



PEP TALK

Programs for Exceptional People's Monthly Newsletter

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The summer is flying by here at PEP—we can't believe it's already August! July included some arts and crafts classes, small trips, and fun recreation activities, like going to the Beaufort Water Festival. One PEP member took an exciting trip to Seattle—read all about it on page two!

PEP has a lot of exciting things coming up within the next couple of months. We are heavy into planning our annual gala, which will be held Saturday, September 8 at 6:00 p.m. at Sea Pines Country Club. (read page 9 for details). We are also busy working to license our new building, so we can begin operating in Bluffton. We are in the final step of the process, which involves the State Fire Marshal. We are anxiously awaiting the day we can provide services in our new building. Stay tuned!

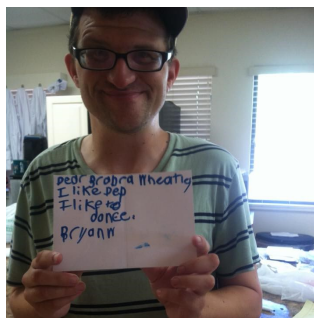
To submit any comments, ideas for future newsletters, or to write a letter to the editor, please email taylor.sullivan@pephhi.org.



Fourth of July



Mathieu at Special Olympics



Letter Writing Class



Trip to the Water Company



Welcome Back Sign for Tim



Making Bird Feeders



Cat's New Leaf Piece



Ridgeland H.S. Dog Show



Beaufort County Water Festival



David's New Security Badge



Cards for Col. Conley



Reading with Mr. Rick

2018 Special Olympics USA Games

July 1-6 in Seattle, Washington

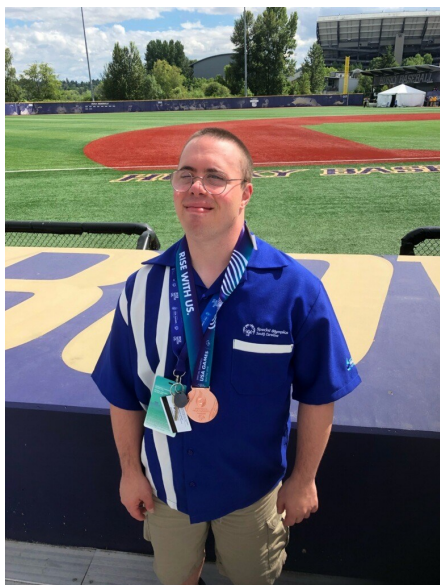
Mathieu Rocca, one of PEP's very talented members, took a trip to Seattle in July to the 2018 Special Olympics USA Games. Mathieu took the trip with his mom, Colette—they are Unified Partners in Area 8 (Beaufort County) Special Olympics bowling. They meet every Sunday at 2:30 from September to March for practice. The expense is covered by SOAR and many PEP members participate. To qualify for the USA Games that take place every four years, athletes have to attend the State Games. All athletes who attend State Games and receive a medal are eligible



to be chosen at random to compete in the USA Games. This is how Mathieu got this incredible opportunity. "USA Games is a great opportunity to meet with different people from the U.S. It's good to hear about how other people with disabilities enjoy sports, live, and work in their area. This is a great opportunity for challenged adults to travel and visit their country, form friendships and be part of the sporting world," says Colette.

Mathieu did a phenomenal job competing in the USA Games. He received a bronze medal for Singles, bronze for Teams, and placed fourth in Doubles. Most importantly, he had a great time competing, staying at the University of Washington, and exploring a new city. "Seattle is a beautiful, welcoming city. After his first competition, Mathieu wore his bronze medal everywhere we went. We visited Pike's Market and so many people stopped him and asked why he was wearing the medal. He was quick to answer and very proud to say he was from South Carolina. He enjoyed the attention," Colette says.

