



## THIRD ANNUAL 'GIVE BACK, GET BACK' DONATIONS

Transylvania Vocational Services (TVS) hosted the third annual Give Back, Get Back employee donation event over the last three months. This year TVS offered a new internal donation event! The **TVS Giving Tree** supported employees with children 18 years or younger, based on the traditional Angel Tree. “The Giving Tree was a way for us to give back to TVS employees specifically,” said HR Specialist Kaydee Hopkins. “Employees give so much to the donation drives, we wanted to help them out as well.”

A total of 22 children were anonymously signed up by TVS’ parents to receive gifts. Each child had two ornaments on the tree; one for clothing and hygiene items and the other for toys. All 44 ornaments were taken from the tree by other TVS employees.

“This donation drive embodies the spirit of giving, which is exactly what this time of year is all about. It brings people together and builds on our family atmosphere within the company,” said Hopkins. “We all came together to support each other with this drive and that’s a really beautiful thing. It makes me so proud to be a part of TVS.”

The Giving Tree was the last of the holiday donation drives. TVS employees also donated **1,665 items to the Bread of Life** and **3,342 items to S.A.F.E. of Transylvania County**. Both of these donation events surpassed expectations and donation amounts from last year. “They were so excited when they saw the amount of donations. These wonderful community resources are supported by donations and having a company of our size give back is really special,” said HR Generalist Catherine Tinsley.



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### CONGRATULATIONS TO THE 2022 'GIVE BACK, GET BACK' RAFFLE PRIZE WINNERS!

- \$50 Amazon Gift Card: Erica Kilpatrick
- \$100 Amazon Gift Card: Lauren Bell
- Cookware/Bakeware Set: Jeni Welch
- Bissell Crosswave: Carla Hill
- Dewalt Tool Set: Levi McCall
- \$50 Restaurant Gift Card: Robbie Wright
- 42" TV: Kelly Kyne
- 55" TV: Ark Akhmadeyev
- 65" TV: Wallace Little
- Nintendo Switch: Felicia Pressley
- PlayStation 5: Dave Ridenhour

# SELF-CARE CORNER

## New Year, New You!

Every year we set our sights on our next new year's resolutions. Whatever your new year's resolution, many of us find ourselves making the attempt at bettering ourselves with each new year only to become more frustrated when we don't meet the mark we set. It is important that we check-in with ourselves daily to see how we are feeling and caring for our overall wellbeing. Maybe there is another option for a "New Year, New You!" What if your new year's resolution was to focus more on how well I care for myself and my wellbeing?

Here are just a few ways that you may think about implementing mindfulness techniques within your self-care routine this new year:

1. Practice daily affirmations
2. Focus on your breathing throughout your day
3. Check-in with yourself on how you are feeling
4. Acceptance of your feelings
5. Practice mindfulness exercises

The use of mindfulness techniques is not a replacement of speaking with a qualified mental health or other medical professional. For more information please contact: [Kyle Ridgley, TVS Employee Support Specialist](mailto:kyle@tvsinc.org)  
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# TVS NEW PACKAGING PROJECT WITH NDM!

TVS recently onboarded a new packaging project of Non-fat Dry Milk for Defense Logistics Agency (DLA) Troop Support. The project is part of the US Military's Prime Vendor Feeding Program and will be used to create additional employment opportunities at TVS. Since 2001, TVS has been a long-time packaging partner to USDA. TVS currently packages many other items in a #10 can for the US military such as: pancake and waffle mixes, cornbread mix, cake mixes, brownies, and cookies. This addition of NDM in #10 Can will be a great addition to TVS's current portfolio of Prime Vendor military products.



# BITE LOCAL WRAPS UP 2022, STARTS 2023

In an effort to continue supporting local restaurants, TVS is continuing the Bite Local Restaurant Support Program into 2023! In 2022, TVS provided over 600 gift cards to employees and has supported the following local eateries!



Pescado's  
Corky's  
Smoke On



Maya's  
Hawg Wild  
Fish Camp



Grammy's  
Dugan's Pub  
Brevard Pizza Works



Jet's Pizza  
El Rancho  
Henry's



# WELLNESS COMMITTEE EXCITED FOR 2023 YEAR WITH NEW PLANS

Looking into the 2023 year, the TVS Wellness Committee is excited to focus on quarterly themes verses monthly! This first topic is Heart Health starting in January. The re-installment of produce bags were introduced for Thanksgiving. The produce bags are being supplied by Nature's Hollow and sign-ups for the next quarter will be in February. The 2022 year ended with the Wellness Committee focusing on Breast Cancer Awareness Month, Diabetes Awareness, and Depression Awareness.

# NO LIMITS ARTISTS HOST HOLIDAY ART SALE



No Limits artists were happy to fill the front lobby with fall and winter themed art. This year, artists sold over 100 pieces of furniture, paintings, and decorations.

Employees voted on the artwork for the company Christmas card and Frosty the Snowman by Amber was the big winner. No Limits Artists are excited to be showing more artwork at Transylvania Community Arts Council in February 2023 and everyone is invited!

