



MAY-JULY 2026

The Daily Grind

PROMOTE • EMPOWER • ENHANCE • SUPPORT • INCLUSION



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A Message from John Dooney, Executive Director

Hi Team,

As we move into May, our focus remains on maintaining consistency, accountability, and quality in the services we provide. The work we do requires sustained attention, professionalism, and reliability, none of which can be maintained without taking care of ourselves along the way.

This is a reminder that managing your well-being is part of the job. Staying focused, prepared, and steady in your role supports not only your performance, but the individuals we serve and your coworkers who rely on you.

We are continuing to strengthen structure and expectations across the agency. That includes being mindful of stress, maintaining balance where possible, and supporting one another as a team.

Quick Reminders:

- Stay hydrated and take short resets as needed
- Step away briefly when appropriate to regroup and refocus
- Recognize progress, even in small steps
- Communicate early if support is needed

Thank you for the work you do each day. Your consistency, accountability, and effort directly impact the stability and success of our operations.

Keep Charging

DCBDSN Mission:

Mission: Empower persons with developmental and related disabilities in Dorchester County to make choices that will promote and enhance their inclusion in community life by providing individually tailored, flexible support.



HR News – Retirement of Delores Felder



Health Tips

May is recognized as Mental Health Awareness Month, which makes it an excellent time to focus on mental health and self-care. Over the past few years, there has been an increasing recognition of how mental well-being impacts overall health. Mental health affects our emotions, thoughts, and behaviors, and it plays a significant role in how we manage stress, relate to others, and make choices in our lives.

- **Practice mindfulness:** Incorporating mindfulness practices like meditation or deep breathing exercises into your daily routine can help reduce stress and improve emotional well-being.
- **Stay connected:** Social connections are vital for mental health. Make time to meet up with friends or family, even virtually, to foster positive relationships.
- **Seek support when needed:** If you're feeling overwhelmed, don't hesitate to reach out to a mental health professional for support. Therapy or counseling can offer helpful strategies to cope with difficult emotions.

Embrace Outdoor Activities and Exercise

As the weather warms up, May is the perfect month to get outdoors and boost your physical health. Exercise is a key factor in improving mood, energy levels, and overall well-being. Whether you're hiking, biking, or taking a leisurely walk, spending time outdoors offers numerous health benefits.

Nutrition: Fresh, Seasonal Foods

May is a wonderful month to explore fresh, seasonal produce that is not only delicious but also nutrient-packed. Seasonal fruits and vegetables are often more affordable and provide essential nutrients that support your health.

Eating seasonally and focusing on whole foods is a great way to nourish your body and promote wellness.

Focus on Hydration

With the warmer weather approaching, it's essential to stay hydrated, especially as we begin to spend more time outside and become more active. Water plays a critical role in every bodily function, including digestion, metabolism, and temperature regulation.

Here are some tips for staying hydrated during May:

- **Infuse your water:** Add fruits like lemon, cucumber, or berries to your water to make it more enjoyable and add additional nutrients.
- **Eat water-rich foods:** Foods like cucumbers, watermelon, and oranges can also help you stay hydrated throughout the day.
- **Carry a water bottle:** Keep a reusable water bottle with you so that you can sip water throughout the day and track your hydration.

Take the opportunity to nurture your body, mind, and spirit.

Stay Cool this summer



Drink plenty of water



Wear light-colored clothing



Wear a wide-brim hat



Eat water rich foods



VALENTINE'S DANCE 2026



EASTER PICNIC AT THE PARK - 2026



EUDORA WILDLIFE SANCTUARY



WELCOME



Please extend a welcome to **Donzella Lowry and Starrnesha Geddis**.
Our new DSP's that successfully completed Orientation for the month of March.



Shout Outs

Have you seen a co-worker doing something nice, or going the extra mile while working with consumers. We would like to place these acknowledgements in the quarterly newsletter. You will see flyers around with a QR code that can be scanned, which will take you to a form to complete. These acknowledgements / encouragements will appear in the next quarterly newsletter. You can also scan the code below.



Scan Me

“The simple act of caring is heroic.”

-Edward Albert

“Sometimes it takes only one act of kindness and caring to change a person’s life.”

-Jackie Chan

“Nobody cares how much you know, until they know how much you care.”

-Theodore Roosevelt

Staff / Consumer Birthdays

Happy Birthday to our amazing crew!

May this year bring you joy, laughter and amazing adventures.

MAY - Alana A. – May 7; Macine G. – May 10; Willa G. – May 16;
Stephanie S. – May 21; Sylvia W. – May 26; Olamide A. – May 27;
Govanni W. – May 27; Shonda L. – May 30

JUNE – Annette B. – June 6; Vickie H. – June 8; Niasha J. – June 9;
Midouine A. – June 16; Anne H. – June 17; Pamela M. – June 20;
Kimberly K. – June 23; Tammy H. – June 24; Joshua H. – June 24;
Jamie D. – June 30; Shakeema J. – June 30

JULY – Dezerneat T. – July 1; Evelyn J. – July 3; Sabrina U. – July 7;
Gloria N. – July 8; Jacqueline W. – July 12; Mildred H. – July 13;
Patsy W. – July 15; Lydia T. – July 18; Tawana G. – July 21;
Shelia M. – July 22; Virginia M. – July 26; Eleen W. – July 26;
Avery D. – July 29; Caolyn Y. – July 30; Denease B. – July 31



Happy Birthday to our wonderful consumers!

On your special day, remember you are perfect just the way you are.

MAY - Jimmy M. – May 10; J.L. B. – May 12; Jaymie G. – May 12;
Jasmine A – May 20; Steven W. – May 22; Cory M. – May 24

JUNE – Stacy S. – June 2; Lance R. – June 2; Allen M. – June 4;
Eddie V. – June 7; Michael U. – June 9; Clint D. – June 10;
David P. – June 14; Dale J. – June 18; Michell O. – June 18;
Eddie S. – June 18; Evelyn S. – June 24;

JULY – Dezerneat T. – July 1; Andrew D. – July 1; JC S. – July 4; James
R. – July 8; Kenny M. – July 8; Stella W. – July 10; Babette M. – July 13;
Faith D. – July 13; Julie V. – July 19; Angela E. – July 27;



ON THE LIGHTER SIDE

Look for the words in all directions including backwards and diagonal

MERRY MONTH OF MAY

Word Search



- BASEBALL
- BLOSSOM
- BUMBLEBEE
- BUTTERFLY
- CINCO DE MAYO
- FLOWERS



- | | |
|--------------|--------------|
| GARDEN | MOTHER'S DAY |
| GEMINI | PIÑATA |
| GREEN | PLANT |
| LADYBUG | SEEDS |
| LAWNMOWER | SPRING |
| MAYPOLE | SUNSHINE |
| MEMORIAL DAY | TAURUS |
| MOM | TEACHER |

JOKES

What did one ocean say to the other ocean?

Nothing, it just waved.

Why should you never trust stairs?

They are always up to something.























How does NASA organize a party?

They planet.

Why don't seagulls fly over the bay?

Because then they would be bagels.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	 2 Miracle League Softball 9,10 and 11am
3	4 Objective Training		 6  Miracle League Softball 6:30 pm	7 	8  	 9 Miracle League Softball 9,10 and 11am
10	11 Recreational & Leisure	12 	13 	14 	15 	16  16 Miracle League Softball 9,10 and 11am
17	18  Safety Skills	19 Cognitive & Academics	20  May Day & Memorial Day Celebration	21 	22 Charleston Battery 	23
24	25 Holiday 	26 Doty Park 	27 	28 	29 Fort Sumter 	30
31						