



PEP TALK

Programs for Exceptional People's Monthly Newsletter

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October was a month to remember! It started with the Fish with Friends outing and picnic, followed by a trip to the State Fair (page four). The month ended with a fabulous Halloween party and costume contest (page five). Now it's time to start setting our sights on the holiday season and the end of the year. Our artists in the ceramics program have begun selling holiday items such as their famous Christmas trees and ornaments and we have started to plan for the Bluffton Christmas Parade on Dec. 1 (page four). Before we move completely to December, let's focus on what's coming up in November. This month includes a trip to the Jacksonville Zoo on the 16th, a break for Thanksgiving on the 22nd and 23rd, and Giving Tuesday on the 27th. Remember to spend time this month to focus on everything and everyone you're thankful for. PEP is thankful for our members and their families, our staff, our volunteers, and all of our supporters.

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



Ms. Rosa's Birthday at Carrabba's



Fish with Friends Outing



Visit to Lawton Stables



Walk on Coligny Beach



Trip to the State Fair



Nancy's Birthday



Wearing Orange for Unity Day



Special Olympics Winners



Hanging out at Holiday Farms



Bluffton Farmers Market



Nick's Birthday at Reilley's



Halloween Party

PEP Ergonomics Solutions

Ergonomics Product Manufacturing Micro-Business

In May of this year, PEP established its fourth micro-business called PEP Ergonomics Solutions. A local Fortune 500 company approached PEP and asked if we would like to partner with their ergonomics department as another employment opportunity for our members. The company has worked with similar non-profit community organizations in Savannah, but wanted to reach out to an organization in the Bluffton area.

As defined by *Merriam-Webster*, ergonomics is “an applied science concerned with designing and arranging things people use so that the people and things interact most efficiently and safely.” Basically, ergonomics products are designed to make people’s lives and jobs easier and safer. PEP jumped at the opportunity to have our members manufacture these products, as it provides them with many benefits, including compensation, a chance to work with their hands, and the potential to develop valuable vocational skills.

All materials needed to create the products are donated to PEP through the company’s ergonomics department’s recycling program. “Instead of throwing items away (worst case scenario) or recycling items (second to worst case scenario), we would rather re-use materials, effectively giving them a second life. This helps us keep cost low, prevents creating new waste streams, and makes many ergo projects much more viable. Sustainability and being a good steward of both our people and our natural resources is very important. Re-using materials for ergonomic products helps us protect our people and our planet at the same time,” says Kevin Barefield, Corporate Ergonomist. Members then make the products and are able to sell them back to the company we partner with, to other corporations, or to individuals.



The PEP Ergonomics Solutions micro-business is a group effort involving both members and staff. Tim Thayer, Director of Employment and Community Services, has been involved since the very beginning. “I discuss the different job opportunities with our point of contact, and I decide whether we can accomplish them or not based on how detail oriented the jobs are and if the members are going to be able to do them. We have been able to do most of the jobs requested,” says Thayer. So far, PEP has made office footrests of two different sizes and two different types of elevated creeper chairs that are used by mechanics.

