

Community News

A Newsletter for Friends of Residential Resources, Inc.

December 2013

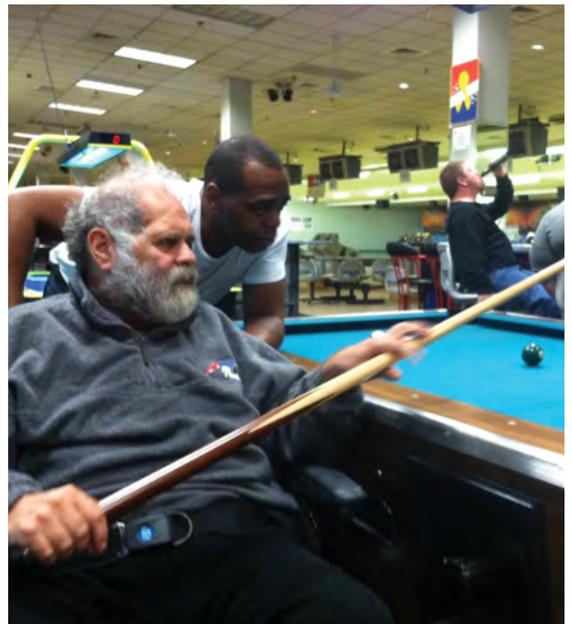
Guys' Night Out!

Haley Wright, Program Manager
Manchester, NH

On Friday, November 1st, the guys from Fremont Road headed to "Striker's East" in Raymond for a guys' night out. They were thoughtful enough to allow a couple of female exceptions along, staff Amanda Collyns and Program Manager Haley Wright. The night began with a friendly game of pool between John "Oz" Osbourne and Michael Fisher, where each of them brushed up on their skills.

Both guys admitted that it had been years since they had played and they were "a little rusty". However, after a few turns, Mike's competitive nature came out and the true extent of his billiard skills were apparent. He played a second, very competitive, game with staff Ken Wilkerson, in which the winner is still under debate.

Meanwhile, Oz challenged Amanda to a heated game of air hockey in which he participated in some pretty heavy (but friendly) trash talking. Also heavy on the competitive banter was Andrew "AJ" Christie, challenging Haley to a billiards match at a neighboring table. While first accusing her of being a "pool shark", AJ soon realized that Haley only had a few turns of "beginner's luck" and he quickly took the game. Despite the strong competitiveness of everyone involved, the night was a hit and everyone planned to make "Striker's East" a reoccurring hangout in the future!



Halloween Dance

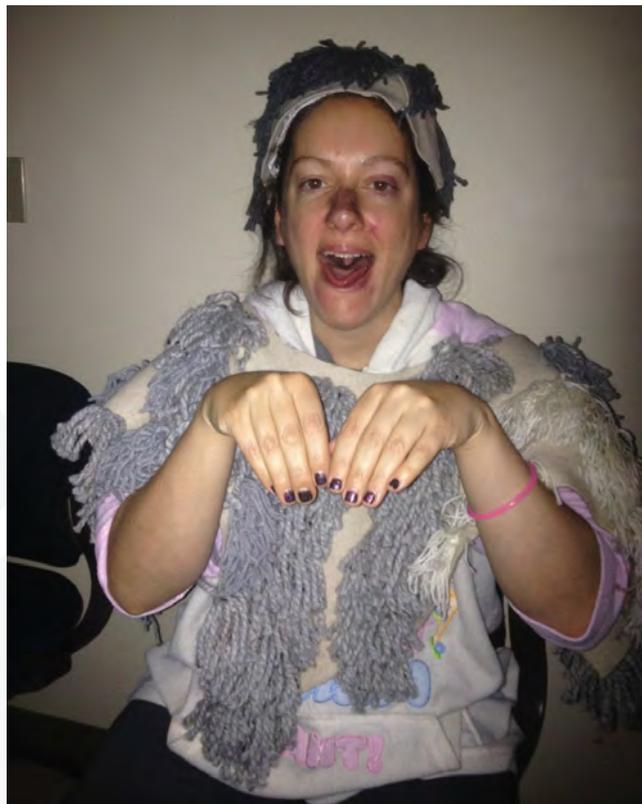
Ashli Campbell, Office Manager
Scarborough, ME

Everyone knows Halloween is one of the most fun holidays to celebrate. Residential Resources took advantage of this opportunity for festivity by hosting a Spook-tacular Halloween Dance!

