



CAPABLE KIDS NEWSTIMES

The Official Capable Kids Newsletter
The September 2023 Sloth-centric Edition



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the scoop on sloths

(some tidbits about sloths)

1. There are two main groups of sloths: 2-fingered and 3-fingered sloths.
2. Sloths cannot regulate their body temperatures, so they mainly live in warm, humid climates, like the rainforests of Central and South America.
3. Sloths love their sleep! They typically sleep about 15 hours per day.
4. It takes 30 days for a sloth to digest one leaf.
5. A sloth at top speed travels at a rate of 1.5 miles per hour. However, they usually prefer to move much slower.
6. In Zootopia, Flash Slothmore's license plate reads "FST NML" (fast animal).
7. A group of sloths is called a "cuddle".



Brought to you by the Capable Kids Foundation
1223 Hackberry Ave. McAllen, TX 78501
(956) 277-1776
info@ckrgv.org

the september scene

click on the links to register for events!!

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

					7:00PM: ¹ Cameron County National Night Out	²
³	⁴ LABOR DAY	⁵ 6PM: Brownsville Crafts	⁶ 6PM: Arts and Crafts - Edinburg	⁷ 6PM: Brownsville Dance and Karaoke Social 6PM: Dance and Karaoke Edinburg	⁸ 5:30PM: McAllen CPR Training Class - Spanish	⁹ 9AM: McAllen CPR Training Class - English
¹⁰	¹¹ 2PM: CK FIT with PCT2	¹² 5PM: CK Dance Social 6PM: Brownsville Crafts	¹³ 6PM: Arts and Crafts - Edinburg	¹⁴ 6PM: Brownsville Dance and Karaoke Social 6PM: Dance and Karaoke Edinburg 6PM: Tie Dye Shirts - McAllen	¹⁵ 10AM: 2023 South Texas VI Sports Palooza 11:30AM: Good Day McAllen	¹⁶ 8AM: Inclusive Superhero 2k 10AM: Camp Rio - ALL AGES
¹⁷	¹⁸ 2PM: CK FIT with PCT2 6PM: Brownsville Monthly Game Night 6PM: September Movie Night	¹⁹ 9AM: Raymondville CPR Training Class - English 9AM: Raymondville CPR Training Class - Spanish 6PM: Brownsville Crafts	²⁰ 6PM: Arts and Crafts - Edinburg 6PM: McAllen Boys and Girls Club Monthly Sensory Night	²¹ 6PM: Brownsville Dance and Karaoke Social 6PM: Dance and Karaoke Edinburg	²² 5:30PM: Brownsville CPR Training Class - English	²³ 9AM: Brownsville CPR Training Class - Spanish
²⁴	²⁵ 2PM: CK FIT with PCT2	²⁶ 5PM: CK Dance Social 6PM: Brownsville Crafts	²⁷ 6PM: Arts and Crafts - Edinburg 6PM: Brownsville Paint and Canvas	²⁸ 6PM: Brownsville Dance and Karaoke Social 6PM: Dance and Karaoke Edinburg	²⁹ 6PM: Los Indios National Night Out	³⁰ 8AM: 2nd Annual Deaf and Hard of Hearing Awareness Walk

CPR TRAININGS

Capable Kids is hosting several CPR training events in September completely free of charge. Trainings are being held at several different locations in both English and Spanish. Additional information is available on [SchedulesPlus](#) or on our [Facebook page](#). Join us to save a life!

*Registration required. Limited seats available



CK Save-A-Life Class Sponsored by



Driscoll
Health Plan

UPCOMING EVENT

Help support Capable Kids at our upcoming Skeet Shoot Fundraiser!!



Shine Bright, Do Good

JOIN US FOR A
KENDRA GIVES BACK EVENT

DATE & TIME

Saturday, September 16th 2023

3:00 pm - 5:00 pm

DETAILS



Use online at check out
GIVEBACK-ESPHN
for 48 hours online

2200 S 10th ST
McALLEN, TX 78503



KENDRA SCOTT

spot the difference

spot the difference between the sloth photos!
hint; only one difference exists per puzzle. look closely :

1



2



3



answers

1



2



3



CAPABLE KIDS IN ACTION



Over 30 CK members and families joined us this past month for a fun, educational morning at the South Texas Museum of History.





