

You're Invited!



2010 Recognition Dinner
Celebrating 25 years
Wednesday, November 17, 2010
5:30 p.m. – 8:00 p.m.

Sterrett Center - Fort Harrison

8950 Otis Ave, Indianapolis IN 46216

**RSVP by November 10 to Kathy McClure at
968-9033 or kmcclore@thetangramway.org
or Lindsey VanDyck at 968-9048 or**

lvandyck@thetangramway.org

Cost is \$15 per person

You are invited to Tangram's annual 2010 Recognition Dinner to thank our loyal donors for their support of Tangram's mission. This year, in celebration of our 25th Anniversary, we will celebrate and honor some of the most dedicated families at Tangram.

Each year, The "Extraordinary Lives" Award is presented to the donor who exemplifies Tangram's values; Inspirational, Generous, Communal, Thoughtful, Innovative, Ethical and Respectful, thereby creating extraordinary lives for the individuals we support. This year, the award will be given to a family member who has exemplified the Tangram values and given 23 years of service: **Congratulations to Irene VanKirk!**

Please join us as we honor Irene and other families who have shown commitment to Tangram through financial support or who have allowed us to support their children for 15 years or more.

and the sky is the limit!

Tangram Total Health: Turning over a new leaf in October

Last month, we kicked off Phase II of Tangram Total Health. This month, we have more news to report on our wellness initiative, which is generating excitement among staff and clients. In October, we:

- Developed a schedule of fitness classes to be held at Tangram
- Received Heart Alive screenings (blood pressure, height, weight, waist and hip measurements, blood sugar, and cholesterol) which will give us a baseline and allow us to gauge our progress
- Continued Wednesday Walkers Club
- Received weekly, agency-wide e-mail tips

Heart Alive!

The Heart Alive Program is a free program offered by the Marion County Health Department. Participants receive a free initial screening and are eligible to receive a follow-up screening six months later if they attend 5 of the hour-long educational lunches, which cover topics that range from reading and understanding food labels to physical activity.

We are thrilled that Heart Alive will be offered to staff and clients at one of our largest properties, Greenlea, this Thursday. This event will kick off our wellness initiative at Greenlea. We look forward to an atmosphere of synergy and support for everyone due to the large number of staff and clients at this location.

dreamers are
the
leaders

join the
movement

Join the Tangram Team!

Tangram is looking for individuals who are dedicated to a career in direct services, engaged in the community, enthusiastic about working with people, motivated to make a difference in the lives of others, and respectful of Tangram's commitment to create extraordinary lives for our clients. If this sounds like you or someone you know, consider joining the Tangram team!

Open positions:

- Direct Support Professionals
- Program Manager (Greenfield)
- Nurse to provide Healthcare Coordination

Minimum job qualifications~ Must be 18 years or older, have a valid driver's license, reliable vehicle and current auto insurance.

For more information please visit our website at www.thetangramway.org, call the job line at 968- 9100 or visit our Administrative offices at 5155 Pennwood Drive, Indianapolis, IN 46205

Calling All Do-It-Yourself Enthusiasts!

Tangram is committed to providing clean, well-maintained, and comfortable properties. We aim for a quality standard of living for the clients who live in and access our homes.

Tangram owns and maintains 11 properties. Accessible, affordable housing is essential for people with disabilities to live independently. We want our clients to feel

comfortable and welcome in their homes, neighborhoods, and communities.

We need your help! Tangram's property wish list grows every year due to the constant maintenance and upkeep required on our properties and due to wear and tear that accumulates over time.

If you are skilled in small home improvement projects, repairs, and maintenance and are interested in volunteering with us, please contact Lindsey VanDyck at (317) 968-9048 or lvandyck@thetangramway.org.

DONATE!

- Workout equipment: free weights, machines, fitness balls, resistance bands, medicine balls, etc.
- Yoga mat
- Exercise DVDs, especially those geared toward individuals who use wheelchairs
- Wii and Wii Fit games
- A television for the workout room
- [Make a financial contribution to support this program](#) on our safe and secure donation page

VOLUNTEER!

- **Lead a fitness class: yoga, pilates, zumba, aerobics, tai chi**

GoodShop SAVE MONEY... SAVE THE WORLD

GoodShop allows you to donate to Tangram just by shopping online! Shop at Amazon, Target, Old Navy, Barnes and Noble, Ebay, The Apple Store, Orbitz, and hundreds more! Do all of your holiday shopping in your jammies and your charitable donation will be sent to Tangram! Just enter "Tangram" into the "Who do you GoodShop for?" box to verify that a percentage goes to Tangram.

[Click here to get started!](#)

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