



The NOODLE

Open up and say AHHHH!!!



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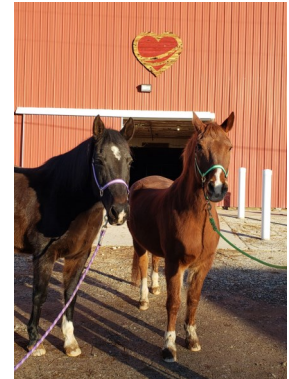
Welcome to the February 2022 edition of *The Noodle*, written and published by the FYC. For this issue of *The Noodle*, members of the FYC were asked to write about their New Year's resolutions. This topic allowed members to share their thoughts on how making a change for themselves for the new year. We hope you will take a few minutes out of your busy schedule to learn about our experiences and enjoy our thoughts and opinions in this edition of *The Noodle*!

Believe in yourself!!

Current Members:

John Baldino
Shevie Barnes
Derek Carraway
Alexander Gonzalez
Leah Gorman
Morgan Griffin
JJ Humphrey
Michelle Sandiford
Josh Tapia
Lilibeth Vega
Christina Waldron
Serena Wetmore
Brandon White
Niki Germain - FYC
Youth Advisor





My Resolution for 2022

For 2022, I would like to become better at my job. I work at Hands and Hearts for horses, a therapeutic riding stable. We serve riders who have disabilities of all kinds. I clean stalls, wash and refill water buckets, and work around the farm doing things such as mending fences. One of the most important things I do is help with riding lessons. Sometimes I lead horses and sometimes I sidewalk during the lessons.

I would like to make sure that I stay focused and do my work well. My attention deficit can cause me not to stay focused, but I need to pay attention to the riders who need my help. Sometimes they have trouble staying on the horses. I need to keep them steady. I resolve to stay focused!

I also want to be able to communicate in a way that everyone understands me. It is important to be able to connect with the people you work with and serve so that everyone is on the same page. I resolve to improve my language and speech to communicate better!

To help me with my resolutions, I will be taking a new course in 2022 called Next Steps for Employment. The course will include a speech and communication evaluation, job coaching, and other modules that will teach me to be a better employee. The course begins late January and will last three months. By the end of the spring, I expect to be an improved barn worker—one who can stay on task and connect with my fellow workers and the riders that I assist.

By John Howard Baldino



Vision Board

This month's Noodle topic is about New Year's resolutions. I don't make resolutions for the new year; I make a vision board instead. You might be wondering, what a vision board is? For those who don't know, I'll tell you. A vision board is filled your hopes and dreams. It could be written, or pictures, or even made on the computer. For me, I think of everything I hope to accomplish throughout the year. And even sometimes add long term goals that extend past the year and far into the future.

Last year, as the year went on, I'd look at my vision board. I display it in my room, so I see it every day. As I completed things that were on my vision board, I'd check it off and write the date it was completed.

For example, being cast as Christopher Boone in *The Curious Incident of the Dog in the Night-Time* was listed on my vision board for last year. In August, I got the opportunity to audition for the role. And was cast as Christopher by the Tampa Repertory Theatre and ThinkTank Theatre!! So, I put I check mark by it to show it was completed. And I wrote the date I got cast.

Some of my goals on the vision board from last year, I got close to completing, but didn't. Most likely I'll complete them this year. So, I put them on this year's vision board too. And I added the long-term goals from last year to this year's as well.

This year's vision board includes things such as my acting goals, my disability advocacy goals, my goals for my part in the Florida Youth Council and Epilepsy Florida Advocacy Council, my schooling goals, my hobby goals, etc. I think I'll do better at completing my goals this year. Some of my goals are out of my hands and depend on other factors, such as other people, God, circumstances, etc. I am very optimistic about 2022!!

By JJ Humphrey



New Year, New Me

We all have heard the saying, "New year, New me." What does that even mean? It mostly comes from individuals trying to make a change for themselves, and sometimes the phrase can be a prime motivator for those who want to change their lives. As cliché as it sounds, some people are willing to put in the effort in making life-changing choices, and not everyone goes through the process of wanting to make the change. When it comes to new year resolutions, it does feel like a gimmick because once people start a new habit or the resolution process, they quit. Trust me, it can be challenging to stay committed to the goal you want to reach, but it is up to the strongest minds that continue by the end of the day. My new year's resolution is simple.