Our first Zumba class! If you're interested, classes will be given monthly by our instructor Xochitl.

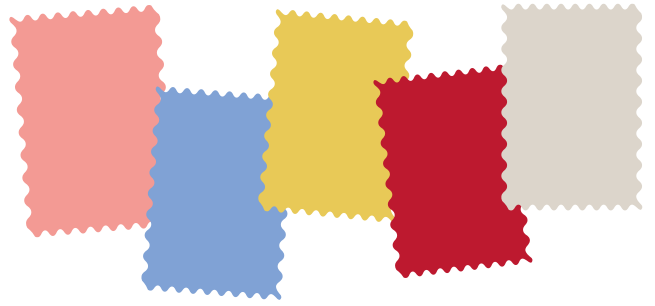


Yoga at Society Studio. Society studio will be hosting us every other month! Next class is October 6th.



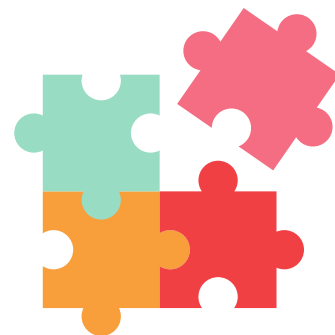
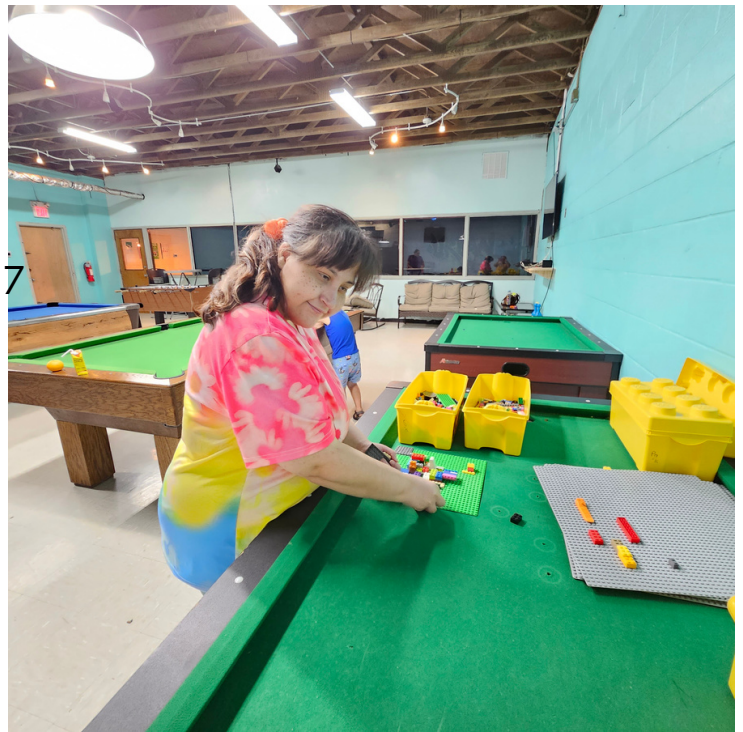


BIG SHOUTOUT to one of our school supply donators, Kristen, the 2023 Edinburg Ambassador!



Costumes from the August Loteria Night Fundraiser. Come support CK at our next Loteria Night in November!

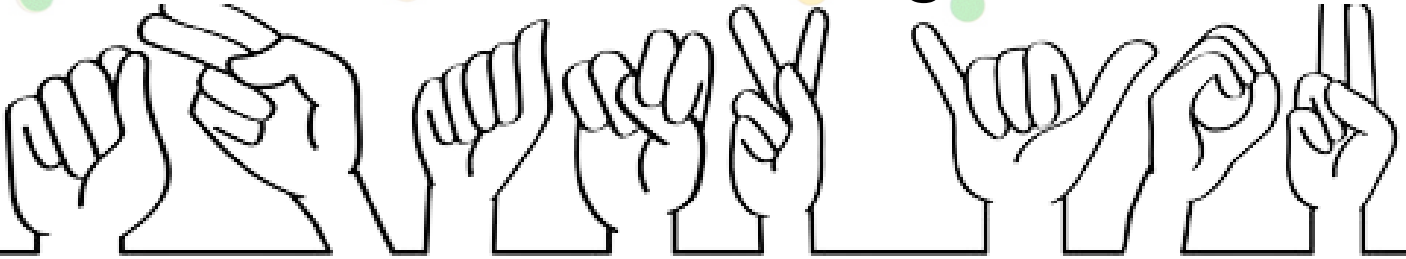
Brownsville Family Game Night!





