

Be Exceptional!

THE EXCEPTIONAL FOUNDATION OF ATLANTA

HELP US TEST OUR NEW DONATE BUTTON!

We are super excited to reveal our new and improved website. Take a look to learn about our programs and approach, ways you can get involved, and all the exciting things members of The Exceptional Foundation of Atlanta are involved with in our community.

Go to **efatl.org**, see our new site, and help us test out our new donate button!

<https://www.efatl.org/>



MUSICAL MONDAYS, GYM TIME TUESDAYS, AND THURSDAYS WITH JORDAN

We are so excited that three amazing young mentors have joined our volunteer staff.

Musical Mondays with Meredith - our talented Music Therapy intern (West Virginia University) from Metro Music Therapy is getting our pipes in shape for a very special Movie Maker production we will be creating over the next couple of months. We will be singing, exploring rhythms, playing instruments, and maybe even writing a few songs of our own!

Gym Time Tuesdays with Michael - A UGA grad, Michael is taking a gap year before med school and joins us every Tuesday for gym time at First Baptist Snellville. We are enjoying basketball, indoor soccer, even playing Wii games with Michael. He'll be introducing us to lots more *socially distanced* sports and games in the coming weeks.

Thursdays with Jordan - Jordan comes every Thursday to hang out all day with us. Everything is so much more fun with him! He plays basketball, eats lunch with us, helps us practice conversation skills, and he's even going to be teaching us some Spanish. The guys especially like hanging out and talking sports with Jordan.

Thank you to all three of these volunteers who are giving of their time, talents, and hearts! Anybody interested in joining us on Wednesdays?



**MUSICAL MONDAYS
WITH MERIDETH**



**GYM TIME TUESDAYS
WITH MICHAEL**



**THURSDAYS WITH
JORDAN**

LET'S GET BLUESY

Mr. Jim Lee joined us via Zoom to share some bluesy trombone music. He shared how he first became interested in music as a young boy and told us about the six bands he is now a part of. Everyone got to ask Mr. Jim questions and, best of all, he played some beautiful music for us. One of our participants particularly enjoyed the presentation as he brought his own trombone and got to play a bit with Mr. Jim. **If you have a special talent or interest you would like to share with us, please let us know!**

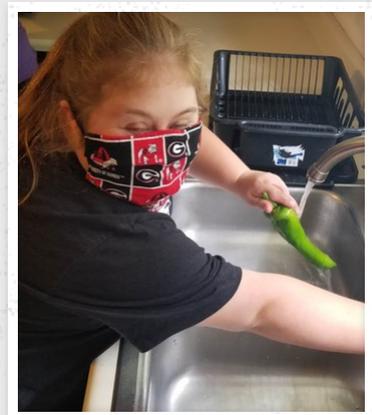


COMMUNITY GARDENING

We took a trip to the Oakland Community Garden to see all the different kinds of vegetables grown there. We practiced cooking using the vegetables we picked and enjoyed tasting them at lunch. Using the vegetables we harvested, we taste tested:

- Black Bean Dip using our tomatoes, pepper and onion
- Eggplant Parmesan using our eggplant and fresh basil
- Air Fried Okra using our red and green okra
- Roasted Butternut Squash

What a great lesson in healthy eating!



OUT OF THIS WORLD!

When you can't get out in the world, bring the world to you! EFAtI members enjoyed a very special Varsity Tutors webcast recently featuring Leland Melvin. Leland Melvin is an astronaut, NFL player, author, chef, and inspiring speaker who delivers the message of believing in yourself, overcoming adversity, finding mentors and allies who will have your back no matter what, honoring your parents, lifelong learning, and living with integrity, perseverance, and grace - all things our EFAtI members aspire to. When he was young and just starting out in sports, his father told him, "Work hard, have fun, and share the ball" and he has followed that advice throughout his life. He advises young people to respect the importance of teamwork and stay curious, and his motto still today is "I think I can, I think I can."



SCARECROWS IN THE GARDEN

EFAtl is represented in the 2020 Scarecrows in the Garden exhibit at Atlanta Botanical Gardens. This year members decided they wanted to make scarecrows in the images of Bruce Banner/The Incredible Hulk and Princess Lolly. Thanks to generous donations made by some of our Facebook followers, everyone got to go to the botanicals garden to see our submissions in person. This is a great EFAtl fall tradition. **If you visit the Atlanta Botanical Gardens during October, be sure to find Princess Lolly and The Incredible Hulk!**



MOVIE MAKERS

Our Movie Makers group known as ENN (Exceptional News Network) has been hard at work and has already produced two videos. The first was an introduction to EFAtl. Members expressed all the reasons why they love coming to EFAtl. See this movie and look for more ENN productions coming soon on our YouTube Channel at https://www.youtube.com/watch?v=hPqR1_yQZcw



RANDY'S PERENNIALS AND WATER GARDEN

Any day at Randy's is a great day! It was so fun to see all the beautiful plants, feed the koi fish, and the staff led us in a great workshop to pot our own plants. Members have been out in the community, visiting some of our biggest supporters to deliver their handmade arrangements and say a big **"Thank you for your support!"**



ROCK ON MESSAGES

We have been hard at work painting special messages on flat river rocks to hide on walking paths in parks around Gwinnett County. Every rock has a special message that invites the finder to send us a message back. We are a part of Rockin' Smiles which is a Facebook group that allows people who find the rocks to send a message to those who hide the rocks. The admin of the Rockin' Smiles page recently commented, "You all have had the best comment ever on Rockin' Smiles. Great job on creating smiles." If you're out walking in Gwinnett, keep an eye out for one of our hidden messages. What a great way to spread joy. **Let us know if you find one!**



LETTUM EAT! (SOME MORE!)

After gym time on Tuesdays we head over to Chef Hank's kitchen to put labels on the thousands of to-go containers that his Lettum Eat ministry delivers to the hungry. It's a great feeling to know that we are an important part of this effort to serve those in need in our community. After volunteering we are happy to sample Chef Hank's delicious food!



WE NOW HAVE PAYPAL TO MAKE DONATING EASIER!

https://www.paypal.com/cgi-bin/webscr?cmd=_xclick&hosted_button_id=4UW6SEKUF5BQ&source=url

Our arrangement with PayPal also enrolls us in the PayPal Giving Fund. EFAtI donors can support us on PayPal partners' platforms, including PayPal, eBay, GoFundMe, Humble Bundle, Airbnb, Nextdoor, ShoppingGivces, and Zakatify.



THE EXCEPTIONAL FOUNDATION OF ATLANTA

 Facebook

A day program for adults with intellectual disabilities that provides purposeful activities to increase social interactions, community involvement and healthier lifestyles.

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THE
**EXCEPTIONAL
FOUNDATION**
OF ATLANTA

A SPECIAL PLACE FOR THOSE WITH SPECIAL NEEDS

October 2020