One is finishing up school to get my bachelor's degree; two are making sure that I will stay healthy as always, three workouts as often as possible, and four, continuing to work on my communications skills. I've made a promise to my grandmother that I will graduate from college, and I will be the first person in my family to obtain a bachelor's degree. It has been a long time coming, but now I can walk across that stage and receive my diploma finally. I worked my butt off to get as far as I did, and now I'm one step closer to reaching that goal.

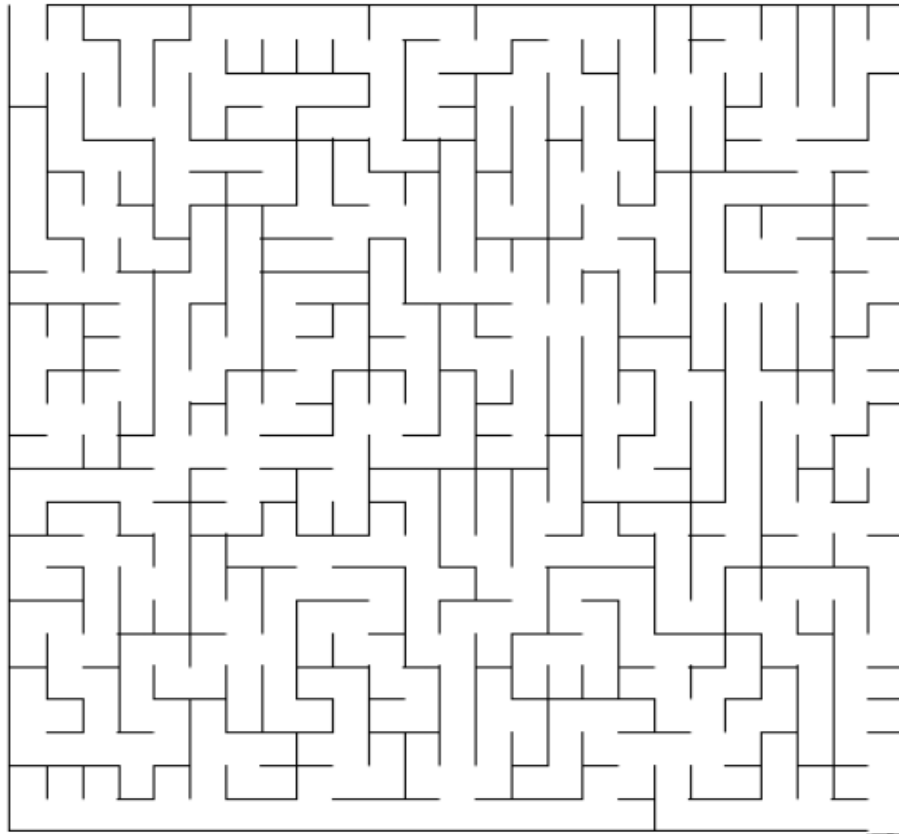
The Florida Youth Council is my priority, and I need to do everything in my power to put our organization on the map. It doesn't matter how long it will take me. It will be something I want to accomplish this year. I want to bring new ideas to the council, capitalize on my leadership, and recruit new members along the way. Tomorrow is never promised, but we must start with today.

By Alex Gonzalez



New Year Maze

Start ↓



Happy
New Year



www.MyPartyGames.com



How Do I Become Part of The Florida Youth Council?

The Florida Youth Council is a group of youth (between the ages of 15 and 17) and emerging leaders (between the ages of 18 and 30) with disabilities or special health care needs that live in Florida.

The Florida Youth Council is all about getting youth and emerging leaders involved in self-advocacy, peer mentoring and other activities that will improve the quality of life for youth and emerging leaders with disabilities in Florida. The program empowers youth and emerging leaders to decide what issues are important to their generation, to discuss those issues in their state and local communities, and to develop strategies to address them.

We are seeking a group of enthusiastic, motivated youth and emerging leaders to participate. If you would like to take a leadership role in advocating for youth and emerging leaders in Florida, please visit The Florida Youth Council website at www.floridayouthcouncil.com. The program is open to application year round. We hope to hear from you soon!



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