Mathieu is a talented athlete in many sports. He enjoys and excels in swimming, bowling, basketball, and golf. Through these sports, especially bowling and basketball, he has grown, made friends, and has become more independent. PEP looks forward to continuing to cheer him on as he competes in future events!



Volunteer Spotlight

Lil Regan and Pam Divan



For August's volunteer spotlight, we are featuring the dynamic duo of Lil Regan and Pam Divan. These awesome ladies have been volunteering together in PEP's ceramics program for seven years. They have seen a lot of positive change and growth at PEP over the last several years. They each bring a unique set of skills, talent, and background, and together, they make the perfect volunteering pair. Lil and Pam are very committed to the ceramics program and have given so much of their time and effort to PEP. We are lucky to have them.

Continuing reading to learn more about them and to hear all about their time volunteering at PEP!

How did you hear about PEP and why did you decide to get involved?

Pam—I'm a retired Special Ed. teacher and I was looking for something to use my skills and volunteer. I had previously worked in a therapeutic horsemanship program as a volunteer and loved it. I tried it here and it wasn't a good fit. I saw a paragraph in the paper about PEP and I came in and interviewed. I told them I was very interested in crafts and sewing and they put me in the pottery program.

Lil—There was an ad in the paper looking for a pottery assistant. I had been doing pottery for ten years, so I decided I'd try it. I came in and fell in love with the members and never left.

Do you have an background in art?

Lil—I have ten years experience in pottery, but before that, I did everything from woodworking to macramé and a lot of photography. My husband and I went to arts and crafts shows for 20 years. I also did folk art and made doll houses.

Pam—I've always done a lot of arts and crafts. I'm a seamstress. I did all of the art programs in different classes that I ran. I've always been very interested and involved in arts, crafts, and sewing. Lil is the potter and I'm the creative engineer. We push each other.

How do you know each other?

Both—From PEP.

Lil—When Pam came back to the pottery class, I went, "Ok, we're going to keep you."

Pam—Lil was there when I came in the first day.

Lil—We decided to start volunteering together. We set up and run the All Saints Garden Tour together. We started doing that about four years ago. That's a big money maker and we do get some parents to help us. We also work at the Italian Festival together.

Where are you from and when did you move to the island?

Lil—I'm originally from New Jersey, but my father was a Marine, so I moved around a lot. Then, I married a Marine. I've been here 32 years.

Pam—I grew up in the suburbs of Philly. We moved to Winston-Salem, North Carolina in '71. We were there for 34 years. We moved to Sun City and have been there nine years.

Volunteer Spotlight

Lil Regan and Pam Divan

How often do you volunteer at PEP?

Lil—I volunteer Tuesdays and Thursdays from 9:30 to 11:30. I also take the flowers and mushrooms home and glue them up to the stems.

Pam—I volunteer on Tuesdays from 9:30 to 11:30 and whenever we have a festival.

What do you do when you volunteer at PEP?

Lil—We both help with the pottery and help them design things.

Pam—Whatever they need to express their creativity. We do a lot of asking them questions, like “What color do you want?” I find myself kind of like serving and waiting on them sometimes because they’re busy. I empty water and get tools, so that they can do their work. We mainly assist. Kara does the actual lesson planning.

Lil—We help with creating. The elephant ear dishes I helped to create. I bring in my elephant ears that I grow strictly for PEP.

Pam—I’m part of the healing ministry at All Saints and we discussed having something tangible we could hold on to while we pray. We came up with ‘prayer tokens,’ but we call them pebbles at PEP. Lil and I talked to the members and they came up with some symbols they liked. We put dragonflies on our first pebbles. Each symbol has a saying with it and we put them in a little bag and sell them at PEP in the storefront.



What else are you involved in besides PEP? Do you have any hobbies?

Lil—I work with polymer clay at home. If I don’t have clay in my hand, I have my camera in my hand.

Pam—I’m very active with All Saints in Hilton Head. I’m the director of the healing ministry there and the official seamstress. I do a whole lot of sewing. I make dresses for orphans in Africa. I play bocce and help run that in our neighborhood.

