



WHAT HAVE WE LEARNED FROM THE PANDEMIC? (By The Editor)

With this winter comes the worst outbreak of illnesses that the medical community has seen since the pandemic was declared officially over. Since that point we have witnessed several outbreaks of familiar illnesses that have increased since last year, and probably a new one or two. Flu, a new offspring of Covid and children who are suffering from a respiratory illness. Sick people are clogging up the emergency rooms and urgent care centers around St. Louis for the first time in a while. It all brings us to thinking – what have we learned from the pandemic? Since mankind came to be, there have been many pandemics. In the old times it might have been called a plague. Whatever name you call it and whatever variety of illness you may have contracted, we hope you will take steps to protect yourself from the illnesses that are prevalent. We know from seeing what happened before how to take the proper steps to protect ourselves and others, but then a thought pops unbidden into our minds. What have we *really* learned from the pandemic?

We have been subjected to high levels of stress during the pandemic that was coupled with enforced isolation. The result is a litany of mental troubles that people developed when they were left to deal with virtually by themselves, when they most needed human contact. That is one thing that we learned from the pandemic. We need and crave human contact, and it doesn't always have to be our families. One of the richest experiences people can have is a really good friend who we can share with, a "soft place to fall". Don't try to get through these troubles on your own, but find someone to talk with about it. It does make a difference when you are going through a stressful time to have a way to vent. It keeps you from blowing up at somebody inappropriately. When you have made it through, you'll have an experience that you can share with others.

How patient are you when it comes right down to it? The pandemic required patience, sometimes several deep breaths. This area is one that some of us are really bad in. We had our hoarders, who snatched the last item we were after right out of our hands, and it required patience not to get upset. We had folks who seemed to have lost any idea of how to wait in line or wait for anything. We snapped, snarled and growled as we went through the motions of "living", but somewhere along the way there were those who tried to help people get back to a normal place and learn how to be patient again.

Lastly, the importance of families. They drive us crazy at times, they know what buttons to push to get us mad, and they are very often the best thing in our lives. They validate who we were when younger, and they are the friend who tells us not what we want to hear, but what we need to hear. Families will be there when no one else is around. When we don't have good news, our families are sometimes the very party that we head to and talk with. These are deep conversations that you might not trust anyone else with. They are also the ones who hold our hands and cry with us when nothing else helps. These people are the ones who will help us plow through the darkest points in our lives with us, and they are the ones who will stand beside us when we need them.... just because.

So what have you learned from the pandemic? There are so many more things that aren't touched on by this article. It wasn't meant to cover everything, but to get you thinking. The pandemic has taught us about our humanness, and that covers a wide range of experiences and life lessons. We hope you are up to the task because there will always be another pandemic in the works somewhere at some point again. It might not be called that, but if it involves several countries, then it might come close to that label. In the meantime, take some time today to tell your family and friends that you care about them and appreciate them. That is another thing one can learn from the pandemic.



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Mission: The mission of Lafayette Industries is to provide employment opportunities to persons with developmental disabilities and to persons with other disabilities who are 18 years or older.

Goals: • To provide a meaningful and productive work experience to persons who are disabled • To maintain a safe and pleasant work environment • To teach and to train persons with disabilities to acquire better work habits • To enhance self-worth and dignity through employment • To provide high-quality business service through packaging, light assembly and commercial mailings • To operate the center in a professional, fiscally responsible manner • To provide fair wages and good benefits

HAPPY BIRTHDAY TO OUR JANUARY FOLKS!!

NORTH

Kalvin	Ervin	1
Emmanuel	Lowe	4
Bertrian	Thomas	7
Joshua	Nelson	8
Jessie	Carpenter	9
Telly	Mays	11
Briana	Beasley	15
Eddie	Brown	18
Duvunier	Gear	19
Dalana	Graves	19
Homer	Wells	20
Kevin	Thompson	25
Sharron	Williams	25
Terry	Stevenson	26
Dawn	Kirkendall	30
Marina	Raskin	30

WEST

Allison	Branham	3
Craig	Conrad	4
Matt	Marien	5
Austin	Combs	5
Julie	Wefel	5
Mary	Klevorn	7
Mary	Boyle	9
Laura	Meyer	9
Stacey	Elster	10
Julie	Aufdenspring	14
David	Reardon	14
Joseph	Hagan	14
Robin	Owen	17
Bob	Thoele	18
Brian	Dunn	27
Arthur	McCarver	29
Hamid	Tariq	29
Brendan	Sonnabend	31
Scott	Skarstad	31

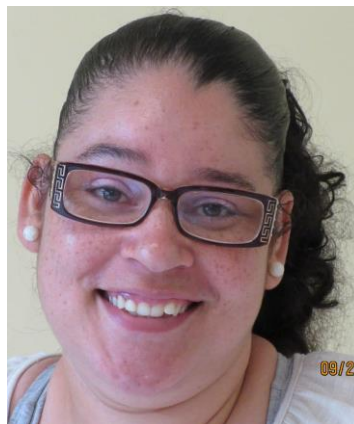


NORTH – CAUGHT BEING

RESPECTFUL FOR DECEMBER 2022

Immediate right: Krystle Conroy

Far right: Marie Ball



NORTH CAUGHT BEING

SAFE - DECEMBER 2022

Far left: Henry Anderson

Middle left: Laura Fortus

Immediate left: Pam Burton

THANK YOU, JERRY PHILLIPS!!

