

# Community News

A Newsletter for Friends of Residential Resources, Inc.

June 2014

## Autism Awareness Walk

Amanda Thomas, Associate Director of Administration &  
Victoria Felio, Service Coordinator

As a provider of OPWDD services we take special pride in doing community activities that involve the population we serve. On Saturday, April 26<sup>th</sup> a group of our RRI team and their families participated in the Autism Awareness Walk to support the cause. The cold, wet, and rainy weather didn't stop us from making the best of the event.

### Our team:

Sarah, Colton, Macy, & Logan Moore; Victoria, Isaac, & Adam Felio; Miranda O'Neil; Amanda Thomas; Kevin, Kathy, Sophia, & Abbie Defayette and dogs Lucy & Freddy; Sophia & Aurelia Morrison and Heather Cothran-Morrison.



## Richie's Journey

Joely Schwenk  
Administrative Assistant  
Ballston Lake, NY

On September 20, 2013 my nephew Richie was hit by a car while crossing the street. He was in a coma for several weeks, his injuries life threatening. Richie sustained a very serious head injury and numerous broken bones.

After receiving the phone call that every parent dreads, my sister Becky and her family arrived at the hospital to dire news. They weren't sure Richie was going to make it through the night. Thanks to the power of prayer and an amazingly skilled team of doctors, he did.

While waiting for Richie to come out of his coma, Becky and her husband Rich never left his side. Her life and her family's lives were forever changed in a split second; every plan and concern they had prior to the accident was altered and a new path was now laid out ahead of them.

Little by little, Richie began to come back to us. Whether it was a small half smile, a spark of recognition in his eyes, the squeeze of a hand or the

**Richie's Journey** continued on page 4...

## The New Hope Dance Show

Michelle Leger  
Emerald Street, Keene, NH

I was in the dance show, we did a lot of songs. Songs of all different types. Some of the songs we danced to were On The Road Again, Let It Be, and a favorite song was by Shakira, Waka Waka (This Time for Africa). I got to dance my solo dance to that song. I had fun doing the show. I really liked the song, Love Shack. Everyone was able to dance and go through the love shack tunnel made up of all the other members of the dance team. The show was so much fun, it started at 9:30am and was over by 10:30am. They handed out program guides and special keepsake key chains to all the members of the dance team and to the friends and family. I loved how nice the keychains were and the program guides. The other fun part was that all the kids from Keene Headstart daycare came and not only watched, but they performed the Lion King song, Oh I Just Can't Wait To Be King. It was so cute. At the end of the show it was free dance and we all got to dance with one another. I danced with a sweet little girl to the song, Happy. It was such a good show, everyone worked very hard to dance their parts.



## Having Fun And Giving Back

Toni Pulli, Program Manager  
Manchester, NH

Bryan Noble is a man of many interests, but his true passion is playing pool. In his younger years he would play in tournaments for money. He won a lot of money!! He has settled down a bit now, but he still enjoys a few games a week at his local Elks club or the billiard room in Manchester. He enjoys the competition and is a phenomenal pool player. A few months ago Bryan showed some interest in volunteering and giving back to the community. He wanted to do something he would enjoy that would also be meaningful to others. Bryan's sister Nancy made a few phone calls and used her connections in the community to help Bryan obtain a volunteer position at the Derry Boys and Girls Club maintaining the pool tables. Bryan uses his expertise to keep the tables at the Boys and Girls club in impeccable condition for the boys and girls that will come to use them after school. He has made a few friends during the time he spends volunteering, and he looks forward to giving back each week.

## Running Rad

Tiffany Caudle, Office Manager  
Manchester, NH

As is often the case at the start/ringing in of a new year, myself and other members of the Manchester team made the commitment to have 2014 be the year we eat healthily and get fit, each in our own way.

In the dreary winter, as we battled endless snow, there was little inspiration to be had to commit to our goals. There were certainly plenty of excuses to avoid those jogs or healthy snacks. However! Back in February, Haley Wright, Bethany Dow, and myself learned about this crazy 5k that was to be held in Manchester.

**What** was so **crazy** about it? There's loud music. There are insane costumes. As you run/walk/roll/skip your way along, other participants as well as volunteers pelt you with handfuls of super bright color! (Don't worry – it's powder – no paintballs!) EVERYONE can participate (and is encouraged to do so) in whatever way that they are able. **This** was totally us.



We committed.

While our preparation regimens again varied (Ha!) and met with different levels of success, the day came and we met at the dance party by the starting line. It was hard to miss, being so loud, colorful, and PACKED with people.

At the start, we were sent off in a plume of purple, sprayed by (I kid you not) **a fire extinguisher** full of colored powder!

With much encouragement from each other and other participants, we huffed, we puffed, we jogged, we walked, and we **made it through!** "What were your times?" some of you 5k buffs may ask. Ha. There are no times at the Rad! It's about having fun and finishing!

Whether it's a 5k, a hike, a dance, or any other activity that strikes your fancy, I encourage everyone to get active, try something new, and have FUN in 2014!

**Richie's Journey** continued from front page...

tap of a toe to his beloved country music, Richie was coming back. After weeks in the hospital and several surgeries, he was transferred to a rehabilitation center where his progress really began to take off.

Richie celebrated his 20<sup>th</sup> birthday while in the rehab and we had quite a bash, complete with live music, a camo cake and a brand new Stetson. His hard work and determination in his therapy began to show as he made progress and reached milestone after milestone. After his trachea and feeding tubes were removed he began to speak again, words like "please" and "bed" would soon turn into softly spoken sentences. He began to sit up and was soon in a standing frame. All the while Richie continued to push through the pain and make great strides as his strength returned slowly, the staff reminding my sister and her family that this was a marathon, not a sprint.