PEP Ergonomics Solutions

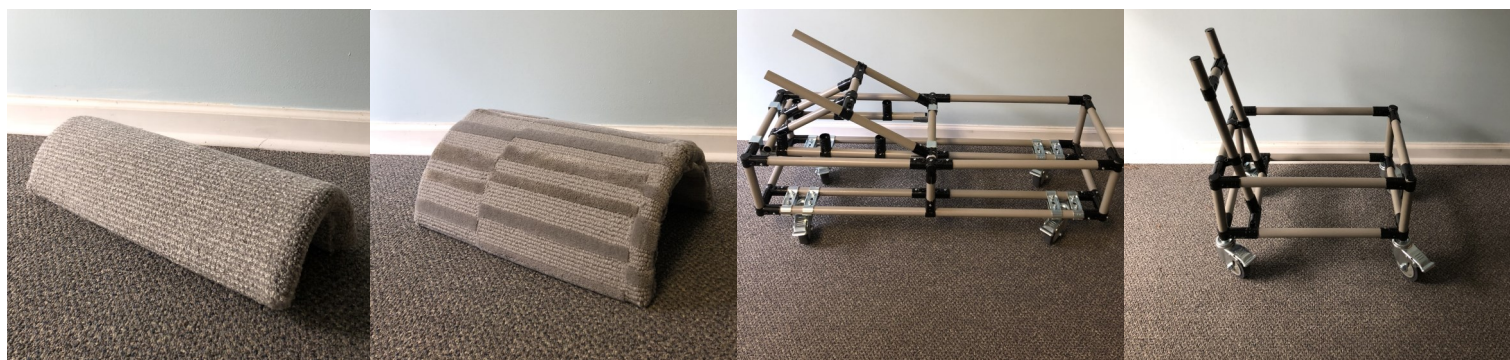
Ergonomics Product Manufacturing Micro-Business

PEP members have been enjoying manufacturing these products. Corey, a PEP member, says, “I help glue, help clamp—basically I do everything it takes to make the footrest. I like working with my hands.” Members work with staff and take direction to get parts and assemble the products. “They have learned hand-eye coordination, how to pay attention to details, and self-worth knowing they built something that is actually going to be used,” says Thayer.

Their hard work has paid off, as PEP has received multiple orders for the footrests and creeper chairs. Barefield says, “PEP has been an amazing organization to work with. Every request I send their way, I get a “can-do” response. I’m very happy with everything I’ve seen so far.”

The future looks bright for the PEP Ergonomics Solutions micro-business. Next, the members will be working on making air hose clamps for technicians. Thayer and Barefield both agree there is a lot of room to expand and many more products to make, some involving industrial sewing. “We have employees creating new ergonomic inventions every day. There will definitely be more products in the future. The sky’s the limit,” Barefield says.

PEP would love to have outside help, such as volunteers, involved in the manufacturing. Volunteers would ideally be hands on and enjoy putting things together, capable of problem solving, willing to learn the craft, and willing to teach the members. Anyone interested in volunteering with PEP Ergonomics Solutions should call 843-681-8413 or email tim.thayer@pepghi.org.



Italian Heritage Festival

PEP is selling tickets to the Italian Heritage Festival taking place Saturday, November 17 from 11 a.m. —4 p.m. at the Coastal Discovery Museum at Honey Horn. Tickets are \$6 each.



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.

Purchase your ticket by calling (843) 681-8413

Trip to the State Fair

Exceptional Citizens Day

PEP traveled all the way to the South Carolina State Fair in Columbia for Exceptional Citizens day on Thursday, October 18. This was a day for all individuals with life-long disabilities to get free admission into the fair. We made the two and a half hour trip with over 30 members using four PEP vehicles. Everyone had so much fun seeing all the animals, riding the rides, and eating delicious food. The trip was a big success thanks to the members, staff, and volunteers. We're already excited for next year!



Bluffton Christmas Parade

PEP will be walking in the Bluffton Christmas Parade on Saturday, Dec. 1 to kick off the holiday season and we are looking for some assistance! We are in need of volunteers to help walk with the members and pass out candy. We also would appreciate donations of candy to hand out. We would love to have some Christmas themed candy like candy canes, Hershey's Kisses, mints, etc.—no leftover Halloween candy, please. If you would like to volunteer, please email taylor.sullivan@pephhi.org. Candy donations can be dropped off at any of the PEP locations. Thank you!



Halloween Party and Costume Contest

Our second annual Halloween party and costume contest was a spooky good time! There was great food, good music, dancing, and so many wonderful costumes. Thank you to our Recreation and Leisure Coordinator, Trey Hennessee, for organizing the event. Thank you, also, to the restaurants that donated gift certificates as prizes (SERG, Fat Baby's, Mellow Mushroom, Jim n' Nick's), and to the volunteers who came and helped out. Fun events and parties like this are made possible by everyone's hard work and the participation of our members and their families.