# SANTA VISITS TVS





# INTERACT CHRISTMAS CRUISE SETS SAIL TO GOOD TIMES!

This Christmas holiday, INTERACT participants boarded the Christmas Cruise ship normally known as Avery's Place. The fun, themed vacation sailed participants to 'Good Times'. TVS employees and participants wave each cruise ship off shore. TVS passports were stamped when passengers presented the cruise boarding ticket. Once on board the passengers had specific times for dancing, karaoke, tic-tac-toe, sea shell painting, trivia, and Jenga. Everyone was dressed in Hawaiian shirts, fun necklaces, and beach hats. Passengers were celebrated onboard with the popping of a confetti filled champagne bottle!

When not busy in one of the many activities, passengers and crew members enjoyed the onsite photo booth, drinks, and lunch. The menu consisted of lunch tapas, desserts, and fancy mocktails. The possibilities and ideas with Avery's Place are endless and DSPs are excited to offer many new experiences to all INTERACT and Life Skills participants in the future!



## PRE-ETS JOINS TRANSITION FAIR AT BHS

This transition fair was hosted by Brevard High School EC Teachers/Susan Reid and TVS Employment Services and Pre-ETS. The purpose behind this meeting was to inform parents and to start thinking about the options available to their children after high school. We shared a presentation with them about the Pre-ETS services already being provided to the students and about the many options available to students for post-secondary life. This includes employment, college, and independent living. Carla Hill, TVS Program Director, was able to inform parents about two large resources available - VAYA Health and Vocational Rehabilitation. Megan Pilley, TVS Employment Specialist, spoke on information regarding SSI/SSDI and benefits counseling. Each parent was provided with a TVS folder filled with brochures and flyers for TVS Employment Services and Pre-ETS, along with contact information.

## HOLIDAY CHAMPS! HALLOWEEN COSTUMES

We had fun, silly, and scary costumes! Thanks to everyone who participated and Congrats to our 2022 costume winners:

- Jacob Harwood • Amber F

## PUMPKIN CARVING!

With a dozen fantastic entries, this years pumpkin carving contest was smashing!

Congrats to:

- 1st - Melissa Walker, The Witch
- 2nd - Joe Lafon, Mountain Maid
- 3rd - Lauren Chandler, The Eye



## TURKEY HUNTING SEASON

The Thanksgiving turkey hunt was filled with well-hidden turkeys this year! Congrats to the best turkey hunters at TVS and to the turkeys not found by the other shifts!

- A/1st - Alicia O'Shields
- Warehouse - Forrest Hensley
- INTERACT - Peter



## CHRISTMAS SILLY SOCKS

Ugly Christmas sweaters are so last year, this year we asked for your best silly holiday socks! Congrats to these filthy animals:



- A/1st - Kyle Leahy
- B/2nd/3rd - Chris Deptuch
- C - Angie Rigby
- INTERACT - Kathleen

## ATTENTION! EMAIL READERS

In an effort to better communicate, email contests happen randomly! Remember to read your emails and see if there is a hidden contest! Congrats to these previous winners:

- Rita Emory • Tim Shelton
- Robin Ervin • Erin Richey
- Ashleigh Alquiza • Charlotte Hill

# DID YOU SEE THE NEW TVS AND DOVER CREWNECKS?

Just in time for the cold, winter season, TVS has designed a new sweater to bring together TVS & Dover Foods! The sweater symbolizes the growth in dry food capabilities and captures the two logos together as our mission expands into Henderson County! We hope the sweaters keep you warm and cozy this holiday season!



## CELEBRATING THE YEARS!



### 10 YEARS:

- Karen Benson

### 5 YEARS:

- Bryan Goostree
- Ashleigh Alquiza
- Madison Shannon
- Ryan Wheeler



### 3 YEARS:

- Justin Frady
- Brian Wilson

### 1 YEAR:

- Courtney Batson
- Kyle Ridgley
- Melissa Waller
- Joanna Morgan
- Robert Ball
- Connor Charles

## MEET THE NEW HIRES!



- Dylan Henry
- Tanya Stamey
- Ken Hyde
- Clayton Morris
- Michael O'Connell
- Donald Witt

## BREVARD CHRISTMAS PARADE SPONSORSHIP!

TVS had a blast sponsoring this year's Christmas parade with the Brevard Chamber of Commerce. We were proud to have employees and their families ride in the truck. Even Christmas Jack Sparrow made an appearance! It was a joyful way to sharing the growth of our mission into Henderson County!



## MARC AWARDS TVS PROGRAM DIRECTOR CARLA HILL AND ARTISTS

Carla Hill, longtime TVS Program Director, was honored with the "Spirit of MARC Award" for her overall integrity and years of servicing the

disability community. This award is given to a person who has compellingly; through work, decisions, and actions demonstrated the selfless, cooperative, and collaborative "Spirit of MARC."

Also recognized at the ceremony were TVS artists Sam Snyder, Mattias Brown, and Kristen Hodsdon. They were celebrated as the winners of "2022 CreateAbilities" for their art piece titled, "George Washington."



## RETIREMENT CONGRATULATIONS AND GIFTS FOR DENNIS PEEK

"Let the Adventure begin!," reads the artwork created by INTERACT participants. Dennis Peek was in the news recently for being fired from his job at a North Carolina Wendy's because, "he was not able to do his job like a normal person." He had worked at this location for over 20 years. When TVS heard about the news, we decided to celebrate his early retirement and send some messages of support. INTERACT created numerous cards and the pictured artwork. TVS also sent a check for celebration.

