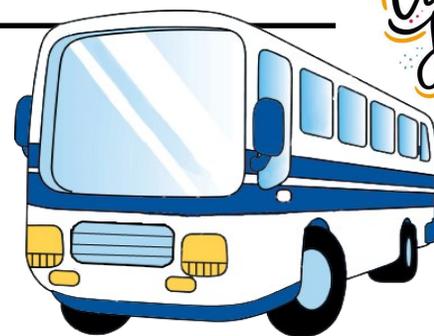
Rain or cold weather did not dampen Ibrahim's enthusiasm to report to Union Kitchen in Washington, DC.



Ibrahim has a set time for each day of the week to take the RideOn 38 to the Wheaton Metro to catch the Redline to Fort Totten in DC. He transfers to Metro E2 and gets off at Okie St. NE. Ibrahim is charting new ways in learning different modes of transportation. Ibrahim's travel experience is enhancing his social skills, reading, and attentiveness to changing environments. Most of all, Ibrahim is learning the importance of SAFETY in the community.

Ibrahim's knowledge of public transportation is an encouraging success, one step at a time.

~Vicky Geiger, Employment Specialist



## A Participant's Perspective

Max is a participant who says, "I'd like to find a job working at PetSmart or with animals. To help me reach my goal, I can have a good positive attitude. My favorite part of searching for a job is learning more about what I'm interested in and all the possibilities that are out there. I enjoy having new experiences in the community."



~Katherine Saulsbury, Vocational Counselor

# Opportunities inc

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**Established 1964**

## *About Us*

Opportunities, Inc. assists adults with disabilities allowing them to achieve their fullest potential for independence and self-confidence. Our services include supported employment, employment focused training and support, and community inclusion activities.

### Healthy Tips for Spring 2019!

For more information go to:  
**CDC.gov**

#### *Rethink Your Drink*



Substitute the sugary drinks with water to reduce calories and stay safe.

#### *Get Enough Sleep*



Adults need at least  
7 hours of  
sleep every night.

#### *Move More, Sit Less*



Get at least 150 minutes of moderate-intensity aerobic activity every week, plus muscle-strengthening activities at least 2 days a week.

#### *Eat A Healthy Diet*



Make healthy food choices like fruits, vegetables, whole grains, lean meats, and low-fat dairy products.

Make half your plate fruits and vegetables, and half your plate whole grains.



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