Here are the winners of the costume contest...



First Place

Eric as Uncle Fester



Second Place

AJ as Zorro



Third Place

Contessa as a scarecrow



Most Colorful

Amanda as a nurse



Funniest

Sally as a cow



Cutest

Victoria as a minion



Most Original

Janneke as a butterfly



Scariest

Amy as a spooky spider lady



Fanciest

Meghan as a witch

Recreation and Leisure Calendar

November 2018

Saturday, Nov. 3

Port Royal Car Show
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
*Members need comfortable shoes, a hat, a bagged lunch, and \$10

Tuesday, Nov. 6

Mini-Golf
Pick up at HHI—5:15 pm
Pick up at Bluffton—5:30 pm
*Members will need \$5 to participate

Wednesday, Nov. 7

Sign Language
Pick up at Bluffton—5:15 pm
Pick up at HHI—5:30 pm

Thursday, Nov. 8

Pinckney Island Tour
Pick up at Bluffton—5:15 pm
Pick up at HHI—5:30 pm

Wednesday, Nov. 14

Bowling at Station 300
Pick up at Station 300—5:30 pm
Pick up at HHI—6:00 pm
*Members need \$ for concessions

Thursday, Nov. 15

Bluffton Farmers Market
Pick up at Market—5:00 pm
Pick up at HHI—5:45 pm

Saturday, Nov. 17

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

Tuesday, Nov. 20

Ceramics
Pick up at Bluffton—5:15 pm
Pick up at HHI—5:30 pm

Wednesday, Nov. 21

Sign Language
Pick up at Bluffton—5:15 pm
Pick up at HHI—5:30 pm

Wednesday, Nov. 28

Bowling at Station 300
Pick up at Station 300—5:30 pm
Pick up at HHI—6:00 pm
*Members need \$ for concessions

Thursday, Nov. 29

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

Friday, Nov. 30

Seahawks Basketball
Drop off at Bluffton—6:00 pm
Drop off at HHI—6:30 pm
Pick up at HHI High—9:15 pm
Pick up at Bluffton—9:30 pm
*Members need \$6 for concessions



PEP will be going to the
Jacksonville Zoo Friday, Nov. 16!

PEP will be closed Nov. 22
and 23. Happy Thanksgiving!



PEP in the News

Click to watch our most recent episode of Girl Talk



Giving Opportunities

Gifts of Time, Talent, and Treasure

PEP is always in need of supplies to operate our three locations, as we serve nearly 50 members per day. We would appreciate any donations of the following items:

- ♦ Paper Towels
- ♦ Toilet Paper
- ♦ Hand Sanitizer
- ♦ Lysol Wipes
- ♦ Lysol Disinfecting Spray
- ♦ Plasticware
- ♦ Paper Plates & Bowls
- ♦ Disposable Cups
- ♦ Hand Soap
- ♦ Tissues
- ♦ Napkins
- ♦ Cleaning Supplies

Items can be dropped off at the Vocational Center on the island at 10 Oak Park Drive, or at our Bluffton location at 39 Sheridan Park Circle. Thank you!



Give back while shopping!

Use AmazonSmile and Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to Programs For Exceptional People. Click the link below to start buying and giving to PEP!



<https://smile.amazon.com/ch/57-1036680>

You can also donate via mail, over the phone, or through PayPal by using the 'Donate!' button on our website!

**39 Sheridan Park Circle, Box 2
Bluffton, SC 29910
843-681-8413
pephhi.org**

Giving Tuesday

Giving Tuesday takes place November 27 this year. It's a global day of giving to kick off the charitable season. We would be so grateful if our supporters would take part in Giving Tuesday and choose PEP as their organization!

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 Monday, Tuesday afternoon, and Wednesday.

No art experience necessary - just be willing to get a little messy and have some fun!