

# Community News

A Newsletter for Friends of Residential Resources, Inc.

April 2014

## Connie's Excellent Adventures

Greg Sears, Direct Support Professional  
Emerald Street, Keene, NH

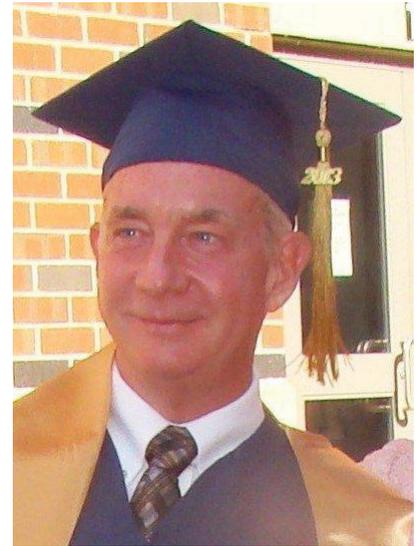
It is no secret that Connie Loiselle loves to see the sights. Last fall we wrote about her day at Alyson's Orchard in Walpole, NH. Connie has logged many miles since that trip. A recent Sunday drive gave Connie the opportunity to see Mt. Monadnock up close. She has seen the mountain from afar numerous times, but on this particular Sunday we got up close enough to see the mountain's grandeur. The photo below was taken on Rte. 124 at the crossroads of Marlborough, Jaffrey, and Troy, NH. Connie told me she had never seen the landmark from such a picturesque vantage point. Our next destination is a maple sugar house.



## Nursing School Journey

Gregg Guyette, Direct Support Professional  
Emerald Street, Keene, NH

I attended St. Joseph School of Nursing in Nashua and graduated from the RN (ASN) program in August 2013. I am working presently at Dartmouth-Hitchcock in Keene in Specialty Medicine and will continue my education with sights on becoming a Certified Diabetic Educator (CDE license) or specializing in Nursing Informatics in the near future. I was originally inspired by Debbie Brookes, RN when I began WKS/RRR in 2006. While in school, I worked as a Program Manager and a DSP with WKS/RRR and prior to nursing I worked in greater Boston in the IT field.



## *Let's Get Moving!*

Laura Kloosterman, Program Manager  
Scarborough, ME

Over the last couple of weeks we in the Scarborough office have been anxiously awaiting spring. We are tired of cold days, colder nights, sleet and snow. So, in the interest of pushing spring along, some of us have been planning ahead to set goals for the coming warmer months.

One idea that struck us was to plan and facilitate a group workout club for our consumers, our DSPs, and our office staff. We thought it would be a great idea to mix some fun, challenging outside activities such as hiking, biking, and sports with some more traditional fitness regimens such as

Zumba and exercise videos. Our thought is that if we plan a variety of activities to get everybody up and moving, we can all benefit together and get a healthy jump on spring!

Though it may not be listed as one of our core philosophies we at RRI believe that it is our responsibility to model healthy lifestyles and habits, and what better motivation for us than to actively participate with our amazing consumers, who inspire and drive us daily?! Wish us luck as we (finally!) move forward into spring and do our best to make our bodies and spirits healthy and strong!

## Welcoming New Puppies!

Arthur Abbott  
Manchester, NH



I am pretty excited right now. I have been living with my family, the Williams, going on 14 years and we just had our first litter of puppies. Cinnamon, Barbara's beagle, gave birth to 9 babies on the 16<sup>th</sup> of February. Unfortunately they didn't all make it but we have 3 girls and 3 boys. They are mostly black and white with some brown. Three of them already have been spoken for and will go to good homes by Easter, nice little gift for some children. The ones that have been chosen have the names of Lupin; a girl, Daisy; and then Bubba is the boy.

I cannot hold all the pups at the same time so I knelt down beside their box to get my picture taken with them all. I have held them and they are so cuddly and soft. Here is a picture of me with one of the puppies.

