

Community News

A Newsletter for Friends of Residential Resources, Inc.

September 2014

Where There's a Will, There's a Way

Victoria Felio, Service Coordinator
Plattsburgh NY

It's official! Heather Guynup has graduated from high school!

After being diagnosed with dystonia in 2011, Heather started undergoing treatments to help decrease her pain levels, increase her energy levels and improve her ability to walk. With hard work and dedication, she has gone from being wheelchair bound just 3 years ago to independently walking across the stage so she can be handed her diploma. Her family, teachers, friends, and service providers are beyond proud of her amazing accomplishments.

Congratulations, Heather!!



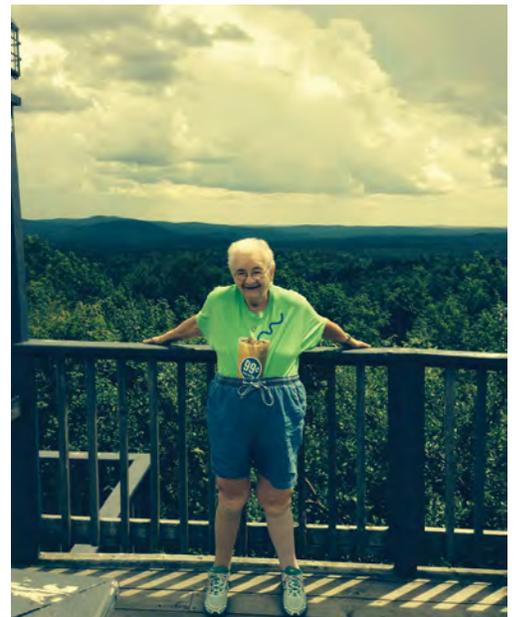
My Visit to Hogback Mountain

Connie Loiselle, Participant
Emerald St, Keene, NH



My day staff, Matt, and I went to Hogback Mountain in Vermont on August 7, 2014. I enjoyed browsing in the gift shop and the view was gorgeous. You can see the mountains of Southern VT, NH, and MA.

I am looking forward to returning there in the Fall to enjoy the foliage.



My Day at Gregg Lake

Kaitlin Rooney, Participant
Emerald St, Keene, NH

I went to Gregg Lake in Antrim with Sharon, my day staff person. We picked blueberries. I picked enough for my Dad to make blueberry pancakes for breakfast. Then we had a picnic lunch. I saw a lot of people I knew from Crotched Mountain. After lunch we went swimming in Gregg Lake. The day made me feel happy and zen-y.



Michael Bublé Concert

Arthur Abbott, Participant
Manchester, NH

I recently had the most awesome experience ever! Because of the free tickets that RRI was able to get, my HCP, Jean, and I were able to go to this wonderful concert at the Verizon Center in Manchester. This was exciting as it was only my second time ever being in the Center and also attending a concert. We got to see MICHAEL BUBLÉ! His music was wonderful and his great jokes made the evening so much fun. It is not often that we get such a wonderful opportunity like this. The only thing that would have made it better would have been to have the chance to meet Michael in person. Thank you Ken and Bethany for thinking of us and allowing me to have a great evening out!

FIT CLUB!

Bridget McCabe, Associate Director
Scarborough, ME

Feel good... Informed... Together! That's the new motto for a group of folks here in Maine. In April everyone receiving services received a survey asking questions about health, wellness, and level of commitment, and interest in working with others to be healthier. The result was 8 people meeting Wednesdays from 3:30 to 5:30; May through July. They worked together with their leaders to be healthier, physically and emotionally. Karen, Robin, Kelly, Gerry, Nicole, Joe, Pam, and Bobby got crazy each week with each other and FIT Leaders Wayne, Laura, Kathy, and Bridget.

