

Community News

A Newsletter for Friends of Residential Resources, Inc.

November 2013

Friends Helping Friends

Mary Golding, Home Provider
Manchester, NH



Chris and Davis have been a part of the Friends Helping Friends organization since its inception. This organization is simply friends, neighbors, and classmates all getting together to help people in the community. The group has created food drives, clothing drives, winter coat drives, and fundraisers all supporting families in need.

Chris and Davis have participated in all the events that Friends Helping Friends have planned. This past month they were the leaders in our efforts to help area elementary schools with the backpack program. This program is designed to be discreet by using a non-descript backpack filled with basic staples such as pasta, cereal, peanut butter, etc. The items are placed in the backpacks and sent home with those students whose families have hit hard times.

The demand and need has increased just over the last year. NH is no longer the lowest in childhood poverty/hunger. We now rank 11th in the country. Over 62% of all families are struggling to feed their children. There was a noticeable decline in donations during this food drive but we still consider any donations a success.

The guys really feel a sense of pride knowing they are helping others. It shows on their faces when they bring the donations to the schools. They also enjoy meeting new people and interacting with the community. We want to thank the businesses who participated: Happy Paws in Milford, Total Image Salon in Nashua, Mud Pies and Bright Eyes Daycare in Wilton, and RRI in Manchester.

Community service is a great way to stay active and help people in need. I know the guys look forward to events and drives. They like meeting new people, being involved in their own community, and really helping others.

In Memoriam

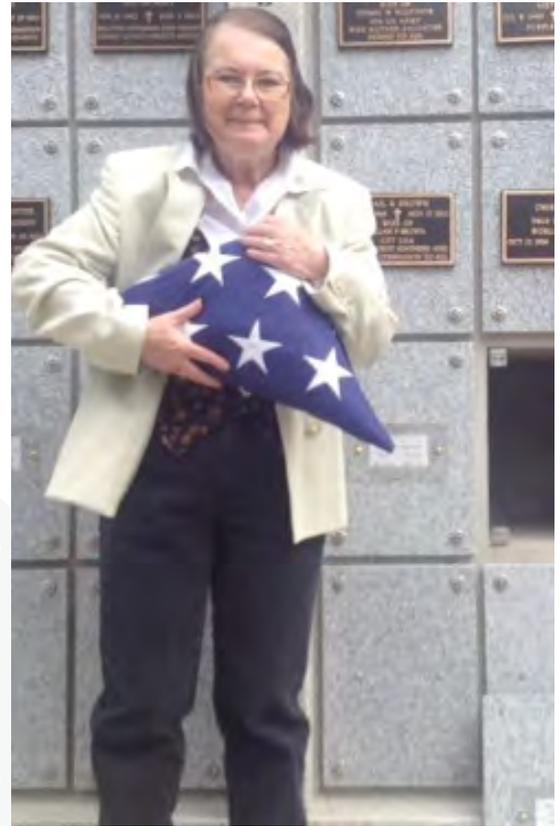
Bethany Dow, Program Manager
Manchester, NH



In loving memory of Raymond Robinson, the late husband of Diana Robinson, one of our individuals receiving services out of our Manchester office. Diana was finally able to put her husband to rest on September 27th, 2013 with support of family and friends at the New Hampshire Veterans Cemetery in Boscawen. Diana spoke very fondly of her husband and expressed how he proposed to her while they were dancing, their love for their dogs, and just how much she

missed him. As a veteran, Raymond received military honors and was marched down to his gravesite, along with his flag, in the arms of fellow men in the military. It was a beautiful ceremony and Raymond will be missed very much.

The staff at the Veterans Cemetery were very helpful and compassionate in the whole process from the very beginning trying to find out what kind of benefits Raymond could receive, to the very end in putting Raymond in his final resting place.



Vermont Brain Injury Conference

Theresa Guynup
Service Coordinator Supervisor
Plattsburgh, NY

On October 8, several of the Service Coordinators from the Plattsburgh Office had the amazing opportunity to attend the 25th annual Brain Injury Conference in Burlington, Vermont. We were able to attend several workshops along with hearing the keynote speaker, Kevin Pearce. Kevin was a world class snowboarder, training to make the US Olympic team, when he suffered a major head injury. At the time of his injury he was being filmed

for a documentary about snowboarding. His entire journey through rehabilitation and 2 years post-injury were the making of an HBO special "The Crash Reel". Kevin and his mother, Pia, told their story along with a photo montage covering the accident, rehab, and his current new passion. Kevin has started a foundation and has become a passionate advocate for using a helmet and educating people about brain injuries. He supports more research on traumatic brain injuries and their prevention. It was a very powerful presentation and a great training opportunity for us. A shout out to our "amazing Kevin" for providing us with the opportunity to attend.

