



Q & A with Lysie, Director of Go Beyond Preschool



Q: Are there any major changes happening with the preschool with the new build of Beyond Boundaries?

A: With the new build, Go Beyond will still be the same Preschool we all know & love, but we will also **expand to include childcare from birth to age 3**. Our childcare will have room for ten children. With having a mixed age group to adhere to licensing guidelines, we will not be able to have more than four infants under 17 months. Our vision would be to have children grow through our program, **caring for & teaching them from infancy to the time they head to Kindergarten**. Our two rooms will be right next to each other & will be adjoined by both the bathroom & kitchen. Go Beyond Childcare & Preschool will have its own entrance for parents, separate from Beyond Boundaries, but we will still have access to Beyond Boundaries in our classroom. Physical activity is vital for regulation, play & overall development; with that said, some additional thought has already begun to ensure our children can be active and **expand their gross motor development**. Go Beyond will have year-round access to a physical space for indoor gross motor play – something we have slightly lacked in our current space. We will also share an upgraded fenced-in outdoor area with Beyond Boundaries, childcare, and preschool, having separate scheduled outdoor time.

Q: What makes Go Beyond unique?

A: Go Beyond will continue to welcome children of every and **all abilities**. One common question we are currently asked is whether a child must receive services from Beyond Boundaries or have a diagnosis to be enrolled in our program. The answer will remain: **"No, children do not need to be receiving services of any sort; however, receiving services will not deter us from accepting your child into our program."**

Go Beyond Preschool will have a slightly larger space for learning, but one thing that our program has always prided itself on is being a **small program**, which allows us to keep our environment less stimulating than many other structured programs. Having a small program also gives our lead teacher a better opportunity to **individualize all lesson plans to meet each child's developmental needs**. Go Beyond Preschool will plan to open up a few additional spots due to having extra space, but to keep true to our mission, we will remain a small program for our students benefit.



Q: Will the staff look any different? What will the transition look like?

A: With our new build being a year down the road, it's hard to say what staffing will look like. With consistency & continuity of care being one of our program's priorities, we hope to bring all current staff to our new location. It would be ideal to move at the beginning of a "school year," but with a new build, much is out of our control. If we can't make the transition at the beginning of a school year, **we will plan to be as strategic as possible with our move to allow adequate time to set up but also make it the least disruptive to our students' learning (& family's work schedules)**. Go Beyond will keep current & incoming families updated with opening projections as we receive updates on the build. We will also keep the public updated with hours, tuition costs & any other changes as we grow closer to opening the new location.

Q: Is there a waiting list?

A: Both our childcare and preschool have wait lists. We will contact families in the order that they were added to the waitlist. There may still be a few spots available; however, we will not know this until we see more of the building established. **If you are interested in a spot for your child, please get in touch with us as soon as possible**. To inquire about being on our waitlist or for any additional questions, please **contact Director Lysie Hofmann at lysie@beyondboundaries.us**: after September 2023, when she will be back from maternity leave.





VAL OLSON

Art & Soul




CHARLIE OLSON

Small town USA has many advantages. Community comes together in times of crisis, you can trust your neighbor, and everyone seems to be there for each other. What happens when you have a child with special needs in a small community?

Support services are over 75 miles away, and you're not sure how to support your child. Your public school offers services, and you rely on them. It's a great resource until it isn't anymore. Your child is 21 years old and officially out of school. What now? In a small town community where does he go? What does he do?

Val Olson started her career as a nurse. Growing her family in small-town Langdon, ND, it was a tight-knit community but not known for its services for people with varying abilities. Charlie is her son, who has Down Syndrome. Val and another mom teamed up to create a safe space for their adult children, getting funding for residential and day services. Although this did serve them well for 20 years, Charlie grew to need more services that were not able to be offered in Langdon. They moved Charlie to Fargo five years ago. Here he is able to receive services- which are great-yet- throughout the years, Val observed adults with disabilities having depression and anxiety with not many outlets or supports in place to help address these issues. With the reoccurring thought: *"there's more for these individuals"* in the back of her mind for 10 years- Art & Soul was finally and thankfully born.



Art & Soul is a 501(c)3 non-profit. The program aims to help adults with disabilities express themselves, find community, and build a sense of purpose through art.

Everyone needs something to feed their soul- everyone needs to have a sense of purpose. This is why Art & Soul was created. Through art, connection, movement, and support, adults with disabilities can join Art & Soul and be led into a whole new level of living their best selves. Art & Soul currently offers adapted dance, yoga, art classes and intermittent day trips.

Dance and yoga classes are taught by local dance and yoga teachers and they are held at Red River Dance & Performing Company and Red River Human Services Foundation. Art classes are lead by Val herself and there are plans to expand this by bringing in local art teachers to help lead lessons, which is currently located in her personal home's lower level. There have been additional opportunities to explore their community, such as visiting "That's The Dream" Farm.

"This nonprofit is designed to help fulfill the creative and social needs of adults with disabilities through art, community, and expression."

*-Val Olson, Founder
Art & Soul, 2021*

What Val has discovered in this journey of offering these services, is that the clients are showing signs of being fulfilled. They get to explore a creative side that they maybe have not explored before and it awakens happiness and a willingness to try something new.

Clients are encouraged to put down their tablets and be present- pay attention to their surroundings and explore their creativity. Clients' support staff are required and encouraged to accompany the client to each activity. Val holds her clients to a high standard, because she knows that they capable, talented, and can achieve so much.

Where does Beyond Boundaries & Wellness come in? Art & Soul plans to facilitate a company called "Charlie's Place" which will be a café run by adults with disabilities inside Beyond Boundaries.



Val strives to push the envelope and lead her clients to another level of ability to show the community what they can offer. The Art & Soul's clients' art will be part of local art shows and will proudly be displayed in the café and around Beyond Boundaries as well.

Val hopes to add more classes in the future, including but not limited to: music classes, glass blowing, macramé, and more! Val pays close attention to her client's personal interests as to draw them in to participate and feed their soul.

Val is changing the way adults with special needs are living their lives. Her goal is to interrupt the patterns of isolation and loneliness that some adults with disabilities are currently experiencing. Since her classes started in March 2022, Val is witnessing these changes and it's inspiring to see.

Beyond Boundaries is looking forward to this community partner and all its future success! To learn more, donate to the cause or to connect with Val, please visit helloartandsoul.com or email artandsoulfargo@gmail.com