One of our exceptional Lead DSPs did a fang-tastic job organizing this event. There were chocolate eyeballs rolling around and skulls full of candy corn. Spiders and skulls were all around. The music was monsterly, the décor was disturbing and the food was oh-so frightening! Everyone had a blast. There were cowboys, witches, Fred Flintstone, a 'deviled' egg, and a bumble bee, just to name a few. Johnny showed off his sweet dance moves (as usual!) and Sherri danced in circles to songs like "Somebody's Watching Me" and Michael Jackson's "Thriller."

Nearing the end of the dance there was a costume contest for 'scariest/creepiest' costume and 'most creative' costume. The scariest/creepiest costumes were: Jerome as Mike Myers, Joe as a masked killer and Teresa as a mouse. Doria won most creative in her fuzzy husky dog costume. They all received special certificates for their Halloween spirit. Of course, all of the costumes were great in their own way.

A big thank you to Kate for organizing this event. The dance was so much fun that I'm sure everyone will be anticipating next year's festivities!



Manchester's Halloween Frights 2013!

By Tiffany Caudle
Manchester, NH

I know, I know, Manchester had ANOTHER party? We can't help it; we're just a bunch of jolly, fun-loving folks who like a good get-together. The day before Halloween we all had the opportunity to try out our costumes and deck out the office, as some of our younger guests said, "Sooooo spoooooky!"

Some opted to join in on our optional theme, "Movies," while others took a different route; I can tell you we had visits from The Cat in the Hat, who toted along Thing 1 and Thing 2, Cat-woman, Rambo, Gru and his minions from Despicable Me 2, a trio from Wreck-It Ralph, Jack Sparrow, Michael Jackson, Raven, Red Sox Nation, a cowboy, a tiny pumpkin, and of course, what Halloween party would be complete without Sasquatch and a few witches?!

And by now, most of you know I have to talk about the food. There was, as always, a bounty of delicious sweets and treats, whipped up and brought in by many of the folks who attended.

As always, I'd like to extend a big thanks to everyone who joined us, and I hope you can join us for parties to come!





Emerald Street Halloween party

Sharon Cleary, QA Specialist
Emerald St., Keene, NH

The Emerald Street crowd enjoyed Halloween by eating a healthy lunch followed by yummy healthy desserts, a spice cake baked by Connie Loiselle and pumpkin bars baked by Tiffany Barrow. Matt Tardiff played DJ, sharing some neat Halloween songs, like The Monster Mash and the Addams Family Theme Song and Charlene Scott sang some classical tunes. It was an enjoyable time for all.

Connie's visit to Alyson's Orchard

Greg Sears, DSP
Emerald Street., Keene, NH

Connie is smiling for a couple of reasons: delicious apples and a fruitful day at Alyson's Orchard in Walpole, NH. Connie enjoys getting out and exploring new places and making new friends. On this particularly nice autumn day, not only did she see many of her human friends, but also got to meet "Fast Friends". All sorts of canines were about, but mostly greyhounds participating in a fundraiser.

Since being introduced to Reverend Mark Ferrin, Pastor of the First Baptist Church of Keene, Connie has cemented a great relationship with him and many in the congregation. But, it is Pastor Mark and the staff at RRI that are the apple of Connie's eyes!