What is your education and career background?

Lil—I grew up in a Marine family. I went to high school in Hawaii, and while I was there, it was granted statehood. I moved to Virginia and was an Editorial Secretary of the Marine Corps Gazette for six years. Coming to Beaufort, I was a collector of delinquent accounts for Navy Federal Credit Union. My husband and I went to arts and crafts shows for 20 years. When I retired, I decided I didn’t want to just sit around.

Pam—My degree is in Elementary Education and that consisted of Kindergarten through Eighth Grade in PA. I never worked for a public school in PA, I worked in a daycare. I worked for the county when they opened a head start daycare. I always found myself working with the lowest functioning children. Then, I had a crossroads in my life. I was looking for a part-time job and I had an interview with a program for enrichment for academically gifted children. Then, my friend recommended me for a three month substitute position in a new residential care home. I walked in there and knew I had found my forever teaching home. When we moved to Winston-Salem, I helped start a residential care place. Then, I put my resume into the public school system and I started the severe and profoundly handicapped program in Winston-Salem. We started with six students and by the time I retired 20 years later, we had six classrooms.

Volunteer Spotlight

Lil Regan and Pam Divan

What is your favorite part about volunteering at PEP?

Lil—I like the friendliness and politeness of the members and the staff. I enjoy working with my hands. It's a fun day to come here.

Pam—It's the same thing I fell in love with when I stepped into that program in Pennsylvania. It's the love. They soak it up when you have it to give. They give the best greeting.

Do you have any specific memories that stand out that you would like to share?

Lil—When we have our craft shows, especially the garden tour, we make sure members are there. They help and speak to the customers. It makes them feel like they're needed.

Pam—The first time we went to the All Saints Garden Tour and we made over \$1,100, it was a big shock. I like when we go out in the public and see the way the public interacts with the members. I think people really buy the art because they like it, it's pretty, it's useful, and it's made by a special person.



Interested in volunteering?

Fill out the volunteer
interest form on our
website!

www.pephhi.org/volunteer-application

The PEP Ceramics Program is in great need of volunteers! We are looking for individuals to spend time at our ceramics store in Bluffton, specifically on Mondays and/or Fridays. No art experience necessary - just be willing to get a little messy and have some fun!



Get to Know Our Team

Mary Jo Goeringer, Vocational Instructor

This month, we are featuring one of PEP's beloved instructors, Mary Jo Goeringer. Anyone who has met Mary Jo can tell you how much she cares about each member and how dedicated she is to PEP. She is kind, spirited, and an all around wonderful person. PEP has been lucky to have her as an instructor for three years now.

Continue reading to learn more about Mary Jo and the work she does at PEP!

How did you find your job at PEP and what got you interested in it?

There was an ad through the Island Packet for a job at PEP, and I applied because I've always worked with special needs and that's what I went to school for.

Where are you from and when did you move to Hilton Head?

I'm from northeast Pennsylvania and I moved here in 2008. I decided to move because of the weather. All my family is in Pennsylvania. I moved with my two cats. I was in northeast Pennsylvania for the first 50 years of my life.

What is your education background?

I have a Bachelors in Social Work and a Masters in Social Work. I also have a Concentration in Gerontology certificate. The Bachelors is from College Misericordia, which is now Misericordia University. The Masters is from Marywood College, which is now Marywood University.

What is your professional background?

I was a Cognitive Therapist for Children's Service Center, and that was for psychiatrically disturbed adolescents. In that role, I also did family therapy. Once I moved here, I worked at a pre-school for four years. Once the pre-school closed, that's when I got this job.

How is your job as an instructor different from the jobs of the other instructors at PEP?

