

Community News

A Newsletter for Friends of Residential Resources, Inc.

July 2014

Big Thank You to Kristen Petersen

By Kathleen McIntyre, Program Manager
Scarborough, ME



On behalf of the Residential Resources' management team of Maine, all the staff and clients, we would love to extend a great big thank you to Kristen Petersen.

Kristen is an Associate Director here in Maine. She oversees all of the shared living homes and oversees all of region 2 here in the state. For a number of years she has always taken the time and puts in many hours to the Special Olympics of Maine. Kristen is a coach.

She keeps up with all the trainings and coordinates all of the paperwork needed for the clients. She lets managers know what paperwork is needed for all the clients to be prepared to go each and every year. She also gathers all the raffle tickets, making sure the clients who sell them have them, and she collects all the money and stubs.

Kristen coordinates the area games, preparing clients for the games in Orono in June. She leaves each year for the trip to Orono with a smile on her face. She spends the night in the dorms making sure everyone has what they need for the big events on Saturday.

Year after year, even with all the responsibilities Kristen has, she does this for clients and makes so many people happy.

So, a big Thank You to Kristen Petersen. All your efforts for all these years haven't gone unnoticed.

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My Yoga Experiences

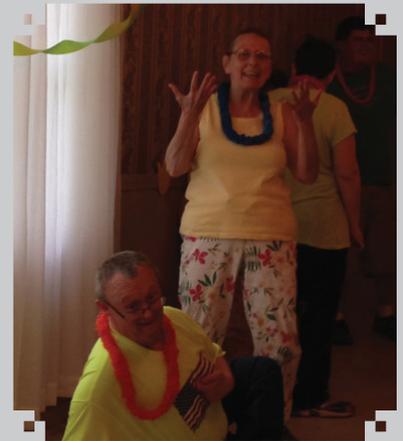
Kaitlin Rooney, Participant
Emerald St, Keene, NH

I love yoga. My staff, Sharon, and I do yoga three times a week. We do yoga at LifeArt with Rosemary. We go to the YMCA two times a week for yoga alignment. My instructor's name is Wendy. I am starting to do some standing poses in yoga. Yoga makes me feel strong, relaxed, happy and wonderful.



Circle of Friends

Deb Aherrera, Program Manager
Manchester, NH



Dance with friends and have some fun.
Fred and Rose showed us all how it's done.
They danced all day
In their special way.
Slow dance, fast dance and breakdance, too.
Freddy even lost a shoe.
The circle of friend they have made along the way
Made the smiles even bigger that day.

The Power of Hard Work

Melissa Wheeler, Service Coordinator
Ballston Lake, NY

As Service Coordinators, we see struggles and hardships on a regular basis. Fortunately, we are also witness to successes and miracles just as often. I have had the pleasure of observing such a miracle in my client, Joe McCooey. Joe was referred to us by another Service Coordination agency and I began working with him one year ago today. Joe lives with his wonderfully supportive wife, Monica, and is the father of 7 children.

Joe suffered a fall in his home 4 years ago, fracturing his spine and compressing his spinal cord. It has been a long, frustrating road for Joe but he ultimately decided that he would not let his injury define him. He dedicated himself to working towards recovery. Joe works out at the gym several times a week, working his arms, his legs and his core. He uses a power wheelchair for mobility and although he was originally told that he would not regain feeling in his legs or walk again, his hard work has paid off and he recently regained feeling in his heels and the bottoms of his feet. His aide commented that she "has never seen anyone so excited to feel a cold floor." He is now able to stand up unassisted and balance with

his hands over his head and is actually able to walk up to 100 feet with the assistance of a walker. He is also working to regain use of his hands; recent testing has shown nerve regeneration in his hands, which has stumped his doctors.

Joe is very determined to make a full recovery from his injury. Joe has spent many years finding a team of doctors that believes in his ability to heal and is especially thankful for his chiropractor, "Dr. Crack-It", as Joe calls him. He finds strength in his faith and is passionate about talking to others with similar injuries about the power of positive thinking.

"When you think you've had the worst day of your life, go home and get down on your knees...and thank God that you can." Joe puts things into perspective for those who may not understand all that he has been through, but also helps motivate those that are in similar situations to his and don't believe they can recover. Joe is a true inspiration to everyone that he meets and it has been my sincere pleasure to work with such an incredible man.

A Day of Fun, Freedom and Fishing!

Ken Lee, Residential Director
Manchester, NH

Ask most fishermen why they enjoy spending time fishing and you're likely to hear the words "freedom and fun". (Okay, granted the fish may have a different opinion, but let's just focus on those of us on the boat for the purpose of this discussion. Perhaps we will allow for "equal time in next month's newsletter.") Personally I think there is something mystical about the pull of a fish at the end of your line. It's almost addictive, and once you feel it you want to experience it again and again. Spending time on a boat anticipating our next "catch" helps release us from our highly stressful, everyday environment. There is nothing that brings on a sense of being and rebuilds our personal reserves like a day spent interacting with nature.