By Laurie Dent (Proud Parent)

I appreciate who you are for the employees at Lafayette. You are an amazing Director. Your management of all the components that go with the operation of business seem unfathomable, and you do it so effortlessly. I also thank you for providing resources for Tami, the health and well-being of our family.

I didn't want to have the year end without letting you know what a God-gift you are to me as the parent of Tami, and the appreciation I have for you.

LAURA FORTUS GETS COOKING EXPERIENCE

By Janet Fortus (Proud Mother)



Far left: Laura and Greg making sugar cookies!

Immediate left: Laura was not able to sign up for cooking class this fall. So her boyfriend, Greg, and his mom have arranged for the two of them to have every other week cooking experiences at Greg's home. Each time they meet, they prepare something different. They even do the cleanup!!



WEST - CAUGHT BEING RESPECTFUL AND

CAUGHT BEING SAFE – NOVEMBER 2022

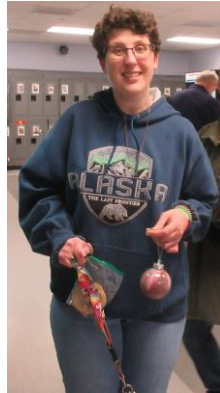
Immediate left: Allison Pfeiffer (Respectful), Debbie Draper (Safety) and Carl Berger (United Healthcare)

ST. CLEMENT'S CATHOLIC CHURCH - KNIGHTS OF COLUMBUS COUNCIL #13604

St. Clement's Catholic Church has been helping out as a Lafayette supporter for 14 years now (information provided by Mr. Daley). Two families from the parish have been and are connected to Lafayette. Helen Roder still is a member of the parish, and her son, Michael, worked for Lafayette for years before he passed away. Anne Zivnuska is a member of the parish, and her son, Andrew, works for Lafayette. Historically there have always been two people or more to represent Lafayette at the Knights

Christmas dinner. I went alone last year to the dinner, but I thought that maybe someone from Lafayette come with me this year. Becky Crump, who I've known for years and has been a part of my "posse" said yes. She represented Lafayette along with myself for the check presentation. In the picture above from left to right is Tom Daley, chair of the St. Clement Tootsie Roll Drive, Becky Crump and Becky Stillwell, Lafayette Industries co-workers. We thank St. Clement's for their generosity, and we've vowed to make them a top priority when the Tootsie Roll time comes around next year. Thanks again to the Knight of Columbus Council #13604 of St. Clement's Catholic Church! You are the best!

ARTISTIC FRIENDS CLUB ANNUAL VISIT FOR 2022



Several times a year The Artistic Friends Club meets at Lafayette West to share their love of art, and work on their art projects. Early on, they decided to share their love of art with our employees during the December holidays. A tradition was born, and ever since they have never missed a year. When December comes, one of the first questions that we hear is, "Are those ladies coming?" They always come, and everyone always the same thing as their second question, "I wonder what they made this year?" Each year it

keeps getting better and better. We have had pins, snowflakes, ornaments, etc., along with their great homemade cookies. This year we had three of their hard-working ladies show up to hand out the goodies, and our folks were excited as they waited their turn in line. The ornaments looked like expensive, hand-made ones, and they were impressive. The ladies said they used paint, and it took a long time to dry. It gave a positive meaning to the phrase "as exciting as watching paint dry". In this instance the results were wonderful. Thank you to The Artistic Friends Club, and thank you to *all* of the members of their club who have made the holidays special for our folks. We appreciate you!!



SAFETY THOUGHTS FOR JANUARY 2023

By Tom Heitert (The Safety Guru)

NEW YEAR'S SAFETY RESOLUTIONS

I resolve to do the dishes more, put my laundry away in a timely manner and be a better person overall this year. I know what many of you are saying, "THAT isn't gonna happen!" You are probably right, but we're going to try. However, on the safety front, let us resolve to at least follow the BIG 5 on the Ol' Safety Captains list:

- 1) I will not carry loads so big I cannot see where my feet are going, especially on steps.
- 2) When lifting I will bend my knees, and lift with my legs.
- 3) I will tuck in all chairs when not being used (Brian Bradshaw Rule).
- 4) I will not block electric panels, exit doors, fire extinguishers, or first aid access.
- 5) I will keep all walkways, aisles, and doorways clear.