I don't go to enclaves. I stay back with those not assigned to enclaves or those not able to work. Originally, I was hired to be a one-on-one worker with one of the members. Then, that position was no longer available, so they asked me to stay on as an instructor. We do physical exercises, and we do brain boosting exercises from trivia to questions. They love questions. We take nature walks. We visit local establishments, such as the water company and Bi-Lo a lot. We go over life skills and hygiene—anything and everything.

What do you find most rewarding about working at PEP?

Interacting with the members. You know what's neat about working here? Every time you see them, it's like as if you haven't seen them in a long time. I love this job. This is my favorite job I've ever had.

Get to Know Our Team

Mary Jo Goeringer, Vocational Instructor

What kinds of things have you learned from the members?

Definitely patience. I've learned to be happy about little things. Appreciate the little things.

Describe your typical day at PEP.

It depends if it's one of my days to do the bus run. We take turns. When the members get here, Connor does her physical exercise class. Then, at about 9:50, the enclave groups leave. Then, we start some more physical exercises and then we'll take a break and do some mental health exercises. Depending on the weather, we might go on a walk. If not, we have a whole routine we do here. Once the enclaves come back, we have lunch from 11:30 to 12:30. Then, we have clean up. We all have a trash schedule—Neal and I have Tuesdays. In the afternoons, it depends on what day it is, but that's usually when volunteers come in.

What are your hobbies and interests?

I'm one of the crazy cat ladies from Hilton Head and I'm proud of it. It's through the Hilton Head Humane Society, and it's called the TNR program—trap, neuter, and release. You have to release them back exactly where you trapped them. Some run off, some stick around. I have two colonies—the one in the back of my condo are all related, the ones across the street were already there and I don't know how old they are or if they're related. All together, there are 17 to 20. They're the healthiest feral cats you'll ever see. I only have one indoor cat. I do physical exercise every day. I mostly jog or walk. I walk every day, and I'm trying to get back to jogging after an injured foot. I like any type of aerobic exercise. I love nature. I garden, and I love to walk and look at all the birds.



Describe yourself in three words.

Energetic, humorous, and passionate.

PEP is selling tickets to the Italian Heritage Festival, taking place Saturday, September 15 from 11 a.m.—4 p.m. at the Coastal Discovery Museum at Honey Horn. Tickets are \$6 each.

**Purchase your ticket by calling
(843) 681-8413**



The Italian-American Club of Hilton Head Island is a charitable service organization which promotes Italian heritage/culture, while raising and distributing funds for scholarships & charitable organizations in the Hilton Head and Bluffton area of South Carolina.