Capable
Kids

Thank you



Sponsors for our successful CK Loteria Night

ELEVENTS

**ANNETTE &
JOHN DAVID FRANZ**



THE ST. MICHAEL
EVENT GALLERY



**KC ADVERTISING
LISA ROSALES**



2022

Annual Meeting



Capable Kids held its annual meeting on Wednesday August 23 at The St. Michael Event Gallery in Edinburg, TX. CEO, Bobbie Krynicki along with board president, Melanie Watson and board vice president Ector Arian Casas shared with the community the Capable Kids year in review. In attendance were board members-Lisa Rosales, Annette Franz, and Andy Del Fierro, members of the community, staff, and CK families.



2022

Annual Report



Who we are About Capable Kids

Capable Kids Foundation was created in 2015 by a group of speech, physical and occupational therapists to help bridge the gap in inclusive services available to children and young adults with disabilities and their families within the Rio Grande Valley. Capable Kids (CK) consist of three primary programs: CK Sports, CK Social, and CK Impact, to address the lack of inclusive sporting and social opportunities for children and young adults within the RGV.

Play is the right of every child, and creating a sense of belonging is the responsibility of every community. By mobilizing resources and aligning advocacy efforts, we can raise awareness, break down barriers, foster friendships, and unite communities across the Rio Grande Valley to achieve exceptional outcomes. Providing training, education, access to resources, and the opportunity to engage in inclusive social interactions makes a community stronger and more cohesive, allowing every individual the ability to build the empathy, confidence, and skills necessary to create a better tomorrow for all Texans.

Studies show that people with disabilities perform better in inclusive environments, learning alongside their peers without disabilities, developing friendships, and cultivating executive functioning skills.

Capable Kid's multi-program and multi-pronged training program approaches draw upon the skills and lessons learned in each program. This culmination of knowledge provides opportunities to understand each other and participate in inclusive, equitable play and social experiences throughout all stages of development, thereby enhancing the quality of life for children, families, and our greater society.

Since 2015, we have continued to grow and evolve, expanding our efforts to improve the quality of life for children and adults with disabilities within the RGV.

2022 Annual Report

Capable Kids 2022



A Letter from our Board President

Last year, Capable Kids had its busiest year since 2020, when all of our programming slowed and turned virtual in the midst of the COVID pandemic. As we returned to in-person programming we kept in touch with our members' needs amid some apprehension to return to events with larger groups of people. Our families were yearning for more interaction, and we had to balance concerns for the health and safety of our members with their need for social interaction and physical activity. This required us to pivot and update some of our prior activities to fit the ever-changing recommendations and health guidelines.

Some of these changes ended up being big wins! As we planned for our big annual dance, we were experiencing a surge in new COVID cases in the county. Rather than cancel (because this is one of our most anticipated events every year), we changed the format to a Country Dance, allowing us to use a more casual outdoor venue as a safer environment. We discovered our members were more relaxed and comfortable with the more casual attire, and they enjoyed an evening full of smiles, laughter, and dancing with their friends - so much so that we repeated the Country Dance for 2023!

We also welcomed our new CEO, Bobbie Krynicki, at the beginning of 2022. Bobbie brought with her an incredible background of successfully managing large non-profits and has been an essential part of our growth and success over the last year!

We implemented a parent steering committee and conducted surveys to determine current successes and areas of growth to ensure our programs were targeted towards the wants and needs of our members. We implemented a new registration system to keep better track of our membership and volunteers, and provide a system where families can regularly log in to stay in tune with upcoming events, which was driven by family requests. Through Bobbie's leadership and the efforts of our program staff, our membership dramatically increased over the last year, as we welcomed many new families into Capable Kids. After a drop in revenue during the years of 2020-2021, Bobbie has helped guide our financial planning and policies to ensure Capable Kids will continue to be strong and able to improve the quality of life for individuals with disabilities and their families for years to come!