SAFETY IS NO ACCIDENT - MORE LATER!

IT IS TAX PREPARATION TIME! BUT...

By Peter LaSalle (January 2023)



Ellen and I plan to begin preparing tax returns the week of February 13. You may start calling Becky on or after January 16, 2023.

The IRS tax intake/quality review form 13614-C must be completed prior to the tax session. In addition to the basic tax information, demographic information is also needed along with permission forms to allow the IRS to share data with AARP. The intake form, tax preparation guide and demographic data explanation are available by email when you make an appointment.

The new tax rates and increased standard deduction have eliminated many taxpayers from itemizing, but just in case remember to bring all income forms (W2, 1099R, Social Security, SSI Letter, Interest, Dividends, Capital Gains), adjustments to income (IRA contribution, student loan interest, advance child tax credit, health care credits, tuition payments, etc.), Real Estate Tax receipts, rent receipts, proof of medical insurance and premium expenses (forms 1095A or B), and if you itemize (mortgage interest, state income taxes, real estate and personal property taxes, charitable gifts, medical expenses including mileage). Also needed for each person listed on the tax return is a photo ID, Social Security card, proof of age, direct deposit account numbers, a copy of last year's tax return (2021), and if a victim of tax fraud your IRS ID PIN.

Many Lafayette workers owe no tax but may be eligible for the Earned Income Tax Credit and possibly the Missouri Property Tax Credit (Circuit Breaker). A review of the employee's income, disability status and housing rental expense determines eligibility for the Property Tax Credit. Tax returns will be completed on the IRS computer tax preparation system and efiled with the IRS, Federal income, state income and property tax credit (if applicable) forms.



MY SISTER'S WEDDING

By Claire Gardiner
(Proud Lafayette Employee)

My sister, Amelia, got married on Dec. 17th at the Old Cathedral. I was a bridesmaid. We had so much of fun at the reception at The Franklin Room in Souldard. There was lots of Irish dancing, and Dad even wore a kilt to dance a surprise dance with my sister. The band was great and everyone had a good time. Congrats to my sister and brother-in-law, Amelia and Bryan Maniscalco!

2022 WEST ART CONCERT



2022 West Art Concert – continued:



What's the purpose of the picture of the red shoes above? First, to let you know that it was C but then to get you focused on a short article about this year's Art Concert. For the first time since 2019, people were able to come together on Tuesday, December 13th at Manchester Methodist Church for the 2022 West Art Concert. You could tell that everyone was enjoying seeing one another as it had been quite a while since they'd gotten together. The audience enjoyed both the art show and the concert. At 6:30p, the doors opened to present the artwork from the art classes that took place over the several prior months. Everyone that attended the classes were treated to a variety of different art mediums. They were a talented group, and it was fun to see the results. The presentation of the items were well laid out. While they were looking at the art, piano music was played by the church organist in the background. After viewing the artwork, water and cookies were offered to our visitors. Lastly, it was time for the Glee Clubs to present what they had musically learned during the year. Each group met on a day of the week – Tuesday, Wednesday or Thursday, and they got a chance to present their own short music programs. Enthusiasm abounded and they did a great job with their individual programs. After everything was over, there was a concert given by the organist who had played earlier. They have a massive organ at Manchester, and their organist gave a program of Christmas music. It was amazing, and so was everything before it. Thanks to everyone who helped put the program together, and it's great to be back!

WILL WE SEE YOU NEXT YEAR?

ST. JOSEPH CATHOLIC CHURCH KNIGHTS OF COLUMBUS MARIAN COUNCIL #9522

By Rob Libera (Proud Lafayette Staff)



St. Joseph’s Knight of Columbus has supported Lafayette almost since Lafayette’s beginning, 47 years ago. One of their key primary principles is Charity, and supporting those with developmental disabilities (St. Joe’s has numerous Lafayette families in their parish).

Last month I had the “privilege” of being the straight-man for Colleen Kelly, as we accepted several checks from the Council. The funds resulted from their annual Tootsie Roll Drive, Golf Tournament, and from the wonderful Ladies Auxiliary. Earlier in the year that had also made a contribution to us from their Spring Trivia night. Separate from that, several, several Knights contribute to us personally. We are blessed to have them and the Ladies Auxiliary as beneficiaries, as they have made a tremendous effect on our ability to keep our Mission going! Thank you and God bless!

JANUARY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 New Year’s Day	2 Celebrate the New Year – <u>Both Workshops are closed!</u>	3	4	5	6	7
8	9	10 PAY DAY	11	12	13	14 K of C Dance – St. Clare of Assisi School Cafeteria – 7:00-10:00p – Welcome in the New Year
15	16 Martin Luther King’s Birthday – Both Workshops are open!	17	18	19 North’s Free Lunch	20	21
22	23	24	25 PAY DAY	26 West’s Free Lunch	27	28
29	30	31				