

December 2023



SAINT CATHERINE CENTER FOR
Special Needs

Join Us

Christmas Pageant

Wednesday, December 20, 10 a.m.

Featuring students from Saint Catherine Academy

Saint Catherine Center

760 Tahmore Drive, Fairfield

Please RSVP to 203-540-5381 or email

ahite@stcatherineacademy.org

Angels Among Us: Celebrating the Christmas Spirit



Saint Catherine Center for Special Needs transforms into a haven of warmth and joy during the holiday season. As Christmas approaches, the spirit of celebration takes on a special meaning at the Center. We strive to create an environment that not only celebrates the festivities but also radiates the true spirit of Christmas – one of hope, love, and inclusivity.

We understand the importance of creating a space where every individual, regardless of their abilities, feels a sense of belonging. The holiday season amplifies this commitment. The halls are adorned with festive decorations, and the air is filled with the sound of laughter and joy as students, adults, staff, and volunteers come together to celebrate the true meaning of the Christmas.

Behind every door there are stories of hope and joy that unfold during the Christmas season. Our students, and adults showcase resilience and determination as they engage in various festive activities. Whether it's crafting ornaments, or rehearsing for the annual Christmas pageant, each endeavor is a testament to their spirit and the support they receive from the dedicated staff, volunteers and community.

Creating a supportive and welcoming atmosphere is



at the core of our mission at Saint Catherine's. During the holiday season, this commitment takes center stage. Volunteers, local community members and businesses, join hands with our staff to organize special events, ensuring that every individual has the opportunity to partake in the festivities. Each year, the students decorate a Knights of Columbus Christmas tree with ornaments and decorations they make during art class in the weeks leading to December. A local garden center, Q Gardens in Milford, donated wreaths for the adult participants to decorate together. The Dartmouth Sings, an acapella group, filled the Center with beautiful carols that lifted everyone's holiday spirits.



It's the simple, everyday gestures that define the inclusive spirit at Saint Catherine Center. Whether it's a smile from a fellow student, a kind word from a teacher, or lending a friend a helping hand, these small acts of kindness contribute to the creation of a nurturing environment. During the holiday season, these gestures are magnified, turning the center into a gift wrapped with love and understanding.



As the Christmas lights twinkle and joy fills the air, we celebrate differences, embrace diversity, and find beauty in the unique abilities of each individual. The Christmas spirit at Saint Catherine's is not just about decorations and festivities; it's about the warmth that radiates from the hearts of our students, staff, and volunteers, creating a space where angels truly walk among us. Together, we celebrate the true meaning of Christmas – a season of hope, joy, and the unyielding power of community.



Life Skills Development

Supporting independence is a critical aspect of fostering overall well-being and quality of life. At our Center, we are dedicated to empowering individuals by offering a range of life skills development programs, with a particular focus on activities of

daily living (ADLs). These activities, which include basic hygiene routines and daily tasks, play a vital role in promoting independence and a sense of accomplishment.

Activities of daily living encompass fundamental tasks that are essential for maintaining personal hygiene, health, and a well-organized daily routine. These tasks include brushing teeth, brushing hair, setting a table, making a bed, emptying the dishwasher, laundry, folding, buttoning shirts, basic cooking activities, and so much more. For individuals with special needs, practicing these skills daily is crucial for mastery. Routine provides a sense of predictability and stability, which is particularly beneficial for our students and young adults.

At our Center, we are committed to providing tailored life skills programs that address the unique needs of each individual. Our programs are designed to be supportive, and focused on practical skill development that incorporate real-life scenarios to enable practical learning experiences that carry into their everyday lives.

These learned skills are meant to be transferable to life at home. Connor keeps a binder compiled with tasks he does at home that he can practice at school such as brushing teeth, shaving, and simple cooking exercises. He works with an occupational therapist to write instructions outlining each step of the task, arranges them in order, and he types it up to keep in his binder. He refers to his own instructions to complete a skill from start to finish.

“For Connor, sequencing of a task is harder when verbally instructed. A typed or written guide allows him to organize a task himself and practice a daily skill with more independence,” said Cindy Kydes, an occupational therapist partnered with our Center.

When Vishnu started his programming, he required more prompting and assistance to complete his daily living skills. Now, Vishnu is striving for more independence by focusing on following his written daily schedule to assist in prompting his next tasks. “Adhering to his schedule has enhanced his focus, minimizing avoidance. He is able to improve his abilities and self-sufficiency,” said Sonia Violet, team leader.

Empowering each person through life skills development is an integral part of our commitment to fostering independence and self-sufficiency. By focusing on activities of daily living and other essential skills, our Center aims to create a supportive environment where individuals can thrive and lead fulfilling lives. Through routine practice and personalized programs, we witness the remarkable transformation of individuals, highlighting the profound impact of life skills on their overall well-being. We look forward to each small success that exemplify the potential, growth, and



independence in every individual.



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5 pm – 7 pm

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