



# PEP TALK

## Programs for Exceptional People's Monthly Newsletter

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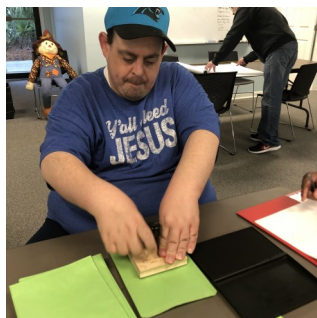
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We hope everyone had a good first month of the new year—PEP sure did! We moved into our new building on January 2 and we have spent the month getting settled in. Read more about our future plans for the building on pages two and three. Next on the PEP agenda is transitioning the ceramics program into the new building. Learn more about that on page four, along with a fun project we have been working on. In January, we kicked off our new music program, had visits from several volunteers and friends, worked on a contract job, celebrated multiple birthdays, and had a bunch of fun at recreation events. We even attended the annual spaghetti dinner hosted by the Knights of Columbus. Check out page five to see how much fun we had. We are thankful for our recent supporters and donors, especially those who donated through our annual appeal. Those individuals are recognized on page seven. Have a great February!

*To submit any comments, ideas for future newsletters, or to write a letter to the editor, please email [taylor.sullivan@pephhi.org](mailto:taylor.sullivan@pephhi.org).*



Organizing the New Building



Contract Work for ArtWare



New PEP Artist Aprons



Ergonomics Manufacturing



Honey Horn Plantation



Music Class



Cleaning the Carolina Dream Gym



Mighty Eighth Museum



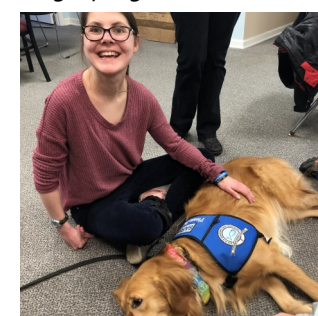
Valentine's Day Crafts



Michelle's Birthday



Robert Lee and Mr. Charlie



Sasha Comfort Dog Visit

# New Building Update

## Our First Month at 39 Sheridan Park Circle

We're officially in Bluffton! Members kicked off the new year by moving into our new building on January 2. After nearly eight months of building inspections, modifications, and renovations to comply with ADA standards and the State Fire Marshal, we received a provisional license in late December from the State (SCDDSN), along with a Certificate of Occupancy from the Town of Bluffton. This allowed us to begin occupying the new building in January while we continue working to receive our official license, which should be received within the next 30 days.

We have spent the past month settling in and getting used to our new space and location. We're already enjoying how much more room we have for different classes and activities. The plan is for each instructor to have their own activity room for their group. We are still attending our enclaves on the island, but are currently looking for more work opportunities in Bluffton. The new building also provides much more space to be able to complete contract work on-site, such as bulk mailing, stamping, and labeling.

If you haven't visited us yet, please stop in! We are open Monday through Friday, 8:00 am to 4:00 pm. We hope to have a grand opening event for the public within the next couple months. In the meantime, check out what our staff members are saying about their experience so far in the new building and their future plans.



***"I'm able to do many more exercises with my group in this building, even outside. We have a sidewalk now that we can actually walk up to a half mile each way and not worry about having to cross a street. "***

**- Ms. Mary Jo, Instructor**

***"We have the music department now. I'd like to have some local musicians come in and play for the members. Mr. Ray (volunteer) is working on that with me. I like to encourage members who do play instruments to play for us."***

**- Mr. Charlie, Instructor**





## New Building Update

### Our First Month at 39 Sheridan Park Circle



*"I love the new building. It's much bigger and we have the opportunity to use each room instead of all being in one spot. My class will be for crafts. I want to come up with a monthly calendar with something to do each day. Right now, I'm focused on the Valentine's craft. There are so many members and I want to make sure everybody gets an opportunity to work on that."*

- Ms. Stephanie, Instructor

*"I like my room and being able to have exercise classes again. I want to set up a circuit in my room—weighted circuits, step circuits, and bands. Then, just have them walk around and keep them moving. Almost like a boot camp style, but modified for them."*

- Ms. Connor, Instructor



The Island Dream Team took home the gold this weekend at the Snowflake Classic in Savannah and got to show off their new uniforms! We are so proud of them!



# Ceramics Program Update

## Transitioning the Program Into the New Building

The PEP ceramics store and studio at 163 Bluffton Road is officially closed. The ceramics program will be on a brief hiatus during the month of February as we transition it into our new building at 39 Sheridan Park Circle. We plan to attend the Bluffton Farmers Market a few Thursdays next month depending on weather.

A lot of great memories were made at the store and studio on Bluffton Road and we will always be grateful for the time we spent at that location. It is where the ceramics program transitioned into a profitable business and great artists were made.

We are excited to have all programs under one roof at the new location and for all members to be together. We look forward to the opening of our new store and studio in March!

## Kara Artman and PEP Artists Working on Mural in New Building

As we have mentioned in previous newsletters, in order to meet the proper code designated by the State Fire Marshal, we had to build a semi-wall in our new building. To help offset those construction costs, the Tiscornia Foundation very generously awarded us a \$10,000 grant. The Tiscornia Foundation is operated by Ed and Jeanne Tiscornia along with several other members of their family. Ed and Jeanne are the Aunt and Uncle of Kelly MacCarthy, a beloved PEP member who passed away unexpectedly on April 21 last year at the young age of 30. Through conversation with the Tiscornia family and Kevin and Wendy MacCarthy, Kelly's parents, we all agreed the wall would be the perfect opportunity to honor Kelly. Our plans included painting a mural and applying a plaque on the wall in memory of Kelly.

