



TOGETHER WE THRIVE

Continuum Help Foundation

March 2025 Newsletter

Empowering Lives, Building Communities

Leigha's Journey of Strength



Leigha's journey is marked by incredible resilience. Years ago, she survived a catastrophic car accident that resulted in a traumatic brain injury so severe, doctors believed she might never walk again. After emerging from a lengthy coma, Leigha faced the daunting task of relearning how to walk, talk, eat, and reestablish basic life skills—everything from socialization to soft skills. With the support of her loved ones and the resources available to her, she began to rebuild her life.

With the help of her care team and her own unwavering determination, Leigha worked toward earning her GED. She received encouragement and tutoring along the way—drawing strength from both her family and supportive staff. When she reached her goal and graduated, the Continuum community celebrated her accomplishment with a well-deserved graduation party, complete with guest speakers and her proud family.

Leigha is now a key part of our Guest Services team, where she contributes across multiple programs. She supports our

hydration initiative, offers snacks and encouragement to others, helps package items like Insomnia Cookies, and even leads as a supervisor within the housekeeping and hospitality program. Through our Customized Employment Program, Leigha continues to develop professional skills that promote greater independence and self-sufficiency.

When Leigha expressed interest in starting a wellness class, she envisioned a space where others could build routine, connect with peers, and improve their health. That vision became our Monday Exercise Class—held weekly from 2:00 to 3:00 PM. With help from her team, she shaped the program from the ground up. Though early attendance was low, it quickly grew to a strong and steady group thanks to Leigha's consistency and community support.

Leigha has been a dedicated leader in the Monday Exercise Class and a true inspiration in the Continuum family since 2015. Her passion for wellness and community continues to shine, and we're proud to walk alongside her on this journey of growth and empowerment.

Resource Corner

- Donate: <https://continuumhelp.foundation/donate>
- Newsletter Archives: <https://continuumhelp.foundation/newsletter-archives/>

Join Our Team: Community Job Developers Wanted



We are excited to offer engaging activities that promote wellness, fun, and community connection. Here's what's happening this month:

- Hydration Station & Healthy Snacks – We're encouraging healthy habits with refreshing drinks and fresh cucumber slices as a nutritious snack. Staying hydrated and eating well is key to feeling our best!
- St. Patrick's Day Fun – A day to enjoy themed activities, wear green, and share in a little lighthearted fun.
- First Day of Spring – The season of renewal is here! We'll welcome spring with activities focused on fresh starts and new opportunities.

These events are designed to bring joy, engagement, and a sense of community to all involved!

Spotlight on Ms. Carolyn Sutherland



Ms. Carolyn has been a beacon of support within our community. Her seasoned expertise and unwavering kindness have made her a vital asset to our team.

With years of experience as a local school psychologist, Ms. Sutherland dedicated herself to understanding and helping clients, including those with special needs, by providing exceptional care and guidance.

Now retired, her deep knowledge and compassionate approach continue to inspire both our staff and clients alike. Whether assisting with events or working diligently behind the scenes, she ensures everything runs smoothly and with heart.

We are profoundly grateful for her remarkable contributions and the lasting impact she has made in our community.

Join Our Team: Community Job Developers Wanted

We are actively seeking passionate and dedicated individuals to join our team as Community Job Coaches. In this role, you will work closely with our clients to help them discover meaningful employment opportunities, build skills, and create brighter futures.

We believe that every individual deserves a chance to succeed, and your contribution can help transform lives in our community.

If you have a strong commitment to making a positive impact, enjoy working collaboratively, and are ready to support others in their journey toward professional success, we encourage you to explore this rewarding opportunity. Interested candidates should reach out for further details.

Empowering Individuals on World Down Syndrome Day



Down syndrome is a genetic condition caused by an extra copy of chromosome 21. It affects physical development, learning, and overall health, but with the right support, individuals with Down syndrome can lead fulfilling and independent lives. World Down Syndrome Day, recognized on March 21st, raises awareness, promotes inclusion, and advocates for equal opportunities for people with Down syndrome.

At Continuum, we are committed to creating an environment where individuals with Down syndrome can thrive. We provide essential support services, including job training, social engagement programs, and individualized assistance to help them develop skills, build confidence, and achieve their goals. By fostering inclusion, we help break down barriers and ensure our clients have access to meaningful opportunities.

This day is a reminder that people with Down syndrome deserve respect, acceptance, and the chance to contribute to society. Whether by participating in advocacy, hiring individuals with disabilities, or simply spreading awareness, we all have a role in making the world more inclusive. Let's celebrate the strengths and unique abilities of individuals with Down syndrome, not just on March 21st, but every day. Together, we can create a more supportive and accepting community for all.

Partner Recognition: Dress for Success



We are proud to recognize our valued partnership with Dress for Success, a global nonprofit dedicated to empowering unemployed and underemployed women. Through the Dress for Success National Program, our clients benefit from exceptional professional attire services that provide high-quality clothing and accessories. This initiative supports our clients in presenting themselves with confidence as they pursue the job opportunities we provide.

For over 26 years, Dress for Success has led women's economic development by offering no-fee career development, job skills training, mentoring, coaching, and financial education. Since its establishment in 1997, the organization has expanded to 130 affiliates across 20 countries, assisting more than 1.3 million women on their journey to self-sufficiency. Our collaboration ensures that while Continuum creates job opportunities, Dress for Success equips our clients with the professional wardrobe needed to excel in the workplace. Together, we help individuals step confidently into their futures.

Connect With Us



- Facebook: facebook.com/ContinuumHelpFoundation
- Instagram: instagram.com/ContinuumHelpFoundation
- LinkedIn: linkedin.com/company/continuum-help-foundation