

Elsa's Story

My name is Elsa. I have lived in Advocates residential for a while now. I live at Natick Village now. I attend The Advocates day program, located at 250 Eliot Street. I used to work at the workshop and it was located in Framingham, Massachusetts.

I came to the day program when it was in the grey building. At that time, I learned to cook and bake. We used to go on many outings at the time. We used to go to picnics at the park. In between time, we were at the Center.

Now, at the Advocates day program, I have a job coach, his name is Don. I work one day a week. I work at The Elliot nursing home. I play my keyboard on Thursday mornings. I get paid \$20.00 a day. I really enjoy playing and it also gets me out into the community.

I enjoy many of the activities that are offered to me at the Advocates day program. I play my keyboard on some Thursday afternoons at the day program. On the other Thursday afternoons, I attend the monthly advisory meeting. I enjoy these meetings, because we all meet and discuss the coming holidays as well as the events that we can attend and get involved with at Advocates day program.

At the end of the month we all get together and bake a couple of birthday cakes as well as some sugar free desserts to serve to the diabetics. This is held the last Thursday of the month. We have music and dessert to celebrate all of the birthdays that were during that month.

I attend the reading group that is held each Tuesday afternoon. I also read on most days during our daily reading group in our room. I enjoy reading and it is good for me to practice to keep up my reading skills. I think that this is very important for me to do. I also enjoy the music trivia. I enjoy going to aerobics and to PT. It is important for me to do some exercise. I cannot walk, because I am in a wheelchair, but I can stand and do leg stretches. I enjoy it a lot.

I enjoy my Wednesday's here at the day program, because I like the music trivia. I also enjoy the cooking group and we also watch a movie on Wednesday afternoons.

I enjoy arts and crafts and I am an artist. Much of my work is hanging up at the day program. I am talented and I enjoy doing my artwork.

I also enjoy ordering take out each Friday at the day program. I just enjoy all of the activities here. I also think that the Advocates day program gives me an opportunity to be with other people. I could not imagine my day's if I had to stay at home every day. I have many friends here at the day program. I am one of the old timers here.