

## MEMBER OF THE MONTH



We're excited to celebrate Contessa as PEP's Member of the Month! Contessa has a strong love for learning—especially when it comes to math and science—and she brings that same curiosity and drive into the workplace. She enjoys hands-on projects and is always eager to pick up new skills. Recently, she worked alongside volunteer Tom to help assemble all the new furniture for our classrooms and often asks to help out whenever she has free time. Staff love working with

Contessa and have praised her for the great progress she's made in her work skills.

Way to go, Contessa—keep up the amazing work!

## HAPPY BIRTHDAY

7/1: Courtney  
 7/1: Lindsay  
 7/26: Jessie  
 7/30: Mike  
 7/30: Stephen  
 8/3: Eric  
 8/6: Akida  
 8/20: Evan  
 8/21: Nathan  
 8/25: Matthew



## CALENDAR



- **07/04:** Closed for July 4
- **07/25:** Christmas in July hosted by Grace Community Church
- **08/21:** SCAD Museum Outing
- **08/26:** Sun City Ukuleles

# MEDICAID

In order for PEP members to meet required hours for Medicaid billing, they **must** be at PEP between the hours of 9:30am-2:30pm.

If you are able, please consider appointments and drop off/ pick-ups before or after the times posted above.

Thank you for your continued support of PEP and our members.



# REVIEW PEP

We love being part of your journey and would be so grateful if you could take a moment to leave us a review on Facebook and/or Google!

Your feedback helps teach about PEP and the community we've built together.



# THANK YOU

A big thank you to the Knights of Columbus for hosting a fantastic picnic for our PEP members!

Even a little rain couldn't dampen our spirits. We brought the picnic indoors and had a great time right here at PEP. Our members had a blast spending time with the wonderful Knights, and everyone enjoyed plenty of food, fun, and laughter.

We truly appreciate your generosity and support. Thank you again for making the day so special!



# REMINDER

PEP will be closed  
on Friday, July 4  
in observance of  
Independence  
Day!

We hope you all  
have a fun, safe,  
and memorable  
weekend!

**HAPPY**  
**4<sup>th</sup> of**  
**July**

# GRANTS & GIFTS

PEP is so grateful to have the support of so many businesses and individuals in our community. We could not fulfill our mission without them. We have recently received contributions from the following communities and groups:

- **Knights of Columbus Council # 12263 (Bluffton) and Council #10668 (Hilton Head)**
- **Breedlove Foundation - Transportation Grant**
- **Riverton Charitable Fund - Community Support**
- **Port Royal Community Fund - Music Therapy and Serenity Space Remodel**

**Thank  
you.**



# NEW INSTRUCTOR

PEP is happy to welcome our newest instructor, Eden Krumholz!

Eden is originally from Vancouver, Canada and Marco Island, Florida, and moved to Bluffton in March.

Eden Graduated from Florida State University in May of 2024, where she was the Partnerships and Outreach Director for Special Olympics at FSU.

She grew a passion for working with individuals with diverse abilities at a young age when she began volunteering with a summer camp called Camp Able.

She loves being outside and exploring, Taylor Swift, puzzles, and so much more. Eden is so excited to be joining the PEP family!



# PEP MEMBER EMPLOYEE SPOTLIGHT

**July:** Lori

Big shoutout to Lori, our Employee of the Month for July! Lori brings amazing energy and effort to everything she does. She's always ready to jump in, take on new challenges, and recently has been stepping up as a leader on the team. Her coworkers love working with her and the staff really appreciate how she supports new members by helping them learn the ropes. Thanks for all your hard work, Lori—we're lucky to have you!

**August:** Brinsley

Congrats to Brinsley, PEP's Employee of the Month for August! Staff have noticed how focused and motivated Brinsley has been lately—tackling every task with a great attitude and really staying on track. He's doing an awesome job following directions and taking on whatever comes his way. Way to go, Brinsley! Keep up the great work!





# CAPTURING LIFE WITH MS. FREDDI: PHOTOGRAPHY FUN AT PEP

I am honored to be leading photography workshops this summer with PEP. We started out with cameras and quickly realized it would be more beneficial to use the members' phones whenever possible. We are focusing both on taking better photos and editing them.

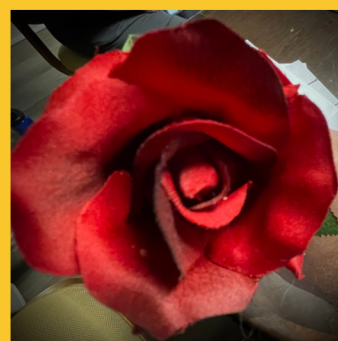
For the first workshop, I brought in things for them to use to create still lifes with an egg. Halfway through I showed them my egg award winning photo, and one man worked hard to emulate the simplistic style with striking results. He told me after the hour and a half "I have a much better perspective on how to take interesting photos!" Another loves taking photos of people as he then did of his classmates. With my guidance he was delighted to find family photos on his phone and use his newfound skills of cropping and auto editing. One loved to make whimsical still life creations and photograph them.

