

Community News

A Newsletter for Friends of Residential Resources, Inc.

September 2013

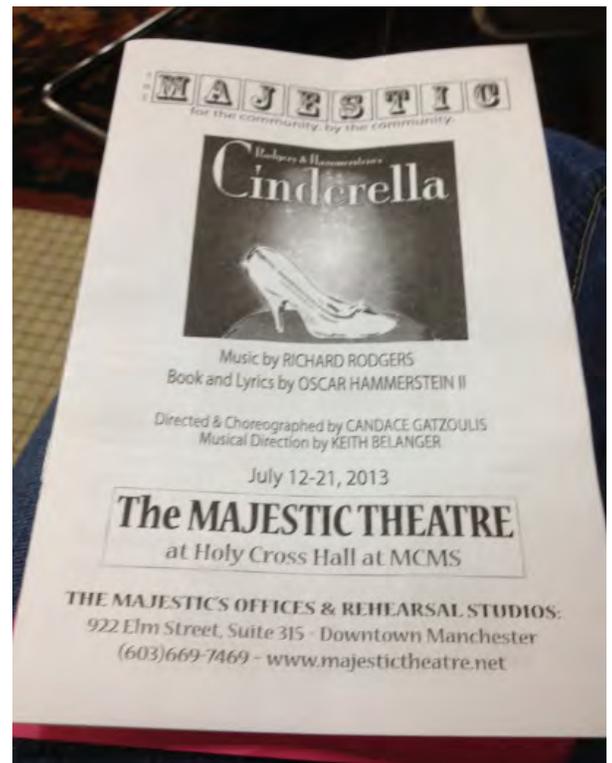
Cinderella

By Sherrie Matarozzo, Participant
Manchester, NH

On Sunday, July 21st, I went to a theater to see a play version of Cinderella in Manchester, NH. In the beginning, Cinderella was living with her evil stepmother. She was forced to clean everything. She cleaned the bedrooms, the floors, and the kitchen. She was not really happy where she was living. Cinderella's stepmother was mean and yelled at her. Her stepsisters were kind of nice, but mostly mean to her. One day, someone from the palace came to invite the ladies to the ball. Cinderella's stepmother said she couldn't go to the ball, but after the stepsisters left the fairy godmother came and helped Cinderella get all dolled up. The fairy godmother turned a pumpkin into a carriage to take Cinderella to the ball. So Cinderella went and met the prince! They danced and fell in love. But the clock struck midnight and Cinderella ran back home before the magic wore off. But she left behind one of her glass slippers. The next day, the prince sent someone to find her by fitting the glass slipper on her foot. Her stepmother and stepsisters were angry! But Cinderella got to leave their house and go be with the prince.

There was a lot that I enjoyed about the play. They were singing a lot. The actors sang very nicely. They were singing loudly, so I could hear them very well. I also really liked the dresses. They were beautiful. Some were orange, purple, white, and green. They were, big, long princess dresses. I liked them so much because they looked so nice. In the theater, there was a spot just for me to fit my wheelchair. I felt comfortable watching the play, which was great, and I was pretty close up so I could see well too!

There was a 50/50 raffle that my housemate and I bought tickets for. And believe it or not, we won! My housemate was very excited! She was holding the tickets up in the air and shouting, "We won, we won!" The best thing about the raffle was that we got to go out to dinner after the play! We went to the 99 Restaurant and ate like kings. I enjoyed the whole experience so much, I'd really like to go again! I would recommend to anyone to go to a play like that. I had a great time.





By Shawn Girard, Director of Information Technology

For hardcore fans of comic books, superheroes and SciFi, Comic Con is an annual pilgrimage. Last year, Phillip and I checked out the convention in Manchester, NH, but it was too small for us. So, on Sunday, August 4th, Phillip and I headed out to Boston to see what all the fuss was about.

After an hour in the car, and a few wrong turns when the GPS failed us, we arrived. At first, when we saw lines stretched around the building, and not moving, we got nervous, but it turns out those lines were for those who bought tickets ahead of time, and who were dealing with computer problems.

“Who buys tickets ahead of time,” we thought, and went right in.



Our first impression? Comic Con is huge! Aisles and aisles of old comic books for sale, along with action figures, clothing, and just about anything else you can imagine. Comic artists and writers big and small were there, with tables and conversation, and autographs and one-of-a-kind pictures for sale.



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Boston Comic Con continued from page 2...

One of the most interesting parts of the convention are the number of people who come dressed as their favorite characters. We saw so many great costumes this year. Phillip went dressed as the superhero, The Spirit. He was recognized by true comic fans, and obliged several requests to be in fan photographs!

What was Phillip's favorite costume of the day? The Predator!

