

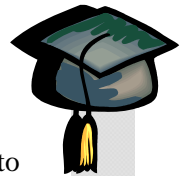
# C mmunity News

WKS Incorporated

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

## Class of 2010!

By Michelle L. Pappas  
*Peru, NY*



Go ahead and dare me to do something and it's going to get done! But really, no one had to dare me to go to college. Like many, when I was 18 I was more concerned with moving out of Mom and Dad's than furthering my education. Yeah, that's the rebellion in me. I did it backwards. I got married and had a child and chose a career first. Things changed in 1999 when I had my motor vehicle accident and now I was a proud owner of a TBI. So what now?

I had my years of trials and tribulations and most consumers can compare stories but I wanted more. I always regretted not furthering my education so I made the leap of faith and applied to Clinton Community College. Guess what? I GOT ACCEPTED! Something was happening to me and I was truly surprising myself! I was even getting better grades in college than I was in high school. And I was almost 20 years out of high school when I graduated CCC this May 14<sup>th</sup>, 2010!

What I'm trying to say is don't limit yourself! Make goals and don't be afraid to aim high! You are capable of anything if you just put your mind to it. I proved it to myself and you can too. I devoted my degree to the Human Services field so that I can help and advocate for those with TBI. I fell through many 'cracks in the system' during my decade of recuperation and it is my aim to help and advocate for those who cannot do so for themselves. Even if it's just one consumer I can 'save', then this whole journey was totally worth it!

I thank the many Residential Resources people for helping me along the way, consumers and office staff alike. I truly enjoyed and was grateful for the opportunity to work in the office when I was able to. I may be off on other journeys with my new degree but I hope I am not forgotten. I can definitely say that of Residential Resources as you all will never be forgotten either. Residential Resources was a major stepping stone for me and again, I can't thank you all enough!

## Bow Community Garden

March, April and May 2010

By Tyra Lewis, DSP

*Bow, NH*

After several stops at the end of winter, to date our Community Garden location shows significant and surprising signs of life. Unlike past end-of-seasons, we began last fall with some prep work. We purposely left in a few rows of herbs, consisting of parsley and chives and some new types of flowers that were introduced for over wintering. In March of this year we planted our indoor starter kits with input from all about what we would like to see in the garden. The planned outcome of our discussions will offer us a wider variety of flowers and vegetables, presuming cooperation from Mother Nature!. In April our fall prep work began to pay off by



the sprouting green shoots and leaves and is now taking on a strong presence in the front area of our plot. It is wonderful what added efforts and combined thoughts, ideas and actions can do.

By now our indoor work has also produced. Our seeds planted in March have sprung new plants and since the end of April they are thriving (and striving to reach the sunlight which is less and less through our big picture window because of the leaves sprouting on the outside shrub!). Our seedlings and garden discussions lent the idea that this year's garden will offer a larger variety of flowers. The seedlings have already emerged. Our volunteers are wondering and anticipating when to transfer these seedlings into the ground outdoors - hopefully in the early weeks of May. Like most gardeners we are eager to start and also cautious about weather conditions - we want maximal survival chances for our plants. We remember visiting other garden plots last year that started too early, lost all of their plants and had to start over. Although some work in the plot has been done (weeding), we still need the soil tilled before we plant which will help slow us down a little.



We are very eager to "play in the dirt" and to work our garden into a frenzy of producing plants and bold flower displays for cutting. Our gardeners are growing in numbers; therefore the possibilities for this year are endless.

## 15<sup>th</sup> Annual Fishing Trip!!

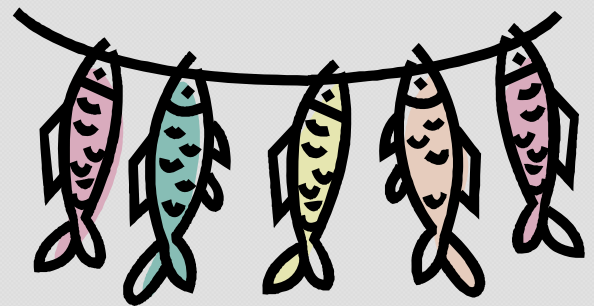
By Matthew Churchill, Program Manager  
*Hampstead, NH*

June 9<sup>th</sup> marked the 15<sup>th</sup> year we've enjoyed our fishing extravaganza. What a show it is!! The competition is brutal: who lands the biggest fish, who has the most creative version of the "one that got away", who can consume the most snacks on the high seas.....