You may have heard it said "There is a lot more to fishing than just catching fish". Well, this year that was perhaps demonstrated as it could be said it was not a banner year for the numbers of fish caught. (Mackerel mostly, but a scorpion fish found us, as well as a few baby pollack that we returned to the wild. Or were they perch? I may need to refer to my fish identification manual.) However, the quality of the pursuit was no less engaging than in years past! And having a less than stellar day in terms of the numbers of "catches" for this writer still beats a typical day in an office or tending to domestic routines. Watching your fishing line for the next "bite" may (or may not) be exciting depending on your enthusiasm for the sport, but nothing is more relaxing. When you're anticipating

the next nibble, the worries of the world seem to go away. You're focused on one thing and nothing will bother you during that time. Fishing is always a great excuse for doing nothing but enjoying life. When it comes to fishing, you can do absolutely nothing and somehow get away with it.

There is an old adage "God does not deduct from man's allotted time on earth the days he spends fishing". So by my math I can consider myself over two weeks younger as a result of my 15 years of participation on these cruises. Scott Dow has been arranging these yearly "F.F.F." excursions for folks giving and receiving supports at RRI for quite some time. This year, in spite of the forecast of rain, and colder than seasonal temperatures (forecasters were wrong about the rain), Scott organized and produced the 19th annual RRI fishing trip. In all these years Scott has missed only a single port call. So by my math, he remains younger than me.

I have to say I saw a lot of smiles on the faces of those who were fishing this year just as in years past, so the numbers do not tell the entire story.

P.S. A fair warning is in order for any fish that happen to be celebrating and doing a "freedom dance" based on our run of luck this year. We are serving notice that we have some surprises in store for you regarding next year's 20th anniversary RRI Fun, Freedom and Fishing cruise.

See page 5 for pictures from the fishing trip...

Pictures from the fishing trip, continued from page 4...



Life is Like Shredded Wheat

Marianne Ahern, RN
Plattsburgh, NY

Working here at Residential Resources I have had the opportunity to meet tremendous individuals who have touched and inspired me. Lorraine Lilja is just one of these people.

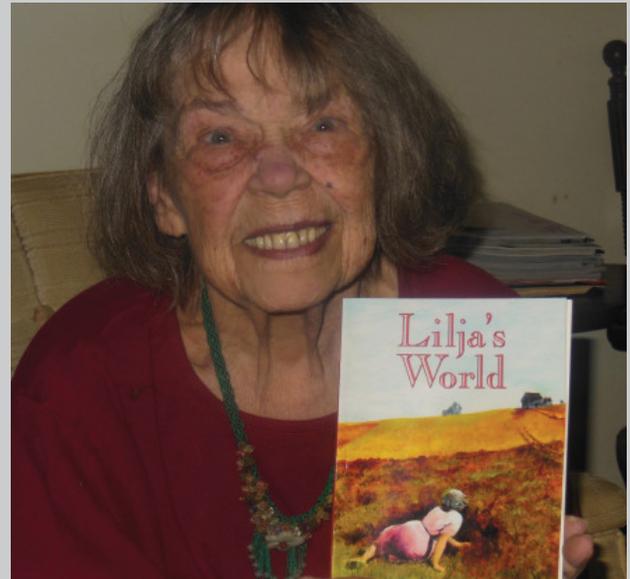
Lorraine was born in Brooklyn, NY in 1929. When Lorraine was 5 years old, during the Depression, her father moved their family to Portsmouth, NH, and took a job on an island estate as the caretaker. Lorraine lived there with her parents and siblings for a number of years, enjoying the idyllic island lifestyle with beautiful gardens, trees, boating, and ocean views.

Lorraine has always had a wry sense of humor. She worked in radio, advertising, and several daily newspapers, including her weekly column in the Plattsburgh Press Republican. *Lilja's World* is a collection of columns collected and published in a book recalling her experiences and funny moments. Lorraine told me that one of her favorite short columns is called "Life is like Shredded Wheat." And I would like to share this wonderful story with you all.

"Life is like Shredded Wheat"

Full consciousness comes to me reluctantly each morning. I sit with mugs of coffee or tea and gaze into the distance. It's my quiet time. It was one of these dreamy dawns that my young son suddenly said, "Life is just like shredded wheat."

I rolled this analogy around in my head, never taking my unfocused gaze from the distant horizon. How curious, I thought. Whatever can he mean? Has life lost its crispness—and become soggy and mushy like cereal soaked too long in milk? No, he's too young to be that jaded. I considered other attributes of shredded wheat. It's coarse and scratchy. Has life become ir-



ritating? It's shaped like a pillow, but it isn't soft. Did his comparison mean that life is hard?

Impressed with his depth, I looked fondly at my little Plato. Before him were two boxes of cereal: Life and Shredded Wheat. He was comparing the charts on the side panels of the boxes, not a philosophy. "Life is just like shredded wheat" has become a reminder of how silly it is to over-analyze or worry something to death.

To me, it has come to mean "Don't sweat the small stuff". Worrying won't change anything. Now, morning musings are devoted to thoughts of gratitude. I'm glad I am making my own way. My loved ones are scattered all over; I'm happy that they are strong and independent. I'm thankful for my health.

Don't worry. Life is just like Shredded Wheat.

Catch of the Day

Robin Raymond, DSP
Emerald St, Keene, NH

Again this year, my friend, Glenn brought home his mackerel he caught.

We appreciate that our State Director, Scott Dow, arranges the RRI yearly fishing trip in Seabrook out of the Eastman's Docks. It is our good fortune our company cares to provide this trip and other activities for all who wish to participate in.

The weather was not as sunny as last year, but the crisp, salty air left myself and Glenn refreshed and relaxed for our trip home. That famous smile of his kept flashing all day, especially when the catch of the day was filled to bring home.

Thank you so much, Scott!



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 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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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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