Recreation and Leisure Calendar

August 2018

Wednesday, Aug. 1

Mini-Golf

Pick up at HHI—5:15 pm

Pick up at Bluffton—5:30 pm

*Members need \$5

Thursday, Aug. 2

Sparkleberry Pool Party

Pick up at HHI—5:30 pm

Pick up at Bluffton—6:00 pm

*Need change of clothes, towel, and swim gear

Saturday, Aug. 4

Pool Party at Nick Jacoby's

Drop off at HHI—9:00 am

Drop off at Bluffton—9:30 am

Pick up at Bluffton—2:00 pm

Pick up at HHI—2:30 pm

*Need change of clothes, towel, and swim gear

Tuesday, Aug. 14

Coastal Museum

Pick up at Bluffton—5:00 pm

Pick up at HHI—5:30 pm

Wednesday, Aug. 15

Bowling at Station 300

Pick up at Station 300—5:30 pm

Pick up at HHI—6:00 pm

*Members need \$5

Thursday, Aug. 16

First Tee Golf

Pick up at Bluffton—5:30 pm

Pick up at HHI—6:00 pm

Wednesday, Aug. 22

Mini-Golf

Pick up at HHI—5:15 pm

Pick up at Bluffton—5:30 pm

*Members need \$5

Thursday, Aug. 23

Ceramics

Pick up at Bluffton—5:30 pm

Pick up at HHI—6:00 pm

Friday, Aug. 24

Seahawks Football

Drop off at Bluffton—6:30 pm

Drop off at HHI—7:00 pm

Pick up at HHI High—9:15 pm

Pick up at Bluffton—9:30 pm

*Members need \$6 for concessions

Saturday, Aug. 25

Explore the Lowcountry

Drop off at HHI—9:00 am

Drop off at Bluffton—9:30 am

Pick up at Bluffton—3:00 pm

Pick up at HHI—3:30 pm

*Need comfortable shoes, hat, a bagged lunch, and \$10

Wednesday, Aug. 29

Bowling at Station 300

Pick up at Station 300—5:30 pm

Pick up at HHI—6:00 pm

*Members need \$5

Thursday, Aug. 30

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 episodes of Girl Talk



Thank you to our supporters!

Recent grants and donations PEP has been grateful to receive



Check presentation for donation given by Laura Bush and the 'It's Better to Give Back Fund.'

Knights of Columbus—\$900

Mr. and Mrs. James Breininger—\$600

It's Better to Give Back Fund—\$500



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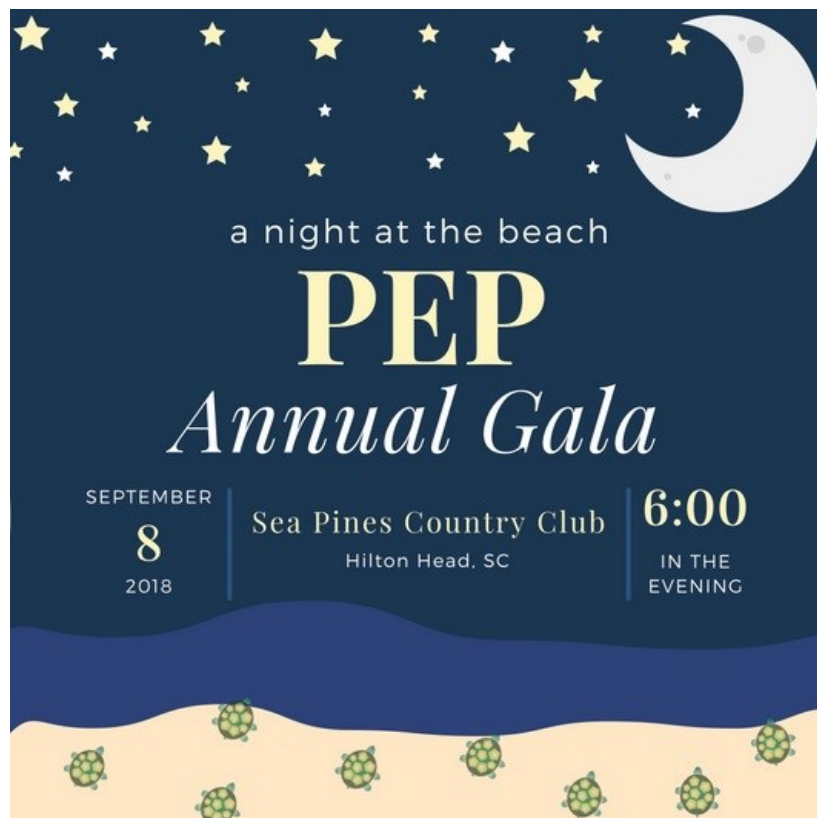
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through PayPal by using the
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**39 Sheridan Park Circle, Box 2
Bluffton, SC 29910**

843-681-8413

pephhi.org



You're Invited!

PEP's biggest fundraiser of the year, the Annual Gala, is coming up in just a few short months! It will be a fun night with dinner, dancing, a silent auction, and a live auction. Tickets are \$85 each.

Interested in promoting your business by becoming a sponsor?

Presenting Sponsor—\$2,500

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Silver Sponsor—\$500

Contact Taylor Sullivan at (843) 681-8023 or at taylor.sullivan@pephhi.org for ticket and sponsorship information.