## Where Do You Donate Shredded Paper?

Shelley Beaudette, Home Provider &  
Freddy Lamarche

Freddy and I have developed a strong connection to our local Manchester Animal Shelter over the past several years. Although we are not officially on their volunteer list, we ARE consistent ambassadors. We go to the shelter at least once a week to deliver items. The Manchester RRI office bags their shredded paper and saves it for us to bring to the shelter. The shelter has paper bins to collect the paper and they sell it to earn money. Do you have shredded paper? What do you do with it? Maybe your local shelter would benefit from it. Local shelters are always looking for donations – not just money or new items like food and toys, but used items like leashes, sheets, pillow cases, and towels. If you live within close driving distance to the Manchester office, we will be happy to pick up any items you may have to donate. If you live too far, maybe you can look into becoming an ambassador for your local shelter.



donate. If you live too far, maybe you can look

## ILST Experience

Nicole MacDermid, ILST  
Ballston Lake, NY

As I sit here and think of all my wonderful clients and all of the interesting things we do together, I have one friend that comes to mind. This is a TBI client who has opened my eyes to new and interesting things while working alongside me for many months. I am grateful to have this new friend in my life and to have the chance to get to know him. I have been invited into his family with open arms. His name is David and I'm going to talk a little bit about an ongoing project I have been helping him with as an ILST.

David has told me from day one that he has had a longtime interest in photography. This has been a personal goal for him many years running. When mentioned, I agreed this was a hobby we needed to pursue. We happily began to brainstorm ideas as to where we should start.

Our first step was to research what kind of camera David would like to purchase. After many internet searches and trips to stores which sell cameras we decided to purchase an Olympus. Cost was a concern, so some haggling was necessary. In the end, David had a camera that suited his needs and we were ready to get to work. Now we needed to decide what kind of photography he was interested in capturing.

David is very fond of Lake George Village. He has many fond memories there, so we started there. The village being covered in snow made it all the more beautiful. We took a trip down to the village and located various things that interested him. We started by photographing the Lake George Steamboat Company and the ships docked there. From the boats we continued on to the remnants of the winter carnival. He photographed the ice sculptures and carnival signs. Churches were the next thing on his list.

By the end of our photography trip, David had many pictures he was eager to share with his friends and family members. We returned home to sit down at the computer and proceeded to upload all the pictures in his camera from the day. He emailed some of his favorite pictures to family members and coworkers from Philly. A select few were printed out and hung on his refrigerator for display. The responses from his friends and family members were wonderful and rewarding for him. They put him back in touch with special people in his life that he had lost touch with. He has agreed to continue his photography endeavors in an effort to maintain these rekindled friendships and family contacts. It is a project we have both come to enjoy.

## A Love for Music

Sarah Moore  
Service Coordinator  
Plattsburgh, NY

For years, Heath has had a passion for music. He has a remarkable talent of writing and composing music through a mixture of his own creativity and borrowed material from famous artists, such as Coldplay. Heath is lucky enough to own his own software and equipment that allows him to record his songs onto CDs. It is his dream that he himself will be discovered and become a famous music artist.

Heath began using music as a means to express his feelings. Some songs have a very powerful message and emotional connection to his soul. With the help of HCSS staff, Heath has been able to do what he loves most and create more music. Through community connections, Heath was fortunate enough to link with a local recording studio to help him fulfill his dream. The owner of the local recording studio just so happens to be a Residential Resources team member. Heath and the services he receives through Residential Resources is a positive example of the benefits of teamwork.

# My Birthday

Chelly Leger

Emerald Street, Keene, NH

My birthday was the 2nd of March. I went to church and then we went to Nick's Restaurant for my birthday lunch. I opened my present from Erin, then we came home and I opened more presents and we had cake. I got a journal, a shirt, pants and a necklace with a "C" on it and earrings. My Mom sent me movies and towels. I had a good birthday.



**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 first business day 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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Layout by Mary Lynch

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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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