

Community Haven Adults with Disabilities Give Back!



On Wednesday, March 30th, 2011, participants of the Adult Day Training program at Community Haven for Adults and Children with Disabilities held a fundraiser to support the Red Cross relief efforts for those affected by the Earthquake and Tsunami earlier in the month. Lead by members of the Aktion Club, a service club for adults with disabilities sponsored by the Kiwanis Club, participants in Community Haven's Culinary Arts Program and Health and Nutrition classes raised \$300 to send to the Red Cross.

Each month these groups collaborate on a Healthy Fare luncheon promoting healthy choice eating coupled with community service and support. In the wake of the March 11th destruction, the leadership of the Aktion club wanted to do what they could to help those most affected by this disaster. With the luncheon coming up they decided to focus their fundraising effort for this cause.

Clients enjoyed a meal of pizza, salad and dessert with a healthy twist! Everyone favorite meal seems to be pizza, so the nutrition and culinary classes researched healthy recipes and come up with a delicious menu which consisted of three separate types of pizza loaded with fresh vegetables, lean meats and fat free sauces. Dessert was bran crusted pizza, yogurt sauce and fresh fruit pizza! All served with a big salad and a Greek pizza muffin.

The mission of Aktion Club is: *To provide adults living with disabilities an opportunity to develop initiative, leadership skills and to serve their communities.* The Sarasota Chapter of the Kiwanis Club supports our clients in their endeavor to become competent, capable, caring leaders through the vehicle of service. Under the guidance of the Community Haven's staff and Kiwanis Club Volunteer Sponsors, participants plan, prepare and serve their work mates and community through cooperative action in a total effort to excel. With each luncheon the club members are beginning to realize that they can accomplish an established goal by everybody taking part willingly.

Through ticket sales and additional, generous donations the members of Aktion Club were able to triple their original goal of \$100 to send a check to the American Red Cross Disaster Relief Fund on behalf of Community Haven and the Kiwanis Club of Sarasota for \$300! Proving, yet again, that *character development has no disability.*