MEETING OF THE MINDS!

Kevin R. Defayette, State Director
New York

On September 24th, the organization's Directors and Corporate Team gathered for their customary monthly meeting. The purpose of these meetings is to troubleshoot and brainstorm while creating vision, goals, and strategies that strengthen our programming as well as the future of Residential Resources & WKS.

At this particular meeting, Ellis Baum, (Regional Director, Maine), challenged us to engage in all of the above activities while working as a team to achieve the most unusual outcome! Supplying each of our small groups with dry pasta, tape, a marshmallow, and some string, we were faced with building a stand-alone tower with which to support the sponge-like white treat...the tallest and last to stand was the outcome we all strived for.

We plotted, laughed nervously, eyeballed the competition from time to time and did our best to achieve the outcome that was presented to us. After all was said and done, we agreed the exercise to be worthwhile as we were provided with an opportunity to stretch our minds before we began tackling the agenda for the day, much in the way a runner stretches prior to a race.



As I drove home that afternoon, I thought about how each of us....every single one of us....who works for this organization brainstorms, troubleshoots, creates vision, goals, and strategies in order to strengthen the lives of the individuals that we serve. In turn, our lives are enriched as well.

How lucky are we?

If any of you are wondering, "who won the competition with the marshmallow?" Well, it's not always about winning. Rather, enjoying the process and doing your best...that is what it's all about!

Happy Birthday, Charlene

Sharon Cleary, QA Specialist
Emerald St, Keene, NH



Charlene Scott, a participant out of our Emerald St., Keene office, celebrated her birthday on August 29, 2013 with many of her friends at LifeArt Community Resource Center in Keene, NH. We all enjoyed a delicious lunch and birthday cake prepared by Charlene.

Charlene, you have a wonderful smile and you are an inspiration to all of us and all of those around you. You are one of the most outgoing and happy people I know. You live life to the fullest and enjoy each and every day. We should all take a lesson from you. Thank you for letting us be a part of your life.

Happy Birthday!

Summer is a Time for Camping Chelly Camps at Woodmore Campground Rindge NH

Rob Tarbox, Program Manager
Emerald St., Keene, NH

For three weekends during the summer of 2013 we made the trek over to Rindge, NH to our favorite campground. This year we were joined by Chelly from the Emerald Street office in Keene.

Chelly used to be an avid camper with her family years ago but only recently was re-introduced to the activity with her home provider Cheryl Tarbox and family. With all the busyness of life we realized more than half the summer had passed and we had yet to do anything fun together.

That was until we were able to secure a reservation at the Woodmore Campground. Woodmore, much like many other campgrounds in the area, has a host of activities and things to do.

One of the unique and much anticipated activities is the candy bar bingo. Played like traditional bingo; yet geared toward younger people and lovers of candy alike. You buy bingo cards with candy that is placed in a pile and when bingo is called the winner gets a pile of candy.

Another activity that is fun to watch is the Karaoke. Chelly, in a bold move, told us she wanted to get up on the stage and sing. She picked a song and sung her heart out. We were proud of her courage and the way she shined on stage. If you see her around the office perhaps you could ask her to sing a few bars of one of her favorite songs or perhaps you may be lucky enough to get her autograph.

On our first visit Chelly went swimming, watched a heated volleyball match and was a dedicated dog-sitter. Chelly is a native of Rindge, and was quick to point out the landmarks in the town and enjoyed her time spent "back home".

For the recent Labor Day weekend we were able to return to the campground for another weekend. This time the weather was not quite as nice but we still managed to have a good time.

Instead of the typical Karaoke this time they had the Shana Stack Band playing at the pavilion. Chelly got there early and got a great seat. She loved the music so much she even got an autographed picture, met the band, and bought their CD. There were many fans that came to the concert in their cowboy boots and hats and did line dancing. Chelly stayed to the very end of the show and was one of the last people to leave the pavilion.

The next day Chelly's parents came for a visit and took the whole family out on their pontoon boat for a ride on the river.

We have one more weekend of camping to go and that might be all for the season. We were just happy to find an activity that we could all enjoy together, playing games, swimming, cooking outdoors, and sitting by the fire having some good conversation.