The day was warm and sunny when the folks from the Maine, Bow and Hampstead Offices arrived at Eastman's Fishing Fleet in Seabrook, N.H. We had a compliment of 40 individuals, all of whom were eager to get out on the ocean to enjoy the breeze, the fellowship with friends of old, and the opportunity to make some new ones. A great time was had by all.

I would like to boast that we caught the largest amount of fish ever known in New England history, but alas it would not be accurate. So, we took our meager catch and went home with the satisfaction of a day very well spent and mightily enjoyed.

Our sincere thanks to all for your contributions to another successful year!!



## NYS Bits and Pieces

By Stacey Lloyd, Residential Director  
*Ballston Lake, NY*

### **BIANYS Online Support Group**

Paula Schmidt, Southern Tier FACTS Coordinator, is opening up her online support group to people around New York State. The online support group is a place where you can share experiences with other survivors of TBI around the state through your computer. The online support group is a closed group, not a public group, and your email address will not be shared with anyone. Only members of the group can read posts by other members.

If you would like to participate, email your request to [pschmidt@bianys.org](mailto:pschmidt@bianys.org) or call her at (607) 729-0931.

### **DOH TBI Survey**

New York State Department of Health (DOH) and BIANYS are asking individuals living with traumatic brain injury (TBI) in New York State and their families to take a short survey about brain injury services.

As part of a Federal grant to improve the quality of life for New Yorkers with TBI, a survey has been developed to identify the services that individuals are receiving and any gaps in service that may exist. The survey is voluntary and responses are anonymous. Survey responses will be used to develop a state plan about services for individuals with TBI in New York State.

If you are an individual living with a brain injury in New York State or a family member, please fill out the survey. The online survey is available through the Survey Monkey website, at:

[www.surveymonkey.com/s/NY-TBI-Survey](http://www.surveymonkey.com/s/NY-TBI-Survey).

### **Family Forum in Albany**

The BIANYS Support Group in the Capital District, run by Robin Cohn, announces a Family Forum to be held June 30 from 7pm - 8:30pm at the William K. Sanford Town Library in Colonie. The forum will be facilitated by Robin Cohn and Mary Daigneault and will feature an open discussion of topics related to brain injury. Survivors of brain injury, caregivers, families and friends are welcome.

For more information, and to RSVP, please call Robin Cohn at (518) 210-5049.

### **Research Study Announcement**

The Brain Trauma Foundation announces a research study in need of volunteers. They are looking for men and women aged 18 to 55 who received a brain injury between 3 months to 5 years ago and experience persistent post-concussive symptoms. Participation includes 4-6.5 hours of non-invasive testing and participants will be compensated.

The study will test an eye-tracking device that will be used to assess the attention and memory deficits that can result from brain injury. Testing will take place at Weill-Cornell Medical College, 516 E 72nd Street, New York, NY.

If interested, please contact Stephanie Lee at the Brain Trauma Foundation, 212-772-0608 or via email: [slee@braintrauma.org](mailto:slee@braintrauma.org)

## Movie Review

### Shrek Forever After

By Jeremy K. Stevens  
*Scarborough, ME*

Once again it is time to give you my thoughts about a movie I recently watched.

If you're looking for laughter, drama, action, and romance Shrek Forever After is a total don't miss summer movie for people of all ages. Mike Myers, Cameron Diaz, Eddie Murphy and Antonio Banderas star as the voices of Shrek, Fiona, Donkey, and Puss in Boots in the final chapter of everybody's favorite fun loving ogre. Not only does it grab your attention from the very first scene, but also the animation and special effects are very realistic. The movie also portrays a positive message that goes straight to the heart, but don't let me spoil the rest of it for you. Go see it soon! I plan on watching it again, and will purchase it once it's released on DVD.

**Rating = 5 \*\*\*\*\* Stars!!!!!!**

## Summer Games

By Chelly Leger, Gregg Levitre,  
and Cindy Bunszel  
*Emerald St., Keene, NH*

Gregg Levitre, Chelly Leger and Cindy Bunszel all participated in the Special Olympic Summer Games at UNH in Durham on June 11-12. They participated in 50 and 100 yard runs and walks. Chelly won 2 silver medals and 1 bronze, Gregg won 1 bronze medal and 2 ribbons, and Cindy won 1 gold for Bocce, 1 gold for walking and 1 ribbon.

