

December 2025

Quarterly Newsletter

December 16, 2025

As the year comes to an end and we get ready for a fresh start, one thing stays the same: our promise to support you in your self-direction journey every step of the way. Winter is a time for reflection, planning, and connecting with others, and we are thankful to be part of your support circle as you create a life on your own terms.

In 2026, PAS will continue to support you with the same dedication you've come to count on. Whether you're setting new goals, managing winter routines, or looking forward to brighter days, we are here to help you move confidently into the new year.

Thank you for being part of the PAS family. We're excited for another year of growth, partnership, and empowerment.

— Karen Dillon, PAS Operations Manager

In today's email:

- Upcoming Awareness Days/Months
- New Year, New Plan: Setting SMART Self-Direction Goals for 2026
- MiDDC Voices in Action: Community Engagement Center
- Take Charge of Your Health This Winter
- Participant Spotlight: Josh's Path to Joy
- What Was School Like for Students With Disabilities Before IDEA?
- Be Kind To Your Mind This Winter
- Self-Direction Resources for Participants and Direct Care Workers
- Share Your Story

Upcoming Awareness Days/Months

December 14 - 22 — Hanukkah

December 24 — Christmas Eve

December 25 — Christmas Day

December 31 — New Year's Eve

January 2026 — National Mentoring Month

January 1 — New Year's Day

January 4 — World Braille Day

January 19 — Martin Luther King Jr. Day

February — Black History Month

February (2nd Week) — Random Acts of Kindness Week

February 14 — Valentine's Day

February 20 — World Day of Social Justice