The Ghostbusters crew we met last year in Manchester was there, and Phillip got another great group photo. We also got a

close up look at their equipment. Overall we had a good day, and headed home tired, but with a few pictures, a few souvenirs, and lots of memories.

Although the organizers say that the convention broke attendance records this year, when I asked Phillip if he thought he would come again, he sounded doubtful.

"It wasn't big enough," he said, "Maybe next year I will go to New York City."



The End!



14 Years!

Deb Aherrera, ISO Program Manager
Manchester, NH

14 years has come and gone...
Really has it been that long?
The people I've met along the way
Make it easier day after day
Mary and Dennis, chipper and sweet
Chris and Davis keep them on their feet
Terri and Kerry a treasured mix
Transportation I wish I could fix.
Chris and Carol Ann a lively bunch
Kim and Rose can I go out to lunch?
14 years have come and gone
And my list goes on and on
Dorcas, Nancy and Beth a team you see
Renee, Joan and Tim a delightful three
Shelly and Freddy always on the go
Mike and Karin are heel and toe
Tacey and Sarah you will not see
Even if you're up in a tree
Now there's a list that can't compare
If I left out the rest it wouldn't be fair.
Mellisa and Joan won't be home
So you might try to catch them on the phone
Ed and Kirk my Palladino brothers
Please don't leave me like your others.
This is the gang that keeps me sane
Even when I might be a pain!
14 years have come and gone
Really has it been that long?

Thank you, for making these past 14 years a true blessing!!

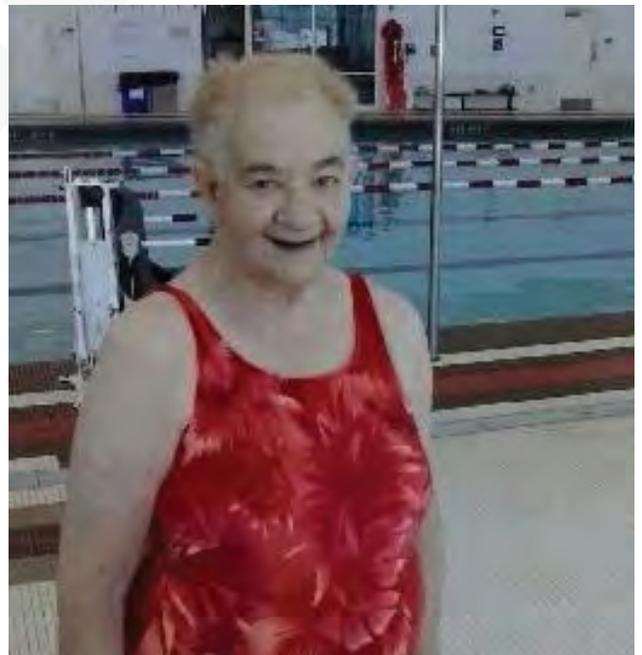
CONNIE LOVES THE YMCA

By Matthew Tardiff, DSP
Emerald St., Keene, NH

Connie has recently rediscovered the joy of swimming. The new YMCA in Keene has a special pool with a ramp. This YMCA heats the water to 85 degrees.

Connie enjoys the first few steps into the water; she can feel its warmth. Connie walks down the ramp and goes into the warm water and smiles. Connie walks in the water for exercise. She also uses the grab bars to hop up and down. If she feels adventurous she will dunk her head under water.

She tells me, that swimming at the YMCA reminds her of being young and swimming with her little brothers and cousins at Whitney Fields in Leominster, MA.



Gathering the Harvest

More pictures from our community garden plot in Concord, NH



Cabbage



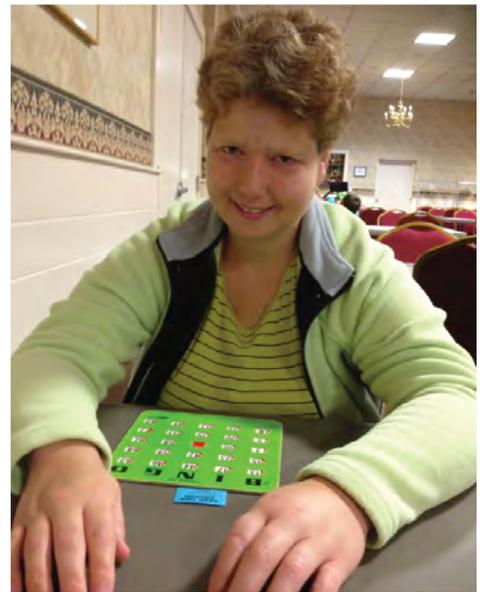
Summer squash...mmm...



Cauliflower bonanza!



Watering - a very important step!



B-I-N-G-O!