Each week the group decided the activity they wanted for the following week. People in FIT Club, otherwise known as "FIT Buddies", played kickball and t-ball, hiked different locations, practiced yoga, and biked the trails at Fort Williams. Different locations were chosen each week. In addition to playing, FIT Club had an educational component provided by our nurse, Wayne. He introduced a variety of topics including hydration, healthy snacks, outdoor safety, use of sunscreen and bug spray, mosquito and tick borne illnesses, poison ivy, and calories in favorite fast foods (shocking!). Did you know a milkshake is almost the amount of calories for a whole day? Folks were actively involved in discussions, sharing ideas, supporting each other, props and high fives were rampant, and just plain having fun.

FIT Club buddies worked together on speaking with each other, giving compliments and encouragement to each other, sharing accomplishments and setting personal goals to be healthier. Making friends, relying on each other rather than staff, coming up with ideas on healthy activities and where to do them in their neighborhoods

were all part of the cool things that happened through FIT Club over time. FIT Club buddies were encouraged to make suggestions, work out problems, agree on activities and locations, share ideas, and share rides.

The last FIT Club day was a "wash out"! After a hike, preparing crazy fruit like mangos, papaya, champagne grapes, and eating them, everyone got soaked. There was a whole trash can of water balloons that quickly disappeared. It started tentatively with Wayne throwing a balloon on the table where we were all were sitting. It burst on the table splashing everyone. Some were shocked, some laughed, some wanted to know where there were more! Before you knew it, folks were throwing water balloons at each other! It rapidly progressed into a full-fledged water fight. When the water balloons were all gone, water bottles were emptied over heads, when water bottles were empty, Joe got the bright idea to refill peoples' water bottles from the 5 gallon water jug. In either impatience or desperation people gave up on filling water bottles and ran around with the 5 gallon jug emptying it on each other until there was nothing left to empty. Gerry was a serious thrower, not minding a few tumbles on the ground; watch out, Jill. Robin couldn't stop giggling which it made it a challenge to throw at the same time. Pam was more than happy to soak Bridget; Wayne was the favorite target, ask Nicole. Everyone played, shared, worked, laughed, and said they were going to miss each other. Friendships developed and phone numbers were shared.

Huddle up, put your hands out and yell, "**GET FIT!!**"



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More pictures from FIT Club!



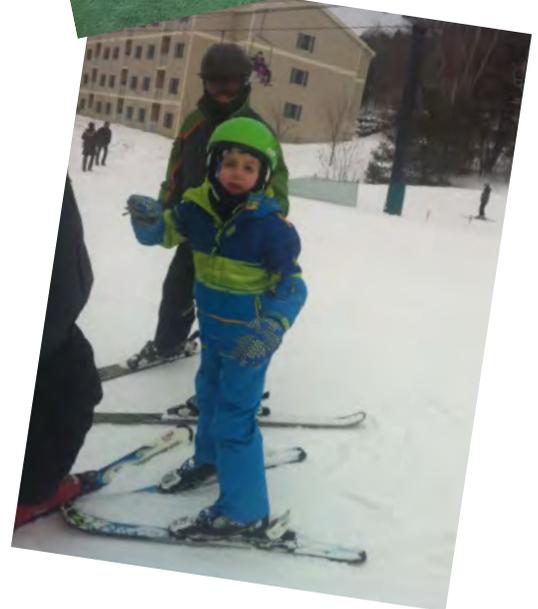
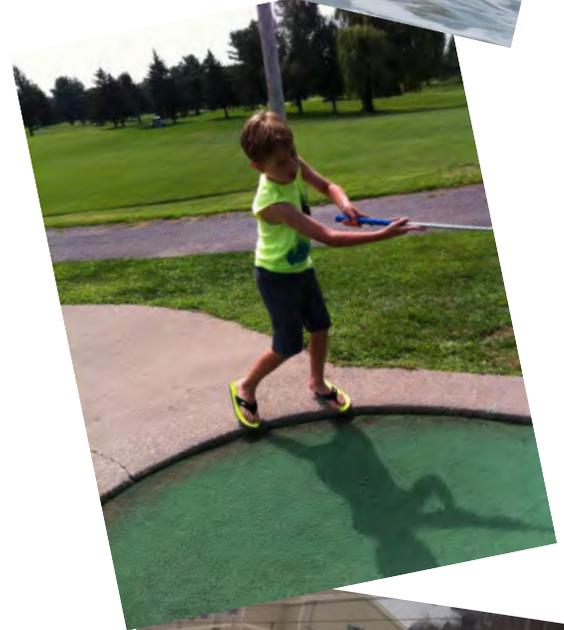
Without HOPE There is Nothing

