



Community News

A Newsletter for Friends of WKS, Inc. ♦ May 2010

BUSINESS UPDATES

Jane D. Perham
Chief Executive Officer

Recent articles in our newsletter have provided updates of the various impacts of the economic crisis our country and operational states are struggling with. Through natural downward spiraling this has affected WKS/RRI most considerably during the fiscal years of 2009 and 2010. Prior to my tenure here, I was in the corporate world for 27 years. I regret to admit that during my 41 years of professional business management, this two year struggle has been the most significant that I have encountered and been confronted with. Typically many business disturbances are forecasted, definable and controllable. When government funding and regulations are as ever changing and stringent as that of Human Services, it is frustrating and discouraging to also be so dually affected by the nature of the economic crash our nation as a whole has suffered. As you know we have had to make some difficult and significant decisions in order to protect employment, participant services and the company structure.

As spring is upon us, it is time for this newsletter article to provide you with an update of some positive strides that are coming to fruition over the next several months. Based upon regulatory constraints, we are currently not providing Home and Community Support Services in the State of New York. This level of service was capped on January 31 due to licensing delays through no fault of Residential Resources. Our legal strides have agreeably forced our application for licensure to move forward through the regulatory process at this time. This process entails a review by the NY State Hospital Review and Planning Council and subsequently a review by the Establishment Committee of the Public Health Council. These committees will forward their recommendations to the full Public Health Council for final recommendation. Sorrowfully, the nearly three year delay forced displacement of 80 participants and 50 employees during the winter months. However, we are encouraged by the movement at the present time. Based upon this knowledge, we have ramped up our planning process and performed necessary reorganization to allow the three New York operational areas to be prepared for the potential return of participants and employees. Of

course, none of this will happen overnight, yet we are looking forward to an increased census of participants and employees by mid to late fall.

Over the last several months, we have been anticipating a ten percent rate decrease in funding from the State of Maine on July 1 of this year. This decrease would be in addition to the six percent funding decrease that affected us last year. Our significant and creative reorganization during 2009 and 2010 has allowed participant and financial stability in Maine with one administrative support layoff necessary during calendar year 2009. The current information available to us for the upcoming fiscal year indicates a one to two percent funding decrease effective July 1 with potential further decreases to be considered during October. A current reorganization plan is in the construction and implementation stage and will be implemented when necessary. Once again, it is our plan to consider this reorganization to be successful with minimal impact for employees and participants.

As I write this article, we are unsure what to anticipate for funding cuts in New Hampshire. We had generously been anticipating level funding for all program budgets for the upcoming fiscal year. However, the message currently being conveyed by the Governor and the Commissioner of Health and Human Services is bleak at best. We may be seeing significant reductions in a budget arena that is accustomed to little or no annual increases. Yet our hope is that the Bureau of Developmental Services will be exempt from such. While we await the decision making process, it is important to recognize that a recent success in New Hampshire was that of a successful Senate Bill that reduced the waiting list to 37 people in December 2009. Further, a submitted Senate Bill that was on the table for this budgetary session was proposing a gigantic step backward for the State of New Hampshire and its recent commitment to its most vulnerable citizens. Fortunately, this did not pass muster.

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We are researching a variety of areas for which our operational services may expand. All members of the corporate team would be pleased to include your energies behind any expansion ideas you may have. Please accept this thought as a challenge and move forward to present all of your ideas. Nothing will be considered undoable. If it ever had been, we would not be fortunate enough to be approaching 26 years of service provision.

Thank you all for your patience and dedication during these times of significant budget constraints. As I have said in the past, we will persevere and become a stronger entity in the long run.

Movie Review

"Stigmata"

By Jeremy Stevens
Scarborough, ME

A couple of days ago, my staff brought in a movie that I had never seen. We talked about the economy and how it's hard to go see a movie as often as I would like to because of money, so I decided that I would do one movie review for a new movie and one movie review for an older movie rental each month. This movie is an older one. It came out in 1999, starring the very talented Patricia Arquette and Gabriel Byrne. It is called "Stigmata". This movie wasn't at all what I thought it was going to be like. It was very suspenseful, dramatic and at times a little scary.

The movie is about this younger woman who becomes affected by a mysterious set of wounds, called stigmata. A priest from the Vatican gets assigned to check out her story and see if it is anything that the church should be concerned about. He discovers that this woman may be possessed by someone or something, with a message from the time period of Jesus Christ.

While watching this movie, I had to not look a few times. It was extremely intense. My staff would ask me if I wanted to turn it off, but I didn't want her too. It was interesting and I was really into it. This movie is definitely not for the younger audiences. It is rated R and includes mature subject matter. It does not end as you would expect. And yes, I would probably buy it.

Happy Ending!!

By Theresa Guynup,
Service Coordinator Supervisor
Peru, NY

On March 3, 2010, I received a phone call from a participant, Dana Hoffman, that his 6 year old mixed Labrador dog was missing. His daughter had brought the dog with her when she went to visit a friend in the city of Plattsburgh, about 24 miles from her home. The dog, Little Girl, was in a fenced yard however, was able to dig herself out and when his daughter checked the dog was missing. Dana had called to request the assistance of our agency to make some flyers and also to pass the word to help look for his dog. We were able to help with the flyers and staff assisted in posting them all over the area. Dana made countless phone calls to the local radio station to put the information on the "Lost and Found" segment, called vet offices, hung posters all over the city and his hometown. Three weeks passed without any luck. On March 22 I sent him an email just checking in. He responded that on Saturday, March 20 he received a phone call from a local farmer that thought he found Dana's dog. Dana went over there about 3 miles from his home and sure enough there was Little Girl. She looked a little thinner but overall in good health and very glad to be back home. Dana informed me that she would never be leaving their home again with anyone. He was very thankful for all the assistance our office and his staff were able to provide his family. He was sure all had been hopeless before he got the news. What a great way to start spring!!

