



**Globe
Star**
Since 1996

NAVIGATOR

mentoring a spirit of gentleness for individuals with developmental disabilities

Remembering John McGee

To understand the heart of Gentle Teaching is to understand the work and teaching of Dr. John McGee (d. 2012). His heart touched so many people throughout the world, especially those to whom he dedicated his life to serve: people with intellectual and developmental disabilities, those isolated because of mental health issues, homeless and abused human beings... through his profound works that will be long remembered, we continue knowing that it is a privilege to interact with "other-abled" human beings,



and to be learning, with them, how to create a culture of hope by

feeding the social and developmental need for dignified existence through the loving presence of one another, cultivating companionship and community.



The Heart of Gentle Teaching: SAFE & LOVED



Mentoring a spirit of gentleness is the motto of Globe Star. Quality of life outcomes are rooted in this relationship-building practice that cultivates companionship and a sense of community with others.

Globe Star providers of direct services apply the mentoring basics of a Gentle Teaching framework to their practice. Together, with the person who is receiving services, a foundation for interactions is

established by incorporating the four pillars or *life lessons* of Gentle Teaching: safe, loved, loving, engaged.

These four pillars create invitation for dialogue and discovery, and are guideposts for our interactions. Working with these four life lessons produces a relationship-building dynamic for creating value, meaning, and new moral memory. With new insight and awareness, there is room to grow, to deepen one's sense of self, and develop a sense of community. Quality of life outcomes are observed in social-emotional development and one's self-determination that authenticates the writing of one's narrative script.

With *our tools* (hands, eyes, words, presence), direct service providers incorporate both verbal and non-verbal dialogue for interacting and engaging the relationship-building and mentoring processes.

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Thanksgiving Feast

Globe Star crewmember, Nicole Allison, sent us these photos of Globe Star's Thanksgiving Feast.

She did a marvelous job of coordinating this event that was held on Thursday evening, the 15th of November, at *The Giving Ship* (Globe Star's respite house in Merrillville, Indiana).

It was a memorable time, sharing good fellowship and feasting, plus a little dancing and also making turkey magnets with the individuals (for them to take home).

The feast was catered by Strack & Van Til in Chesterton.



Recalling the warmth of summer days...

With fallen snow and a blizzard warning already behind us here in the midwest, it's nice to recall some warm memories on warmer days of summer. Warsaw, Indiana is home to *Magical Meadows*, a therapeutic horseback riding program for children and adults with physical and mental challenges. Therapeutic horseback riding programs offer connecting elements for wellness and wholeness.

It was a warm summer earlier this year, when two Globe Star individuals, Danyelle and Phillip, set out with their caregivers (Dawn Ditton, Angela Saiz, and Sheila Wilson) to participate in a 6-week horseback riding program.

Angela told us about the wonder and joy all of them experienced, and how the whole process just filled their hearts. Danyelle and Phillip were "the lucky ones," she said, "who got some therapy and love."

"Magical Meadows is a great place and I am so thankful that they were able to go ride and at the same time get therapy. The horses are well trained



and the volunteers are great with each individual that goes out to ride, watch, play, or just enjoy the view.

Danyelle had never ridden a horse and she rode like a champ. Phillip was very unsure at first, and didn't want to get on, but after a few minutes he agreed to get on and then loved every minute of the experience. Phillip was unable to straddle/ride in a saddle at first, but by the end of his 6-week session he was riding like everyone else.

To be able to go out and see the smiles on every individual's face out there was priceless. Globe Star might not provide services to all who were participating, but wow, that was so amazing to go out and just watch what each person was able to do. Just seeing all the stress from everyday life melt off of their faces was worth more than any amount of money. I didn't get the chance to see Phillip ride, but I did get to see Danyelle twice, and it was like she was a whole different person with no one judging her, and to be able to be free and at peace. They work hard, but love what they do and that, to me, is worth all of the hard work." -Angela

Note: Before accepting an individual into a program, the staff at *Magical Meadows* evaluates potential riders and accept them into their program, based on NARHA guidelines.

CARF ACCREDITATION

In just a few months, quality of life services provided by Globe Star will be reviewed in depth by the Commission of Accreditation of Rehabilitative Facilities, also referred to as CARF.

The accreditation processes that are done every other year, support the integrity of our internal procedures and accounting of quality services being delivered, and also give added assurance to those receiving our services.



The CARF organization promotes quality rehabilitation services, by establishing standards of quality for organizations to use as guidelines in developing and offering their programs or services.

The accreditation processes of CARF use national and internationally recognized service standards to determine how well an organization is serving its consumers, and how it can improve. Their standards are developed with the involvement and feedback from consumers like you!

Involved, administrative procedures and detailed developments lay the concrete foundation and quality control assurance for the ongoing delivery of Globe Star services.

Globe Star is a proud provider of CARF-accredited services, and welcome the opportunity to demonstrate our ongoing achievement in providing you excellence in the quality and delivery of our services.

Journeying with Gentle Teaching

Gentle Teaching International Conference 2018

Executive Director Dr. Anthony (Tony) M. McCrovitz is an active board member for two international organizations, and makes the effort each year to speak at their annual events, on behalf of Globe Star.



This year's **Gentle Teaching International (GTI)**

Conference was held the first week of October in Amsterdam. Dr. McCrovitz spoke on *engaging the heart of inquiry* with Gentle Teaching.

A sense of *BELONGING* is a universal longing to feel connected. It is a unifying awareness of our own existence that awakens with companionship and becomes understood within a context of *others* that creates a sense of community.

