



TOGETHER WE THRIVE

Continuum Help Foundation

April 2025 Newsletter

Empowering Lives, Building Communities

Laquanda's New Beginning



Laquanda's journey with Continuum Help Foundation is a powerful story of growth, resilience, and transformation. After joining as a volunteer a year and a half ago, she quickly became a key contributor to several internal programs. Her initial responsibilities included supporting the pantry managing supplies, helping distribute essentials, and ensuring the space remained welcoming. She later stepped into roles in housekeeping and managing the snack bar/store, demonstrating attention to detail and a calm, professional presence. Over time, her commitment and natural interpersonal skills led her to the front desk, where she now works full-time as a receptionist. She participates in group sessions, appreciating the space and privacy they offer to reflect and connect. Her journey illustrates how the right environment, combined with

determination, can foster personal and professional growth. We are honored to have Laquanda as part of our team and community.

Spring Activities and Growth



Spring has brought renewed energy and exciting programs to Continuum Help Foundation. Throughout the season, clients and staff have the opportunity to participate in a variety of enrichment and wellness activities. Participants also take part in weekly small-group sessions that focus on life skills, mindfulness, and creativity. These include We also encourage seasonal participation through themed events and special discussions tailored to client interests. All programs are designed to meet people where they are while nurturing connection and confidence. The feedback

from clients and staff has been overwhelmingly positive. Please check with our administrative staff for current dates, times, and how to get involved. We welcome everyone to join in and celebrate the season of new beginnings.

Marlene Director of Client Services

Marlene has been part of Continuum Help Foundation since 2020 and now serves as our Director of Client Services.



She brings more than a decade of blended retail and medical-office expertise, holding a Medical Office Specialist credential from Kaplan Institute.

Her career began with vocational-rehabilitation programs where she guided clients with traumatic brain injuries (TBIs) as they rebuilt workplace skills. She later transitioned to medical case-management roles, scheduling doctor appointments, documenting treatment, submitting claims to auto insurers, and guiding SSI and SSDI applications.

At Continuum, Marlene oversees client intake, maintains detailed case files, and coordinates service accommodations.

She also acts as our office manager arranging maintenance, scheduling repairs, and ensuring every visitor has the resources they need.

Colleagues call her the anchor of daily operations thanks to her client-retention strategies, calm leadership, and unwavering empathy.

Marlene's guiding belief is simple: "When people are at their lowest, compassion matters most."

Fun fact: she relaxes after hours by diving into her favorite K-dramas.

We are growing our team and expanding programs this spring

Continuum is currently hiring Van Drivers, Direct Care Staff (CLS), and Job Coaches. We have also welcomed new clients and team members across departments. As we continue to grow, we remain focused on delivering consistent, person-centered care. If you know someone who would thrive in a supportive and mission-driven environment, invite them to explore employment opportunities with Continuum.

Autism Awareness Month



Autism Awareness Month is recognized globally every April, with Autism Awareness Day falling on April 2. At Continuum Help Foundation, we use this opportunity to engage in thoughtful dialogue, increase awareness, and honor the unique strengths of individuals on the autism spectrum. Throughout the month, our programs include group conversations and team reflections centered on inclusion and communication. We also review and improve support strategies to ensure we're meeting the diverse needs of our community. Staff members have access to training resources that help deepen understanding and reinforce empathy-based care. Our goal is to foster environments where all people can thrive regardless of

how they process the world around them. Autism Awareness Month is not just a moment for learning it's a reminder of the importance of ongoing commitment to equity and belonging.

Admire Cleaning Program



We are pleased to honor our ongoing partnership with Admire Cleaning Services. In the past six months, Admire has employed 5 Continuum clients across various cleaning and support roles. These placements have opened up meaningful opportunities for individuals to contribute to the workforce and build long-term stability. Their professionalism and compassion stand out, making them not only a business partner but a true ally in community-building. Clients employed through Admire report improved confidence, satisfaction, and skill development. This success is a testament to what can be achieved when businesses choose to empower diverse talent. We thank Admire Cleaning Services for their vision and commitment to inclusive employment.