
LUND ALUMNI NEWSLETTER

Issue 1

Winter 2016

Welcome Alumni!

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Family Engagement Specialist

Welcome to the first issue of the Alumni Newsletter. Throughout 2015 Family Engagement Specialists focused on how to connect women, past and present, who have lived at Lund. Our first goal was starting an Alumni Group for women preparing to leave residential and Alumni in the community. Family Engagement Specialists have worked together with Alumni to brainstorm other ideas such as the Alumni Potluck and this Newsletter. We look forward to sharing upcoming events, Alumni updates, and other fun ideas with you.

Alumni Group In a Nutshell

When? Tuesdays from 9:30am-10:45am

Where? The Family Room, 50 Joy Dr.

What? We focus on a topic chosen by Alumni for 4 weeks through discussions, guest speakers and DIY activities.

WE NEED YOU!!

Do you have something you need to get rid of? Are you looking for something you need? Let us know so we can include it in the "Lund Porch Forum".

Do you like to write? Do you like to draw? Send us your writing pieces or a comic strip to be featured in a future issue.

Do you know someone who would like to receive the newsletter? Have them send their information to us!

We can be contacted through Meagan DeWitt. Phone: (802)448-3613 or E-mail: meagand@lundvt.org

Featured Alumni of the Quarter: Tammy E.

When did you live at Lund? From Oct. 2014 to Sept. 2015

What are your favorite hobbies? I love to knit, learning, and going on walks with my kiddos.

What is the funniest thing your child has said/done recently? Watching my daughter explore new things. Her biggest thing right now is crawling in to her toy box or boxes.

Favorite song/band right now? Two of my favorite bands are Candlebox and Nickelback. I love oldies. I also like Macklemore right now.

What is your best advice for someone leaving Lund? Don't rush. Have a good support system and community resources. Take time to breath, it's rough out there at first, so take time for yourself.

How do you treat yourself? I think I treat myself pretty good. I try to take a day where I don't clean. It's ok to have toys on the floor and sit back and relax. I try to just enjoy the moment.

What do you miss about living at Lund? When I lived here if I needed help with my daughter or time to myself I had help. Out there you don't have a live in support system. And there is always someone you can talk to here.



HOROSCOPES

Capricorn horoscope 2016 predicts that you will review your objectives in life and form strategies to achieve them during 2016. You will define your goals precisely and take stock of your capabilities. You will learn new skills to suit your needs, and will disown all unnecessary things.

Aquarius horoscope 2016 predicts that this is an excellent time to build new social contacts and form new relationships. You are likely to be argumentative which may not help matters in your career. There is a need to go through minor details while executing projects.

Pisces horoscope 2016 foretells that the year 2016 offers plenty of opportunities for growth in life for the Pisceans. It depends on your capabilities to make successful use of these openings. Pisces people will be more realistic in their approach during the year and your creativity will have to wait.

Aries horoscope 2016 predicts that these individuals will have a wonderful year as planetary positions are in your favor. However it is necessary to decide on your priorities in life and focus your attention on ways to accomplish them. You will make significant progress in your objectives if you are innovative.

Taurus Horoscope 2016 predicts that Taureans will have to face conflict between their inner selves and the world outside during the year. You have to focus on enhancing your emotional strength while accomplishing material success in your life.

Gemini Horoscope 2016 predicts that this year is ideal for completing pending projects before taking up new ones. You may have to review your present objectives and set new targets. Be practical in your approach and seek the assistance of your associates in attaining your goals.

Cancer Horoscope 2016 foretells that Cancerians will be optimistic and confident during 2016 which will ensure success in their ventures. Any misunderstandings in the family will come to an end with your frank approach. This year you have to be more aggressive while dealing with professional problems and show not hesitate to express your opinion.

Leo Horoscope 2016 predicts that the presence of Jupiter in this sign this year presents the Lions with excellent opportunities for growth in life, and there will be plenty of optimism. This is the ideal time to put your brilliant capabilities to use as your astrological planets will be help you use your innovative traits, and will assist you in moving forward in life.

Virgo Horoscope 2016 foretells that this is a period for self-awareness and creativity for the Virgins. You have to discover your hidden abilities and make use of them in new and original ways to achieve your objectives in life. In this process you will have to change some personal traits which are an impediment to your growth.

Libra Horoscope 2016 predicts that Librans should use their creative abilities to formulate strategies for building a secure future during 2016. They should decide on what they want in life, and feel confident of accomplishing their targets. This will automatically make them more confident and will help them enlarge their social circle.

Scorpio Horoscope 2016 forecasts that this year will be full of accomplishments on the personal front for Scorpions. There will be opportunities to make necessary changes and move ahead in life. You will have the vitality to enjoy life to the full.

Sagittarius Horoscope 2016 will see overwhelming changes in the lives of Sagittarians. You are intent upon personal development and you will be gifted with plenty of opportunities during this period. This will be the basis for your growth

Ask Alumni

Your Questions Answered

Q: How can we find out how people- former residents- are doing after the Lund program? 6 months, 1 year, 5 years later?

A: The Alumni Group has made a Facebook Group and is working on a phone tree for past residents to stay in touch or reach out to each other. We are also hoping that this Newsletter can be a good way to update people on what past residents are up to.

Want your questions answered? Submit them in our questions box in the cafeteria at Glen rd. or by email to meagand@lundvt.org

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"Two things define you: Your patience when you have nothing & your attitude when you have everything."

-Unknown