Highlights of the camp life:

Swimming

Camp fires

Cooking

Volleyball

Candy Bar Bingo

Concert at the pavilion

Karaoke

SEASONAL FLU...LET'S REVIEW

Wayne King, RN
Scarborough, ME

This beautiful fall season is upon us and ushers in another less popular season. Here in the United States, influenza activity commonly peaks in January or February, although it may begin as early as October, and continues through May. The timing, severity and length of the season are unpredictable and may vary each year.

Influenza is a contagious respiratory illness caused by flu viruses and may even lead to death in some cases. The symptoms include fever and chills, sore throat, muscle aches, fatigue, cough, headache, and runny nose. This is not to be confused with the "stomach flu", a term often used to describe an intestinal disease caused by other pathogens. The virus is passed between individuals when droplets are passed on by coughing or sneezing. You can also get the flu by touching a surface or object that has the flu virus on it and then touching your mouth, eyes, or nose. The virus can be passed along as early as one day before symptoms develop and five to seven days after symptoms appear.

The most effective way to avoid the flu is to receive the flu shot. This vaccine is designed to protect against likely strains that may cause the most illness and offers protection throughout the

season. The vaccine is available in various forms and is recommended for everyone 6 months of age and older. Traditional vaccines provide protection against two strains of influenza A viruses and an influenza B virus. This year, vaccines that protect against two strains of influenza A and two strains of influenza B are available.

In addition to getting vaccinated, everyday preventive steps can greatly reduce the likelihood that you or those around you contract the flu.

- Wash your hands often with soap and water or an alcohol-based hand rub.
- Avoid touching your eyes, nose, and mouth.
- Try to avoid close contact with sick people.
- Stay healthy! Get lots of sleep and exercise, drink plenty of fluids and eat healthy foods.
- Cover your nose and mouth with a tissue when you cough or sneeze or do these into your sleeve, not your hands.
- If you develop flu-like symptoms stay home for at least 24 hours after your fever is gone without the use of medications.

Remember to be a good example to those around you by following these guidelines and passing along these tips. Stay safe and healthy!

Our Camping Trip

Chelly Leger
Emerald St, Keene, NH

On Friday, I went camping and we stayed at Woodmore Campground. Shana Stack sang country music on Saturday night. I was lucky because I bought a poster and CD of the band. Me and my home provider, Cheryl, danced and listened to country music. It was a lot of fun.

On Sunday, my parents came to visit and we went on a boat ride and then for ice cream. I was excited to go back to the campground to play Candy Bar Bingo. I was hoping to win the pot of candy. I was mad when I lost the game.

Later that evening we played Bingo again. I started with one card and added 3 more cards because I wanted to win. It was hard playing with four cards. I was mad because I didn't win that game either.

We left on Monday and came home. We left our camper at the campsite because we are going again on Friday and come home on Sunday. Hoping it is going to be sunny this weekend. I am excited to go camping again and wish it was more times and farther away.

Walk By the Sea – An Annual Event

Jennifer Boisvert, Health Services Director

RRI once again had a team participating in this year's event held on Oct 6. Our purpose is to raise awareness for BIANH (the hosting organization) and provide support (we bring a van). We gather at the Hampton Beach State Park Pavilion for check-in around 11am. The walk starts off officially at noon – and goes along the beach and back to the starting point – for a total of 3.1 miles. Along the way are "pit stops" where companies like Dunkin Donuts have donated treats and drinks. The warm drinks were particularly appreciated this year. When the weather is cooperative a day at the beach can be delightful. No matter the weather (as this year was windy with raindrops) the company is always fun. For those who find that the entire walk is a little farther than they can manage, they can hitch a ride with one of the volunteer-driven vans. For those reading who are unfamiliar with BIANH – this is the Brain Injury Association of NH. Their mission: To create a better future through brain injury prevention, education, advocacy, and support.

This event is always the first Sunday of October – maybe you would like to join us next year? Ask anyone at the Manchester RRI office how to get connected to future events.

Beech Hill Farm

As narrated by Sharon Carr
Manchester, NH

One beautiful sunny day we went to the farm. We saw the corn maze, pumpkins, cows, pigs, horses, goats, and a peacock.

A very nice man and woman greeted us when we got out of the truck. We were the only ones there! We enjoyed looking at the flowers and taking pictures. We took pictures of us in the store and we shopped. We bought pumpkins and funny looking gourds. We brought them home to decorate the house for fall. We had ice cream after.

It was a very good day.

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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