While 2022 was a year of major growth, there is no sign of us slowing down in 2023! This is only possible with an incredibly dedicated (arguably, the hardest working) Board of Directors, an army of energetic volunteers, and our creative and passionate staff working together towards our mission - that individuals with disabilities have the resources and accommodations to thrive in an environment that supports and recognizes their abilities, rather than focuses on their disabilities.

Together, we are able. We are Capable Kids!



Melanie Watson, President, Board of Directors

Meet Our Board of Directors



MELANIE WATSON
BOARD PRESIDENT



ECTOR ARIAN CASAS
VICE PRESIDENT



LEROY CADENA
TREASURER



LISA ROSALES
SECRETARY



ANNETTE FRANZ
BOARD MEMBER



ANDY DEL FIERRO
BOARD MEMBER



2022 Corporate Sponsors

2022
Annual Report



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GLICK TWINS
HANNA SOLUTIONS
H-E-B
HIDALGO ROOFING

HOLDEN SECURITY & STORM SHUTTERS
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RICK VILLARREAL INSURANCE
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ST. MICHAEL'S EVENT CENTER
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TEXAS SPORTSMAN
THE WARREN GROUP
THERAPY SQUAD
TORGOM TRADING COMPANY INC.
UNITED HEALTHCARE
UTRGV FOUNDATION
VALLEY AUTO DEALERS ASSOCIATION
VALLEY BAPTIST LEGACY FOUNDATION
VALLEY LAND TITLE CO.
VANGUARD ACADEMY
VIC'S AUTO REBUILDERS
VILLALOBOS LAW FIRM
VP REALTY
WHATABURGER



2022 Major Individual Donors



ALBERT AND SONY REGO
ANDRE MALDONADO
ARMANDO MARROQUIN
BEN CANTU
BOBBY PALACIOS
CARLOS MELGUIZO AND SAUL SANCHEZ
CELEST CANTU
CLARISSA BENAVIDES
COMMISSIONER EDUARDO "EDDIE" CANTU
COMMISSIONER ELLIE TORRES
COURTNEY K. MOORE
DEBBIE CHAVEZ
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TILLMAN G. WELCH



2022
Annual Report
Capable Kids 2022



Total Revenue

\$268,759

SPECIAL EVENTS

\$156,004 (NET \$92,150)