For our second workshop, one member brought in his collection of Beanie Babies and books for photo subjects. The participants used their phones or a borrowed tablet, and many remembered basic editing of cropping and magic wand we covered ten days prior. They now also know how to try other editing settings and vignettes. One man had suggested last time that we go out to their garden. So, I introduced the concept of fill the frame and shared my French artichoke photo. They grasped the concept quickly and took some great photos in the garden and then edited them.

I am thrilled that my PEP students are retaining what they have learned from the previous sessions. They have really gotten into cropping and basic editing. Moving closer to "fill the frame" comes naturally now. A great skill for phone cameras. During our third session, we studied the composition rule of thirds. They worked to place the subject in a sweet spot, where the lines intersect, and then edited their photos to do the same. Lots of smiles. The other composition topic today was "a touch of red." Fun was had as they chose a few of many things I brought in and looked around the room to place them in shots. Being up and moving is an important part of my lesson plans. The members are creative as you can see with some examples of their work. The Pinocchio figure was fun to use to learn about Time Lapse and Slo Mo settings. We will work on the Portrait settings on their phones and the rule of three or odds next time.

The goal of the workshops is to have the members be intentional when taking photos and use the basic guidelines of composition to take and edit artistic photos not just press the shutter and take snapshots. I am delighted in their progress.

Freddi Hoffmann, Sun City Photography Club Instructor



Photos:

Egg still life 1.

Egg still life 2.

Onions in the garden

Complimentary colors fill the frame

Beanie babies fill the frame

Rule of thirds with Pinocchio in a sweet spot

# WHO DO I CONTACT?

Need assistance? We've got you covered!

If you have any questions or concerns, give us a call at **(843) 681-8413** and ask for the appropriate admin. We're here to help and make sure you get the answers you need!

## Administration Contact List

| Name            | Title                                 | Email                      |
|-----------------|---------------------------------------|----------------------------|
| Nancy Sulek     | Executive Director                    | Nancy.Sulek@pephhi.org     |
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| Geri Pasqualone | Assistant Program Director            | Geri.Pasqualone@pephhi.org |

# NANCY'S NOTE

## A NOTE FROM THE EXECUTIVE DIRECTOR

I want to take a moment to wish everyone a fun and safe summer - especially as we prepare to celebrate the 4th of July. Whether you're enjoying fireworks, cookouts, or simply some extra sunshine at the beach, please take care and stay safe during the holiday.

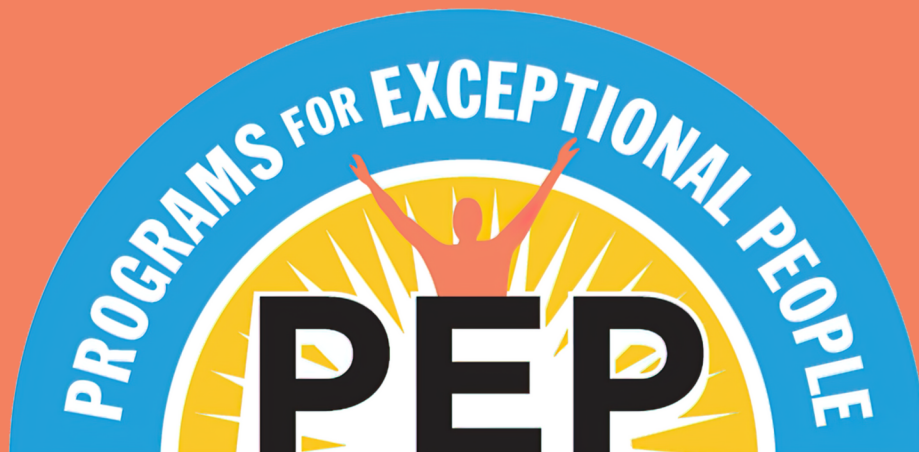
I also want to extend a heartfelt thank you to our incredible PEP staff. I recently had the chance to step away for a much-needed vacation, and thanks to this outstanding team, everything continued to run smoothly in my absence. Their dedication, compassion, and professionalism never go unnoticed, and I'm truly grateful to each and every one of them for keeping PEP strong and steady. We are lucky to have such a committed group supporting our members every day.

BJ Love, our fearless Board Chair is also spearheading the fall Gala for PEP's 30th Celebration at the Hilton Resort on Hilton Head Island. If you can help out with this event (date TBA) in any way - including collecting auction items please contact me ([nancy.sulek@pephhi.org](mailto:nancy.sulek@pephhi.org)) or BJ ([loveandybj@gmail.com](mailto:loveandybj@gmail.com)). Any amount of help with this event will contribute to its success.

Please know that my door is always open—whether you have a need, a concern, or simply something to share. I am deeply grateful not only for our dedicated staff, but also for the ongoing support and trust of our incredible PEP families.

With gratitude,

Nancy





# MEMBER MEMORIES



**Our Mission:** PEP provides a supportive environment where individuals within our community read, learn, exercise, work, and engage with peers.