By Deb Aherrera, ISO Manager
Manchester, NH

Bingo day is lots of fun.
We hear the numbers one by one
Prizes are the greatest part
Here we go it's time to start
Karin smiles so happily
I think I heard them call B3
Carol Ann a great big fan
Pluto as her ticket stand.
Fred is serious as can be
Bingo is his game you see.
Prizes today we did not win
But we all leave here with a big happy grin!

OCCUPATIONAL HEALTH AND WELLNESS

Do not let Your Job become a Hazardous Waste of Your Time!

By Sue Roerig, RN
Ballston Lake, NY

So you might think I am going to write about some new or outstanding OSHA requirement yet I'd like to share my personal insights to Occupational Health & Wellness. How I've survived 37 years as an RN working with the challenges and changes in health care has become an ongoing, evolving process. This insight involves my philosophy for how to maintain and evaluate your own Occupational Health and Wellness.

I have to take you back to my early childhood at the age of 5 when I would visit the park in the city and migrate to the bench with the most marginalized people and share my lunch with them. I spent my youth volunteering in homeless shelters with people that had alternate lifestyles and behaviors that seemed so interesting. I now realize this was a gift of being able to experience the essence of people very early in life which cultivated my driving force to become a nurse. My mother was also instrumental in telling me "to always to leave a place or person a little better than how I found it". My occupational health and wellness stems from the aspects of daily opportunities to live out these intentions with passion and clarity from the very start of my career. This is the essence of staying well with what job we are given and choose to make your occupation. Occupational Hazards exist in the physical workplace yet often we do not address the emotional impact of how our jobs affect our performance and overall health and wellness. We all need to examine how our jobs affect our own personal health, for most of us spend a bulk of our lives working.

I have had the fortunate realization that the variety of previous jobs as an RN that include hospital nursing in a large medical center, public health, occupational health, rehabilitative nurse in an inner city addiction clinic, home care supervisor, and currently parish nursing have all contributed to the skills necessary for this current position working at Residential Resources. The variety of clients we serve certainly covers a multitude of chronic illness and diseases with a range in age, culture, economics and adversity. I have found that my diverse background and passion for those with severe mental health disabilities has fit right into what I encounter day to day with our clients. I am grateful for this insight and to still be practicing as an RN with a great team of compassionate people at Residential Resources in Ballston Lake, NY. I began my career here 8 years ago as an Independent Living Skills Trainer and still perform this job as a sideline to my RN responsibilities. This perfect combination has kept me well and able to work directly with clients and their individual needs. As for my early childhood beginnings in the park with the homeless on the bench, I am still there providing public health as a parish nurse in the inner city shelters.

I recommend you take time to evaluate what you are leaving a little better each day at your workplace and if your wellness and occupational health is where you would like it to be. Your overall health is counting on you to do what you love and love what you do. Do not let your job be a "Hazardous Waste" of your time!

Perfect Roommates

By Kathleen McIntyre, Program Manager
Scarborough, ME

I would like to say Happy Anniversary to Leon O'Mara and Carolyn Brown; the two have been here at Residential Resources for 17 years. They have been roommates the entire time. They started out at Whitney Ave in Portland and then seven years ago moved to a nice ranch in Westbrook. Very seldom do people find a perfect match for roommates but this has been a perfect match since day one.

They spend their days in their home enjoying each other's company. They both love country music, going for ice cream and concerts in the park in the summer. They also visit their friends at Highland Ave. monthly.

Residential Resources has had the pleasure in watching them blossom over the years and as they age they are both so content, they have grown over the years and have overcome many struggles in their lives. Their staff and all here at Residential Resources consider it a privilege to support Leon and Carolyn.

They both have been an inspiration to all that have had the pleasure in supporting them for the last 17 years and many more to come!!!!!!

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.

Community News

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William K. Schofield, Ph.D

Founder and Owner

Our Guiding Principles

Creativity We foster creativity by exploring and learning, embracing change, and pursuing best practice. We always ask ourselves, 'Is there a better way?'

Truth / Honesty We foster an environment where open and honest feedback and sharing are expected, encouraged, and supported. We honor commitments; and we share feelings, opinions, experiences, ideas, and information in order to optimize each individual's personal and professional growth and development.

Empowerment We empower people through a process which includes giving them the opportunities, the authority, the information, and the examples necessary to become successful decision makers.

Diversity We welcome and value different perspectives, contributions, and capabilities. We promote growth, opportunity, and experience.

Quality We continually improve our services by: Promoting positive change; Increasing knowledge and skills; Encouraging personal growth; Valuing individual differences; Learning from our experiences.

Respect We believe that respect is a right, and we conduct ourselves accordingly. Our standards include the exercise of human dignity; the honoring and valuing of self and others; and communication that is clear, direct, and honest.

Trust We create trust by being consistent, stable, honest, and reliable. Trust also requires sincerity, knowledge, and capability.



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