PUBLIC SUPPORT

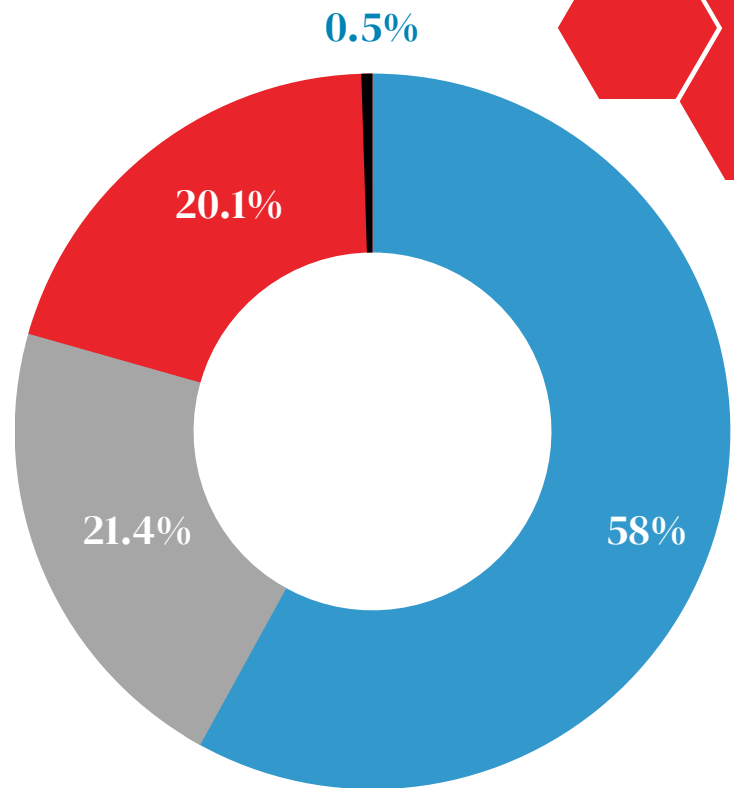
\$57,422

GRANTS

\$54,000

PROGRAM REVENUE

\$1,333



Total Expenses

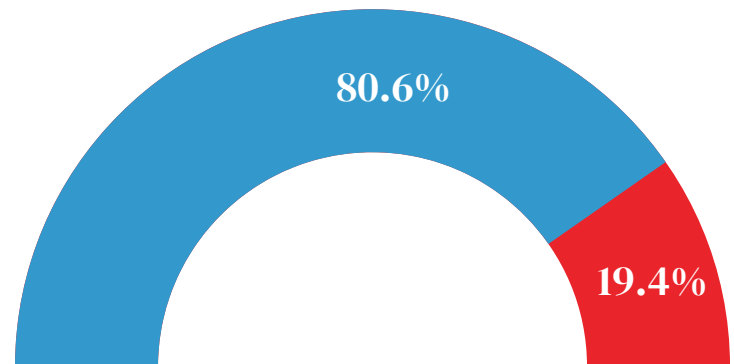
\$243,044

PROGRAM SERVICES

\$195,808

MANAGEMENT/GENERAL

\$47,236



Expenses by Program

CK IMPACT

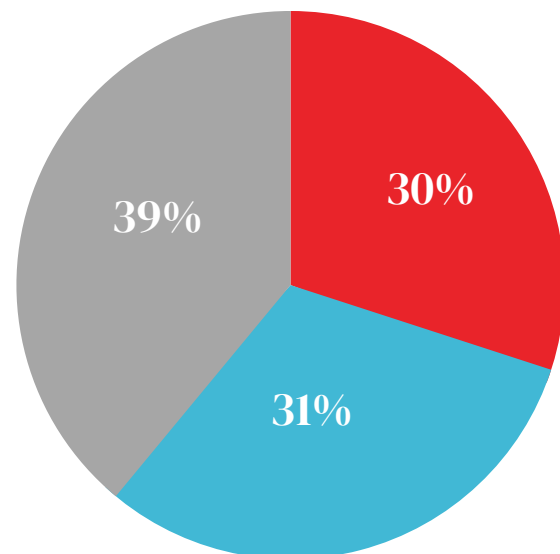
\$57,778

CK SPORTS

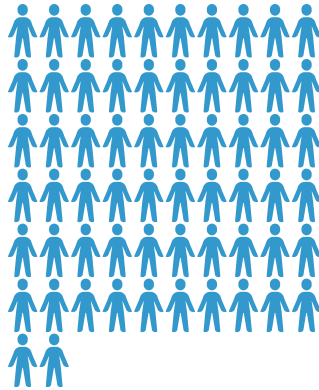
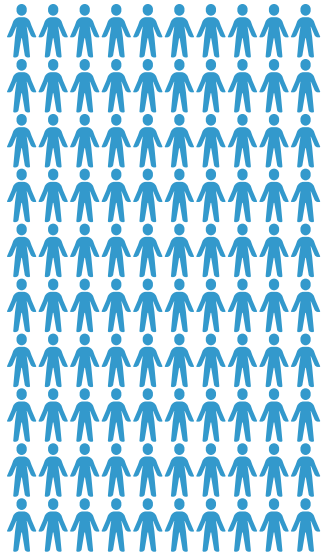
\$60,923

CK SOCIAL

\$77,104

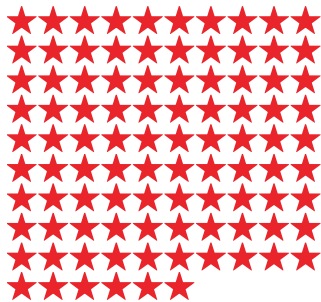


2022: A Year in Review



VOLUNTEERS

162 volunteers donated a total of 4272.50 hours to help deliver programs and services. That is equivalent to \$30,975.62 at Texas minimum wage.