Swimming with Friends

Chelly Leger
Emerald St., Keene, NH

I go swimming for an hour with Kim, Cheryl, and Amanda on Thursdays at the Keene YMCA. Then we go and have lunch together. I have fun with my friends, I like swimming with them. I exercise for my body and it helps my aches and pains. I see some of my other friends like David, Gill, and Heather there too.

Welcome!

Our Ballston Lake office continues to grow, with lots of new clients and staff to support them. We also have a new RN and Service Coordinator. We invited them to introduce themselves in this month's newsletter.

Hi! My name is **Lisa Janicke** and I am the new RN at Residential Resources in Ballston Lake, NY. I am very happy to be a part of the team and look forward to new challenges and opportunities for me.

I have been a nurse for almost 4 years and currently have other positions in the community. I also work part time at Wildwood School (a school for children and young adults with varying disabilities), The Center for Disability Services and The Autism Society of the Greater Capital Region doing community outreach and family support.

I live in Selkirk, which is about 20 minutes south of Albany, with my husband, my son Raymond who is 6 years old and has Autism and my daughter, Raelynn who is 19 years old and currently attending RIT in her second year as a Computer Science Major. My oldest daughter is Raeanne, who is 23 years old and is an Office Manager at Merch Now in Albany and has a son, Hudson who is 9 months old. I look forward to meeting everyone in the future!



I am **Carrie Wood**, Residential Resources' new Service Coordinator. I grew up in up-state New York, and attended SUNY Plattsburgh, where I obtained a degree in Psychology. I completed an internship at a Mental Health residence and went on to become a house manager for Clinton County Mental Health Association. My son was born in 1999 and my family and I returned to my hometown, where we reside today. I went on to providing services to people with developmental disabilities and traumatic brain injury through OPWDD for 10 years. I served in different roles as a Medicaid Service Coordinator, Qualified Disabilities Professional and Applied Behavior Specialist.

Most recently I was employed with an agency that serves children in foster care. In this role, I provided crisis management, skill building, and special needs advocacy. I feel blessed to have had varied opportunities to work in the human services profession and I am looking forward to learning about the NHTD/TBI waivers. So far, I couldn't feel more welcome at the Ballston Lake office. I'm already getting to know many kind and interesting people. It's all very exciting and I'm looking forward to meeting many of you!



A question about lead - is it only a problem of the past? A surprising answer follows...

Jennifer Boisvert, RN, Health Services Director

On October 23, 2013 I attended a film screening of a new documentary by Tamara Rubin called: MISLEAD America's Secret Epidemic.

I went knowing that ingestion of lead (by breathing or through eating/drinking) by children is bad - lead is a poison that once in a person's body cannot be safely removed. I also know that the damage is not limited to one particular part of the body (so not just in a person's bones or in their lungs etc).

I thought that I knew that lead paint isn't sold anymore - well, that's partially true - it's not sold for residential painting purposes since 1978. However, you can still apparently buy lead paint for other purposes.

And I thought that I knew that lead wasn't in gasoline anymore - again, partially true - we can't buy leaded gasoline at regular gas stations - but it is still sold for race cars, antique cars, farmers can buy it for their tractors, boaters can purchase it, etc.

Lead is much more prevalent in our lives than we really imagine - and it's not good for any of us - but it is particularly harmful to children up to age 18.

As with so many things, prevention is the key. However, if you don't know about lead and where it may be in your life, it's very difficult to act proactively.

The message in the film (from Tamara and the experts that she interviewed) is that no amount of lead is acceptable in a person's body.

While the CDC declined to participate in interviewing for the film, the CDC does publish standards. The CDC sets the reference standard now at 5ug/dl (micrograms/deciliter). In 1970 it was 40ug/dl - it doesn't hurt us more, we've just learned more through science.

Here is the website address for the CDC's info: http://www.cdc.gov/nceh/lead/ACCLPP/blood_lead_levels.htm

Please note that the value used is a reference that could change every 4 years and is based on the results of children aged 1-5 tested for lead. It makes me ponder how accurate our knowledge is if we are only looking at a portion of the sample.

