Onboard Outreach

ISSUE 37 · NOVEMBER 18, 2026

WEDNESDAY WEEKLY

Holiday ready.

Planning ahead so every person can enjoy the season their way.

Happy Wednesday from Onboard Outreach!

Thanksgiving is just around the corner. For many families, that means travel, new places, bigger crowds, and days that look different from usual. It's a season full of good things, and it can also be a lot.

This week, we're sharing simple ways to plan ahead, keep routines steady, and make sure services stay on track through the holiday. We're also inviting you to share what you're thankful for. Your answers will be featured in next week's Thanksgiving issue!

THE BIG STORY

A Thanksgiving that works for everyone.

Earlier this month, we talked about why everyone deserves a place at the table. Here's how to help make that happen. A few small steps before the big day can make the holiday calmer and more enjoyable for everyone.

1. **Preview the day.**
   Talk through who will be there, where you're going, and how long you'll stay. A picture schedule or short list helps.
2. **Pack a comfort kit.**
   Headphones, a favorite snack, a fidget, a tablet, or a favorite activity.
3. **Plan a calm exit.**
   Agree on a signal that means "I need a break," and pick a quiet room or short walk ahead of time.
4. **Set transportation early.**
   Holiday rides book up quickly. Confirm pickup times, drivers, and the plan for getting home.
5. **Keep one familiar routine.**
   Wake-up time or an evening walk can help the whole day feel steadier.
6. **Let the person lead.**
   A big gathering, a small meal, or a short visit. Every way of celebrating is the right way.

FOR FAMILIES

Keeping services on track over the holidays.

Holiday weeks can shift schedules for everyone. A quick check-in now can prevent surprises later.

- **Check holiday hours.** Ask your day program, providers, and transportation about closures or schedule changes around Thanksgiving.
- **Self-directing? Confirm your staff schedule.** Make sure your Self-Directed Employees know their holiday hours, and check timesheet deadlines with your fiscal intermediary.
- **Questions about your plan?** Your Support Coordinator is your go-to for anything related to your service plan.
- **Need help with the details?** Our Supports Brokerage team can help you sort out schedules, timesheets, and next steps. Call us at 856.258.0594.

YOUR TURN

What are you thankful for?

At the resource fair, our "What drew you to social work?" board filled up with colorful notes, each one a different story. This month, we want to hear yours.

Tell us one thing you're thankful for this year: a person, a place, a moment, a new skill, or a good day. Reply to this email or send it to admin@onboardoutreach.org by **Monday, November 23**. First names only, or stay anonymous.

Share yours

GROUP COMMUNITY INCLUSION

Cozy-season outings.

As the weather cools down, our small-group outings head indoors. Fun doesn't stop when it gets cold!

Bowling · Museums · Library programs · Craft workshops · Lunch with friends

Who can join: Adults 21 and older enrolled in New Jersey DDD's Supports Program or Community Care Program. Outings run from 10:00 a.m. to 2:00 p.m. with staff support.

How to get started: Ask your Support Coordinator about adding Group Community Inclusion with Onboard Outreach, or call us at 856.258.0594.

NOVEMBER NOTICEBOARD

Important dates and friendly reminders.

NOV 23 — Last day to send us what you're thankful for.

NOV 26 — **Thanksgiving Day.** Our office is closed so everyone can enjoy family and good eats. We're open on Black Friday, November 27, with normal business hours.

5K SOON — **Onboard Outreach 5K.** Wellness. Awareness. Community. Impact. Join the interest list at onboardoutreach.org/onboard-wellness-5k-interest.

DEC TBA — **December Resource Zoom.** A virtual session on helpful resources for individuals and families. The date and time will be announced next week.

For our Support Coordinator partners: Working with a family who's feeling overwhelmed about the holidays? Feel free to share this issue.

KINDNESS CHALLENGE

Say thank you.

- Thank someone who helped you this year.
- Write a note to a teacher, staff member, or friend.
- Tell a family member one thing you appreciate about them.
- Thank yourself for something you worked hard on.

"Gratitude grows when we share it."

Coming next week: our Thanksgiving issue, featuring what you're thankful for.

Guided by Purpose. Rooted by Care.

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SUPPORT. EMPOWER. CONNECT.