We are thrilled to announce we began painting the wall mural this month! Kara Artman, Ceramics Instructor and Artist-in-Residence is heading up the project and the PEP artists will be helping along the way. The theme is 'Celebrating the Lowcountry,' and the mural will include one of Kelly's favorite things—a flamingo. "The theme is based around our area and there's a flamingo for Kelly. The mural will include lots of bright colors and this design will age well. I included our Hilton Head Island established date as a way to bring the island with us to our new building and to always remember where we started," says Kara..

As one can imagine, creating a mural is quite the process. First, Kara used a projector to sketch images onto the wall, then she measured out the individual squares. Right now, Kara and the members are figuring out which colors to use for the images and squares. After that, members will help paint the solid squares, and to finish, Kara will paint the images using different shades of the colors to add variance. Stay tuned to see the finished product!





# Spaghetti Dinner Recap

## Knights of Columbus Annual Fundraiser

The Knights of Columbus hosted their annual spaghetti dinner fundraiser on Saturday, January 19. The event was held at the St. Francis Family Center. There was a ton of delicious food, along with a silent auction. The sauce and meatballs were donated by Mulberry Street Trattoria. The proceeds of the night greatly benefit PEP and individuals with intellectual disabilities. The spaghetti dinner is the biggest fundraiser of the year for the Knights of Columbus. The function was open to the public and several PEP members, staff, board members, and volunteers attended. Everyone really enjoyed themselves, as you can see from the pictures. We are so thankful for the Knights of Columbus and all they do for PEP and the community.



# Recreation and Leisure Calendar

## February 2019

### Saturday, Feb. 2

*Explore the Lowcountry*  
Drop off at St. Francis—9:00 am  
Drop off at Bluffton—9:30 am  
Pick up at Bluffton—TBD  
Pick up at St. Francis—TBD  
\*Members need \$15 for lunch and an activity

### Tuesday, Feb. 5

*Mini-Golf at Pirates Island*  
Pick up at HHI Post Office—4:45 pm  
Pick up at Bluffton—5:15 pm  
\*Members will need \$5 to participate

### Wednesday, Feb. 6

*Bowling at Station 300*  
Pick up at Station 300—5:30 pm  
Pick up at HHI Post Office—6:00 pm  
\*Members only need money for snacks

### Wednesday, Feb. 13

*Sign Language*  
Pick up at Bluffton—5:00 pm  
Pick up at HHI Post Office—5:30 pm

### Friday, Feb. 15

*Sparkleberry*  
Drop off at Bluffton—5:30 pm  
Drop off at Forbes Home—6:00 pm  
Pick up at Forbes Home—9:00 pm  
Pick up at Bluffton—9:30 pm  
\*Members need a swimsuit and towel

### Tuesday, Feb. 19

*First Tee Golf*  
Pick up at HHI Post Office—4:45 pm  
Pick up at Bluffton—5:15 pm

### Wednesday, Feb. 20

*Bowling at Station 300*  
Pick up at Station 300—5:30 pm  
Pick up at HHI Post Office—6:00 pm  
\*Members only need money for snacks

### Saturday, Feb. 23

*Polar Plunge*  
Drop off at St. Francis—9:00 am  
Drop off at Bluffton—9:30 am  
Pick up at Bluffton—2:30 pm  
Pick up at St. Francis—3:00 pm  
\*Members need \$15 for lunch and an activity

### Wednesday, Feb. 27

*Sign Language*  
Pick up at Bluffton—5:00 pm  
Pick up at HHI Post Office—5:30 pm

### Thursday, Feb. 28

*Movies at Northridge Cinema 10*  
Pick up at Northridge—TBD  
Pick up at Bluffton—TBD  
\*Members need \$6.50



## PEP in the News

Click to watch our most recent episode of Girl Talk



**Taylor Sullivan**  
PEP

**Nadine Stohr**  
Drab 2 Fab

**Debi Lynes**  
Girl Talk Host



## Recent Supporters

### Grants/Community Support

100 + Sun City Women Who Care  
Berkley Hall Charitable Foundation  
Cathy Jean Warden Memorial Fund  
Community Foundation of the Lowcountry  
Florence & Gordon Holland Family Foundation  
Hilton Head Area Association of Realtors  
Hilton Head Firefighters' Association  
Holy Family Ladies Guild  
It's Better to Give Back Fund  
Knights of Columbus  
Long Cove Club Community Charitable Fund

McGriff Insurance Services  
Rotary Club of Bluffton  
South Carolina Department of Transportation  
St. Francis by the Sea  
St. Francis Thrift Shop  
St. Lukes United Methodist Church  
The Loyola Foundation  
United Way of the Lowcountry  
Van Landingham Rotary Club  
Walmart Foundation  
Wexford Charitable Foundation

### Annual Appeal Supporters

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David and Patty Wetmore  
Eric Wojcikiewicz  
Howard and Barbara Wright  
Dean and Mary Lou Yannucci

Thank You!