ACTIVITIES

Capable Kids Offered 96 different events, activities and booths in 2022 for Capable Kid members and families.

ATTENDANCE

Capable Kids tracked 7,066 people served at Capable Kids Events Activities and Programming

7066

SERVICE AREA

While we always offered programming in Hidalgo County, Covid really affected the delivery of service in recent years. We are excited that in late 2022, Capable Kids was able to begin offering some limited programming in Cameron County.

From the CEO

This year was a year of reflection and growth for Capable Kids. The expansion of programming and services in 2022 is a testament to the commitment and compassion of our community partners, partner organizations, financial supporters, volunteers, and staff.

It has been challenging as we performed a needs analysis and sent surveys to families to find out what services and support were required. With the help of the newly formed parent steering committee, along with feedback from our amazing parents and kiddos, we started offering regular weekly activities, in addition to our special events. We also created **Capable Kids at Heart** to make sure we were providing relevant and interesting programming for our older teen and young adult members.

With so much support from the community, we realized that a strong community is vital for the welfare of our families. With this in mind, Capable Kids created the CK gives-back program that allowed us to volunteer with the food bank, participate in the Texas Disabilities Issue Forum, Hidalgo County DAC, offer inclusive training, support community events, and participate in multiple partner initiatives.

With the standardization in programming, we also wanted to standardize membership and provide a safe place for CK families to interact. This desire led to the creation of the CK member handbook and the intake assessment tool that helps us better understand our member's needs. With so many new initiatives and activities going on, we have had to adjust our processes and make hard decisions. And, we have asked more from our supporters than ever.... but the results are undeniable!

The question is, where do we go from here? Our amazing volunteer board and CK staff worked hard to create a Strategic Plan in 2022 that will help provide direction and guidance as we continue to grow and evolve. The year 2023 will continue to see more activities, expanded programming, and continued community give-back.

As a new Texas resident and CK staff member, I am deeply humbled and impressed at how CK has become so woven into the lives of our entire RGV community. Our role in helping disabled individuals and their families live and thrive in the community is a source of pride and purpose for our employees, Board of Directors, community partners, and volunteers. As we enter the next chapter of our proud 8-year history, I am excited to build upon our strong foundation, expand our impact, and increase our reach. We Are Capable. Together, We Are Unstoppable.

Bobbie Krynicki



2022
Annual Report

Volunteer Appreciation Banquet



We would like to thank our amazing volunteers. Without you, Capable Kids would not be the organization it is today, nor the organization it will become. We would especially like to thank those who have gone above and beyond and were recognized out our Volunteer Appreciation Banquet with The President's Volunteer Service Award.



Advertise with Us!

Interested in advertising your product or service
in the Capable Kids Newsletter?

Here are our advertising guidelines and current rates:

Guidelines:

- Advertisements must be received by the 20th of the month to appear in the following month's newsletter.
- Advertising space is limited and will be available on a first come, first served basis.

To submit an ad:

Email your ad to bobbie@ckrgv.org

Business card and display ads must be submitted in camera ready copy or computer file format. The following formats will be accepted:

Word, Publisher, PDF or a Vector file.

1



2



Pay for your ad. Checks should be made payable to Capable Kids and may be paid via credit card via PayPal or Square or by check sent to Capable Kids:

1223 E Hackberry Ave, PO Box 5268, McAllen TX 78596

3



Call Bobbie Krynicki at 574-229-2326 to confirm the submission of your ad and payment arrangements.

Rates:

Classified ads (75 words maximum)

1 issue - \$10

3 issues - \$25

Business card ads (3.5" x 2")

1 issue - \$15

3 issues - \$35

5 issues - \$50

Display ad (quarter page-3.75"x5")

1 issue - \$20

3 issues - \$40

5 issues - \$55

Display ad (half page- 7.5"x5")

1 issue - \$30

3 issues - \$50

5 issues - \$65

Full page (7.5"x10")

1 issue - \$50

3 issues - \$80

5 issues - \$100

Our website: Capable Kids Foundation

Sign-up for events: [Capable Kids \(schedulesplus.com\)](http://Capable Kids (schedulesplus.com))

Follow us on Facebook: Capable Kids | Facebook



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