If you are the parent of a child under the age of 18, has your pediatrician ever asked about lead testing (it's a blood test)? If not, why not? Has the pediatrician asked screening questions to determine what risks are real for you and your family?

If you've read this far - you might be saying - Jen, really, why do I need to think about this?

Lead poisoning = permanent brain damage.

In the film some experts discussed lead poisoning as an underlying cause of ADHD. One school principal from a large city with several schools discovered that at his school 100% of the children in his special education department had some level of lead in their body. That's a pretty staggering thought.

At the panel discussion after the film, one local expert stated that last year in NH 640 children were tested positive for lead. AND THEN she said - that number only represents the pool that received testing - which was only 15% of all children seen by their doctor. If a child hasn't been tested and the parents don't know that they might need to be, then the risk of ongoing exposure could be very high.

Some things to consider - do you live in a home that was constructed before 1980? Is the paint peeling or chipping, producing dust? Is there any other building that your child spends a lot of time in (daycare, school, etc.) that meets either of those two criteria?

One place to get more info: leadsafeamerica.org

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This website is the foundation that Tamara Rubin started for education and advocacy efforts. Tamara became an activist because she is a mom with who has 4 children. Two of them were poisoned in 2005 by contractors performing renovation work on their historic home while the family lived there – the contractors assured the Rubins that their methods were very safe and approved. Only later did the Rubins learn that the contractors lied and in fact the methods they used are illegal when their 2 sons developed unexplained symptoms that ultimately were found to be lead poisoning.

Tamara also has two personal websites that have info if you are interested <http://tamara-rubin.com/> and <http://www.mychildrenhave-leadpoisoning.com/>

And a final piece of information from the film - one expert interviewed reviewed studies done in the US, Australia and Britain comparing the beginning, peak and decrease in use of leaded gasoline in vehicles with rates of violent crime - which show an almost perfect match. Fascinating and scary. Do other factors contribute - well, I think that most things have more than one factor for the effect... that was pretty striking.

Companies that sell lead are not unaware of the risks and consequences of using their product. There is no profit for them to stop selling. What most recently happened to cause attention to be paid to determining "acceptable" levels of lead - President Bush's dog Millie tested positive for lead while the White House was being renovated.

In closing, I encourage you to think about how you and your family may have experienced unintentional exposure to lead products. Consider having a preventive conversation with your child's physician. I no longer hold the belief that lead poisoning is a thing of the past. Be mindful – protect yourself and your children!

NH DSP conference

Robin Raymond, DSP
Emerald St., Keene, NH

Glenn and I attended the Direct Support Professional Conference together Oct. 24-26th at the Attitash Grand Summit in Bartlett, NH. Glenn had already attended a few of the DSP conferences, while this was the first time for me.



When I asked Glenn what he liked about attending the conference he told me that he was glad there were so many DSPs attending, sharing and learning more about supporting their "learning partners". He also mentioned how brave a gentleman was to attend in his wheelchair and be part of the conference. This same gentleman was moved to tears when sharing that without dedicated DSPs, people such as himself would not still be alive.

Glenn also shared how impressed he was that a young gentleman has already started an advocacy group for people with disabilities, and will be starting a community center for folks with and without disabilities. "He's come a long way and worked hard." Glenn stated.

It was a very wonderful experience for myself seeing so many people caring to further legislation to benefit our learning partners, provide educational opportunities and camaraderie for DSPs and to hear and see the progress and courage that many wonderful folks have experienced dedicated support. It was a great blessing to be able to attend with my learning partner and friend, Glenn.

My Day Apple Picking

By Karin Johnson
(narrated to Deb Aherrera)
Manchester, NH

It was good.
I went apple picking with my friend.
I like the apples.
I saw the ducks.
And bought some pears for my lunch.
Apple picking - it was fun.



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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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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