Holy Mackerel!!!

By Tonimarie Pulli, Program Manager
Hampstead, NH

Put down the laptops and cell phones and join us on our trip out to sea.

The Hampstead Office is holding the 15th Annual Fishing Trip Wednesday, June 9th (rain date June 16th) from 12:30 pm to 5:30 pm.

The fishing trip is a perfect opportunity to relax, have fun, and get away with close friends and colleagues. We have a blast each year and would love others to join us in our highly anticipated excursion.

If the fishing trip meets your interest please contact Darlene Longshore at the Hampstead Office 603-329-5996 x10

Hurry - spots are filling up fast!!!!

Parties Galore!

By Davis
Bow, NH

I was very excited to help plan a fundraiser for my friend Frank McGrath. He was very sick in the hospital and now he is better. I saw a lot of my friends at the party and we raised money, danced, and had raffles. There were a lot of people there and it was fun.



I also went to a birthday party for Papa. He is 65 and there were a lot of people there. I played soccer outside with all the kids. That was a fun day too.



My friend Vicki had a birthday, too. She was 30 and we went out to eat and had cake at her house after.

I like going to eat and to party. I was very busy and very tired. It was a very busy weekend but it was fun.

Mission: Possible

By Jane Valentine, Service Coordinator
Cobleskill, NY

This article was inspired by Lisa Kopf, a TBI survivor from Richfield Springs, NY, who was helping to put together a welcome package for a BIANYS group. She kindly agreed to share it with our newsletter friends in hopes that it would inspire positive thoughts and encourage those who read it. She used an idea from an old TV show and as you will read, was very creative.

Mission: Possible

Good Morning, Survivors. Your mission, should you decide to accept it, is to:

Regain, maintain, improve and expand myself.

Uphold my own values.

Discover my own strengths.

Be patient with myself and, especially, with others.

Always remember and never forget that change comes slowly.

Be my own advocate.

Be an advocate for others.

Follow my bliss.

Keep mirth in my life.

Encourage myself everyday.

Encourage someone else everyday.

Challenge false beliefs by living independently and enthusiastically.

Our Favorite Sports!

By Christina Fogarty, Office Admin.
Bow, NH

These pictures are of Carol Ann MacDonald and Karin Johnson having fun during their Day Program Activities out in the community: Bowling at Lakeside Lanes in Manchester, and swimming at the YMCA in Goffstown.



Boundaries

By Stacey Lloyd, Residential Director
Ballston Lake, NY

Any time we work closely with another, forming a bond is bound to happen. We, as providers, are often faced with this challenge on a daily basis. So, how do we maintain boundaries? How do we assist in our consumer's rehabilitation and not become their best friend?

Here are some tips to help you do just that:

- Keep a healthy, personal space
- Avoid being manipulated into doing things you don't want to do
- Avoid taking sides with your consumer or their family members
- Never assume you are the only one that knows what's best for your consumer
- Never include your consumer in your personal affairs
- Maintain objectivity in all dealings with your consumer and their family members
- Maintaining professional integrity and keeping a cordial personal distance will, in the long run, give you more mileage as a provider and allow you to make a greater impact over the long haul.

Always remember to keep your role as a provider in the forefront and that you, as the provider, are responsible for the nature of the relationship!

Maintaining healthy boundaries also benefits you!

- Earned respect from your consumer
- Earned respect from your co-workers and team members
- Clear expectations from your consumer
- Better balance in your life

Always Remember:

- Keep it professional when working with consumers
- Always be friendly and encouraging, while maintaining good boundaries
- Good boundaries allow a consumer to maintain their own sense of personal dignity

Stretching Your Dollars!

By Tina Cox, Program Manager
Hampstead, NH

Did you know that you can supplement your food budget? Many Dollar Tree Stores understand the economy and the need for more families to supplement their food budget. You can purchase food items at the store and also order in bulk! If you have someone to split the bill with you can save a lot. They also have a catalog in the store you can order from.

Another tip is Hannaford food markets are now offering several different meat packages. We bought the \$89.95 package, which contained everything from hamburger to roaster chickens. When we got it home and took all the meat out of the reusable bags (included in the price) the total value was \$201.10! What a deal! Be sure to call the store and order it 24 hours in advance. Then it's as simple as going straight to the meat counter and picking it up!

Did you know that most food market chains accept two coupons at a time for the same product? They do! You can use an "In store/In ad coupon" with a manufacturer's coupon at the same time to double your savings! There are many websites that are posted just for this cause. You can enter 'coupons' into a search engine and be amazed at what comes back!

We'll hope this helps you. It sure has helped me! Keep hunting for those fabulous deals.



THANK YOU to everyone who contributes articles and pictures to the newsletter.

Articles are due by the second Friday of each month for the following month's newsletter. The newsletter will be posted at www.ResResources.com on the fourth Friday of each month.

If you do not have access to the internet and would like a copy of the newsletter mailed to you, please contact your local Residential Resources office to make arrangements.

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