The physical therapy that Richie received was intense and before long he was spending time in the Lite Gait and going through the motions of walking. He began to independently move his right leg and with electrical stimulation on his arms and left leg, results were immediate. He was opening and closing his hands and even waving. He began pool therapy and loved the visits from therapy dogs, getting lots of wet kisses to make him flash his bright and contagious smile.

While Richie's progress was improving, so was his house. Becky's whole family rolled up their sleeves and the demolition had begun! With a lot of hard work Richie now had a bigger bedroom complete with camo curtains, a larger bed and a new bathroom to accommodate his needs and his electric wheelchair. A ramp was also installed. At 6'3, Richie is a long, tall drink of water and he continues to use every inch of that frame to fight this fight.

As our prayers continued to be answered, Richie was back home for Christmas and there were no better gifts in the house that day. Since then, he has been out with friends, he has picked up his guitar again, he has been able to see his sister Katie compete in her motocross racing, he has gotten to sit in his beloved truck, Betsy, and he has even come out to see his Aunt Joely's band perform and

rocked right along with us! (Shameless plug, had to be done).

Richie continues to be an inspiration to us all, and the strength and fierce determination he exhibits is a joy to see. I have no doubt where he gets it from as Becky and Rich are the strongest, most dedicated parents I have ever seen. The road they have been on has seemed insurmountable at times and because of their love for each other and love for their family, they have never stopped cheering for Richie and never will.

Richie recently went indoor rock climbing and he made it to the TOP. We know that Richie's real life climb will continue but through prayer, love and a big ole cheering section, we know that he is on the way to a happy and fulfilling life.

GO RICHIE!!!



## **The IAMM Gentle Teaching Workshop: Seeing WKS/Residential Resources with a New Perspective**

By 2 of the "Jessicas"  
(also known as Jess Uhler & Jessie Clark), Business Office

We both feel grateful and privileged to work in the WKS Business Office where Jess takes care of Payables and Jessie takes care of Billing and Accounting. Due to the nature of our positions, we don't often have the opportunity to see our consumers and all of the great work that WKS employees do every day to care for these wonderful individuals. Because of this, we were very excited to be attending the Gentle Teaching workshop at the IAMM in April, and were looking forward to what we might learn.

We were not disappointed! Scott Dow, Carrie Hayward, and Bethany Dow did a great job taking us through the history of the Gentle Teaching philosophy pioneered by Dr. John McGee. They also discussed what this means practically speaking and how this would look in "real-life" scenarios our consumers face every day. Scott taught us what the "four pillars of Gentle Teaching" were:

- Teaching the person to feel safe with us
- Teaching the person to feel engaged with us
- Teaching the person to feel unconditionally valued by us
- Teaching the person to return unconditional valuing to us

Gentle Teaching involves video documentation of every day interactions between staff and consumers - going to the grocery store, preparing food items, or doing chores. The staff then analyze and critique their (and their coworker's) body language, vocalized direction/instruction and the preparedness for each situation, with certified Gentle Teaching trainers who help them to see ways in which they could change or improve for the benefit of everyone involved. Honestly, it was magical to see how the staff's mannerisms improved both the consumer's behavior, and stress level, which is great for everyone. This particular consumer was also able to choose his own groceries when the staff used outside the box thinking to create a list using pictures instead of words, and making sure they are organized by the layout of the store. He even learned to delay gratification when it came to his Starbucks drink at the end of the grocery trip, which was something he had struggled with in the past.

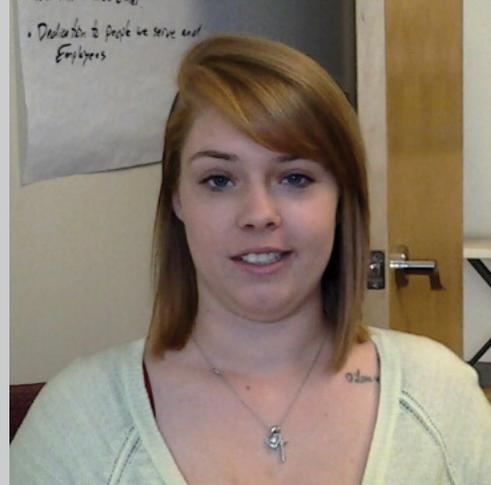
It was great to be able to attend this session with William K. Schofield (the founder and owner of WKS/Residential Resources) and hear his comments about the Gentle Teaching method. His enthusiasm was very evident and even contagious!

If you are interested in learning more, or having this presentation at your location (which we highly recommend) please contact: Scott Dow at 844-281-0421 or [sdow@resresources.com](mailto:sdow@resresources.com)

## Welcome Paige!

Ellis Baum, Regional Director  
Scarborough, ME

Please join me in welcoming Paige Topazio to the Scarborough office. Paige just finished her junior year at Saint Joseph's College of Maine and will be starting an internship with us this fall for her senior year. Paige started working part-time late this winter providing assistance to our case management and program management teams. As school just ended she is on a brief break, but will be back to work full-time throughout the summer continuing her position here in the office and working direct care in several of our homes. Paige has been a very welcome addition here at RRM and has added a fantastic attitude and tremendous willingness to learn.



**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**

Edited by Diana VanAlstyne

Layout by Mary Lynch

### **Residential Resources, Inc.**

39 Summer Street

Keene, NH 03431

P: 800-287-2911

F: 844-281-0423

[www.resresources.com](http://www.resresources.com)

**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.



[www.resresources.com/facebook](http://www.resresources.com/facebook)



[www.resresources.com](http://www.resresources.com)



[www.resresources.com/twitter](http://www.resresources.com/twitter)