



Summer 2021

REConnections



M-NASR's Seasonal Participant Newsletter



Wildcats Volleyball: coming back this fall!

Get ready to bump up your plans! Back by popular demand, M-NASR will once again be offering our Wildcats Volleyball program. Safely spend time on the court while enjoying the company of your M-NASR friends. Break out your athletic attire, gym shoes, and bring a water bottle. Your coaches will train you on how to bump, set, spike, and serve. After practicing and scrimmaging, we will participate in the ITRS and Special Olympics competitions.

If you've been missing playing sports and competing with friends, then this is the program for you!



Wildcat Exchange

This fall we are excited to be offering Wildcats Volleyball and bringing back several Wildcat Sports Skills opportunities including Tee Time Golf on Mondays and Bocce Skills on Wednesdays.

Tuesdays we will have our Wildcats Volleyball program back in action where we will be practicing our skills and competing at tournaments. With Wildcats Volleyball making a comeback, there will be several forms to be completed. Special Olympics Illinois has updated their forms, so everyone will need an Athlete Consent Form and a Covid-19 Code of Conduct Form.

Be on the lookout for these as our new AWID specialist will be sending them out soon. Get ready to dig in and let's go Wildcats!

Participant Spotlight: Meet Janice!

Janice has participated with M-NASR for three years. This past year, Janice has attended many of M-NASR's virtual programs from Wildcats Workout to Super Sketchers and the ever-popular BINGO. Her favorite virtual program is Wildcat's Workout.

Janice's favorite thing about M-NASR is seeing her peers and staff! Janice likes being busy and through programs has improved her energy, motivation and skills in exercise and art. If you have not had the pleasure of meeting Janice yet, you're sure to recognize her by her smiling face or amazing art skills!



Boccia Business

M-NASR's Competitive Boccia team has been staying remarkably busy the past several months. The team has met weekly to discuss new strategies, skill-building techniques, as well as creating individual goals and team goals to incorporate for the upcoming seasons. Through virtual meet ups, the team has had the opportunity to stay connected and continue to strengthen their rapport with one another.

One teammate stated, "The Boccia Team is a second family to me and has become one of my favorite programs at M-NASR."

For many, M-NASR's Boccia program is more than just that, it is the chance for individuals to develop lifelong friendships and gain a support group that pushes them to become better athletes and people.



The learning never ends with “Ever Wonder?...”

M-NASR's "Ever Wonder...?" has been the perfect program for PI/VI participants who are filled with curiosity and a love for learning! The program has given individuals the opportunity to meet several guest speakers from the community and a chance to learn a variety of diverse topics. The group has met with the Park Ridge Police Chief, Frank Kaminski, Lt. Col. Daniel Bolin and Major Joe Gustafson from the U.S. Air Force, Rick Dobrowski from the Morton Grove Fire Department, Podiatrist and surgeon, Dr. John Grady and several others. The program continues to spark the interest of our participants and leave us wanting to learn more!

Participant Spotlight: Meet Slawomir!

Since 2008, Des Plaines resident Slawomir has participated in our PI/VI programming. His passions include bicycling, camping, sports, taking on new adventures and helping others! "M-NASR has allowed me to try so many new things that I would not have been able to do otherwise. It's difficult to pick a favorite program when they have all made such a tremendous impact on my life."

M-NASR's Boccia Team and participants have been extremely grateful to have Slawek's compassion and endless support over the years. "I am always willing to help and share my knowledge with anyone."



M-NASR Explorers offers virtual discovery

This season M-NASR Explorers went virtual! Each week, explorers big and small learned about different topics in nature. Two of our favorite activities were a seed sprouting experiment and the color changing cabbage experiment. During the seed sprouting experiment, participants grew one seed in little to no sunlight, and the other in bright full sun. Many of us found that the seed with no sunlight grew faster than the one in the light! Our cabbage experiment helped us learn how plants drink water.

Other topics covered during our program season included bees and pollination, making art using items from nature, the insect life cycle, birds, and the water cycle. We cannot wait to see what we learn next!



Camp Corner

Summer Day Camp is in full swing, and our campers have been busy having FUN! Camp leaders have planned a summer full of camp songs, pool and water days, games, crafts and more! Some weekly themes this year include Hawaiian Holiday, STEM & Robots, Everyday Heroes and Musical Mania.

Each week on Fridays, campers and staff will dress up in an outfit reflecting the theme of the week and complete a challenge to win special prizes and bragging rights among the other camps.

Participant Spotlight: Meet Amanda!

Amanda has been a participant of M-NASR since 2016. Some of Amanda's favorite programs include M-NAStaRs Theatre, Summer Day Camp, Teen Bowl, Quest for Success and Virtual After School Snack.

Amanda is 20 years old, and her favorite foods include strawberry and blueberry Eggo waffles, all fruits and water. Amanda's favorite activities to do in her free time include swimming, singing, dancing, drawing/coloring, and watching videos on her computer.



At-Home Activity: Summer word scramble

Get your summer mood on to tackle this fun, seasonal word scramble!

MMIINSGW _____
NVIAACOT _____
NUS _____
AGMCNIP _____
CHBAE _____

ECI ERMCA _____
EOMNDAEL _____
IECP SLOP _____
OOLP _____



Summer



"Earlier today I wasn't feeling so good, but the Friday Dance Party made me feel better! I love that about the staff and good music, they really helped me feel better. I love everything M-NASR does!"

-Eileen B

Staff Favorites: Summer snacks

Jen: My favorite summertime snack would be a fresh juicy watermelon with a little salt on top.

Kelly: I love to sit in my backyard and make smores over the fire with my niece!

Ashley: In the summertime, I love sitting outside in the sun and eating watermelon.

Ali: My favorite summertime snack is an Acai Bowl topped with all sorts of fruit and deliciousness! I love to add bananas, strawberries, pineapple, granola, and chocolate chips on mine!

Lindsey: I have two favorite summer snacks a sweet pineapple and an even sweeter DQ blizzard!

Lisa: My favorite summer snack are BLT sandwiches with fresh garden tomatoes!

Nicole: I love to sit outside in the backyard and make Jiffy Pop over the campfire.

What's coming up at M-NASR

Fall Session 1 registration July 28-Aug 13

M-NASR End-of-Summer Party Aug 12

Fall Session 1 program season Aug 23-Oct 17

Fall Session 2 registration Sept 29-Oct 15

Fall Session 2 program season Oct 25-Dec 19