What conditions need to be in place for effective dialogue? For teaching and cultivating companionship and a sense of community?

The heart of inquiry asks meaningful questions that invite connectedness, exploration, and shared learning. Through dialogue, engaging the heart of inquiry is a way of creating conditions that invite one's curiosity and learning.

The organic processes for engagement and learning, creating companionship and a sense of community with others, is like *working in a garden*; as long as we maintain the conditions needed for growing, the outcome will be a sustainable one. It may not be exactly "right," but as long as we are *keeping ahead of the weeds* and cultivating the foundation of *safe, loved, loving and engaged* (the four pillars of Gentle Teaching), it's nearly impossible to not have growing awareness, learning, and positive outcomes.



As parents and professionals, inquiring and reflecting on how we are engaging in our interactions does much to mutually support quality of life outcomes. A framework of Gentle Teaching inquires of us: 'how are we valuing? how are we teaching? how are we protecting? how are we modeling/mirroring for one to reciprocate?'

Snoezelen-MSE International Conference 2018

The **International Snoezelen-MSE (ISNA-MSE) Conference**, also in October, took place in Argentina.

The title of Dr. McCrovitz' talk was: *An Introduction to the Neurological Systems of Self-Regulation and Executive Functioning: how to identify one's processing level and effectively adapt a Snoezelen-MSE environment for social-emotional learning and growth, using a simple assessment tool.*

Teaching one to self-regulate is an essential, foundational step for the processes of social-emotional awareness and development, and Dr. McCrovitz spoke on how to incorporate the basics of self-regulation for therapeutic, educational or recreational processes within multi-sensory environments.

He illustrated how to navigate the sensory system with a framework of Gentle Teaching, and how to teach one to *name, tame, and befriend* their emotions (regulate their sensory connections) to self-regulate. A Snoezelen-MSE room can teach about self-regulation and benefit others by improving focus, attention, and memory, expanding one's awareness and understanding about their own feelings and about the feelings of others, and by developing a positive mindset. As an individual learns new ways to cultivate a positive mindset, they prime their brain and body's capacity for learning and for building healthy relationships.



from the desk of the executive director

The invitation of **safe and loved** gives us the unconditional blessing to listen and become present to the gift that provides the foundation of a meaningful relationship. This relationship gives my life meaning and value.

Best-selling author and coach, Azul Terronez, has shared many responses to the question, "What makes a good teacher great?" He interviewed 26,000 students and has shared his 24 years of teaching that invites us all to create this culture of gentleness of being safe and loved. Let me share with you a few of things that he has identified, and I'll do my best to connect the statements with the invitation of **safe and loved**.

"Great teachers eat apples."

I feel blessed in this connection, not only for my love of eating apples, but its beautiful invitation to embrace **safe and loved** by accepting the gift of the apple from an individual. It is a connection of trust.

"Great teachers sing."

Crazy, yet I find laughter in this statement, from my many times of driving with an individual or attending a celebration, and have found myself singing with my friends. A true meaning of **safe and loved**, but also the shared meaning to allow our relationship to grow.

"Great teachers think like me but still are my teacher."

How often do we start from our point of view to focus on the compliance, corrections, and even give a consequence? To begin with, an individual's point of view gives the relationship an invitation of being **safe and loved**. It allows others to feel valued, but provides the foundation of hope that acts as the greatest antidote to fear – what a beautiful moment that can blossom from our ability to listen and offer understanding to the other, without judgment, correction, or giving direction.

"Great teachers listen."

For me, this is one of the most essential elements for the foundation of **safe and loved**. Listening to others as they share their dreams and goals have been more than a moment, but a privilege to be



honored; to listen to one's wishes and to have a vision of becoming a fulfilled human being.

Something that most folks struggle with their whole life is sharing, or even attempting to initiate their dreams and

goals by sharing with others or be willing to work on. I have been blessed to be involved in these moments, to hear one's dreams and goals, or being asked to walk this journey with them to grow, learn, laugh and to enjoy these moments as a companion.

"Great teachers don't teach."

I struggle with this since I see my role as a mentor, teacher, parent, etc., as one of teaching. But if I look deeper into this statement, "greater teachers don't teach," it can mean to go outside and experience life's sessions as I experience my own learning and growth. Yes, the classroom is a critical community for learning knowledge, yet the true learning comes with the shared experience we can learn better by *doing*. For example, from burning cookies that I kept in the oven too long, to making coffee that's too strong because I used four scoops instead of two.

"Great teachers chill."

The true test of **safe and loved**. How often do we react in those moments when it might have been best to just be present to give unconditional love?

Azul's list continues with many things it takes to be a great teacher, yet **the invitation of safe and loved** begins with us, accepting the invitation of who we are.

In these moments, when we recognize our vulnerabilities in walking this journey of gentleness, we create moments of meaning and a life of purpose, creating companionship and community in this invitation of **safe and loved**.

~ Dr. Anthony (Tony) M. McCrovitz



*Unconditional love opens our eyes, our hearts,
our gifts. Unconditional love lights our path
and prepares the way. From the simple
framework of Gentle Teaching that gives us
four life-lessons to learn and live by (safe,
loved, loving engaged), to becoming the
Globe Star community that shares this gift of
mentoring a spirit of gentleness, for our lives
and for one another, we are thankful.*

Tony

Dr. Anthony M. McCrovitz
Executive Director





<http://globe-star.org>

<http://qualityoflifeinstitute.org>