The opening ceremony was on Friday night and the dance was on Saturday night. Governor Lynch addressed the athletes, and congratulated them on their accomplishments. We all had a great time.



## Business Office Reorganization

By Pam Cadmus  
Director of Business Administration

Well 2010 has certainly been the year for major changes in the Business Office! New payroll system, new accounting software, new State of Maine billing system, new bank, fewer staff, greater workloads and a new face in the Business Office!

First and foremost, we would like to welcome Jessica Hart to the Business Office as our new Payroll & Accounting Specialist! Her first day is Wednesday, June 23, 2010. Please feel free to send a welcome email or phone call, her email address is [jhart@resresources.com](mailto:jhart@resresources.com), and her extension is 23. Welcome Jessica!

I promised to let everyone know **who** to send **what** to once we were reorganized and fully staffed again, so here it is!

### WKS

- Accounts Payable items – Rosalie
- Accounts Receivable items (Cash, Checks, etc.) – Jessica
- Census Information (New/Revised Client Sheets) – Jason
- Insurance reporting (Accidents/Claims)- Jason

### ECG

- Accounts Payable items – Rosalie
- Accounts Receivable items – Jessica
- Vehicle Maintenance - Rosalie

### RRM

- Accounts Payable – Rosalie
- Accounts Receivable – Jessica
- Budget Changes – Jason
- Housefunds – Rosalie
- Res Fees – Rosalie
- Client Spending – Rosalie
- ISO Contracts – Rosalie
- Medicaid billing and remittance – Jason
- Monthly Med Analysis – Jason
- Vehicle Maintenance - Rosalie

### RRES

- Accounts Payable – Jessica
- Accounts Receivable – Jessica
- Budget Changes – Jason
- Medicaid Billing and Remittance – Jason
- Monthly Med Analysis – Jason

### RRI

- Accounts Payable items- Rosalie
- Budget Changes – Pam
- Res Fee Billing info – Rosalie
- Housefunds – Rosalie
- NH Transportation Billing – Rosalie
- ISO Contracts – Rosalie
- Vehicle Maintenance - Rosalie

### RRNY

- Accounts Payable – Jessica
- Accounts Receivable – Jessica
- Budget Changes – Jason
- Medicaid Billing and Remittance – Jason

Payroll for all companies – Jessica

Contracts – Pam

Given all of the changes in systems, tasks, processes, I would like to request that when communicating via email with Business Office staff that everyone cc me at [pcadmus@resresources.com](mailto:pcadmus@resresources.com). As with any new system, we are destined to have a few “glitches” and I would like to be able to address any problems as soon as possible. Thank you for your cooperation with this request.

### Accounts Payable Changes

Beginning August 1, 2010, we will be running Accounts Payable checks one time per month on the third Friday of each month with the exceptions of:

**Rents** – will continue to be processed on the first of every month.

**Provider EFT's** – ALL will be processed on the first Friday of every month.

All other AP checks will process on the third Friday of every month.

Note: Rosalie will be informing regions of any changes in deadlines for Accounts Payable.

We are confident that these changes will help us to be more efficient and cost-effective while still providing the highest level of customer service to employees and consumers as well as area and state agencies. We understand that change can be difficult, and hope that you will communicate any concerns, suggestions, or questions that you may have now or in the future.

Thank You!

## Summer Fun

By Davis  
Bow, NH

I liked the bon fire very much. I play soccer at the park with my friends and played soccer at the bon fire with new friends. It was a lot of fun and the fire was really big. I like my friends and having them over to visit and cook outside too.



My friend Heidi is a good friend. She comes over a lot and she brings me M & Ms. They are my favorite candy.



I went to see a movie at the drive-in but it was too late and I got too tired to see the other movie. They play 2 movies there.

I like to go to the book store too and read a lot.



I helped with the raking and the yard work. I like doing that sometimes, but not a lot.

I really like to have my friend Dakota over. He likes Star Wars too, and we play video games sometimes. That is a lot of fun.

I am very happy for summer too.

**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](http://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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