Lisa Janicke, RN
Ballston Lake, NY

So it has taken me weeks to decide what I was going to write for this article. I finally decided to write about what I know, Autism and mental health issues. I have been a nurse for 4 years and I am drawn to helping those with mental health issues along with other varying intellectual and developmental disabilities. My ultimate goal was to continue my education and get my Master's Degree as a Psychiatric Nurse Practitioner. However, along my path, things changed.

I have 3 children, Raeanne is 23 and has a one year old son, Raelynn is 20 and is currently attending RIT, and then I have my little firecracker, Raymond who is 7 years old. Ray was diagnosed at 18 months of age with Autism. I had no idea what Autism even was at that time. Something in me knew that things were not quite right and that word popped in my head out of nowhere - I feel it was somehow a divine intervention that started me on my path of what was to be. At that time, he was diagnosed as severe and placed in a full day program, as services provided in my home from the county were not enough for him. He did not speak until he was 4 years old - now he LOVES to talk! He could not even feed himself prior to starting at Crossroads Center for Children, which provided him with full day ABA therapy, Speech Therapy, and Occupational Therapy. I cannot even begin to stress just how important it is to families in getting Early Intervention Services! It has made a world of difference! Today he is on more of the mild end of the spectrum and as he is maturing, he is capable of so much more than I could even imagine back when my journey began. A diagnosis does not have to be the end of a dream, just the beginning of a new one. I feel like writing and speaking with people is very therapeutic for me. At times I overshare, but that is who I am.

The most important thing in being in the human services field is to keep a positive attitude, especially when working with individuals and families who are dealing with so much on a daily basis. Another thing I would put out there, is to push them past their comfort level! Have them try new things and they will be happy and proud that they did! Also try to do as much as they can themselves, they need to feel competent and proud of themselves and their accomplishments.



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So many potential topics... Jen, just choose one!

Jennifer Boisvert, RN
Health Services Director

I thought about talking about disaster preparedness – there have been some unusual events that could fit a useful discussion about this... for example as I write this Toledo, Ohio is on day 4 of tap water restrictions from an algae bloom in Lake Erie, and the stores were out of water within a few hours of the announcement.

I thought about starting the annual discussion for the flu vaccine – if you are high risk, then early September is when you should be getting the vaccine. You do want to be sure that you receive your vaccine a couple of weeks before the peak of flu season since it takes your body a couple of weeks to build up immunity levels.

(If you want more info, go to: <http://www.cdc.gov/vaccines/hcp/vis/vis-statements/flu.html>)

I decided to encourage you to eat healthy – always a worthwhile topic – though it may not be an exciting favorite! Every month of our US calendar is the month of something (and usually it is quite a long and eclectic list, for example National Honey Month, National Guide Dog Month). September is Fruits & Veggies – More Matters Month. What could be more perfectly timed?

Here in the Northeast we have lots of fresh fruits and vegetables available locally. Perhaps you have your own fruit tree and have carefully worked to increase the productivity (or maybe you know someone who will share the “fruits” of their labors). Do you know someone who has wild grapes growing that they leave for the local birds and animals? Maybe this is the year that you decide to make your own jelly or juice. Invite some friends to help – many hands DO make light work.

Fall raspberries will be coming out. Peaches, apples are all fruits to enjoy. Maybe your local market has a new to you (or even new to your area) fruit that you might consider trying.

Vegetables galore – did you grow your own this year? How was your season? As we enter September the root vegetables (onions, potatoes, beets – although they have been yummy right along since they were big enough to eat as beet greens) and longer growing vegetables – corn, squash (pumpkin, blue hubbard, spaghetti, acorn, buttercup, butternut) will begin to ripen and be ready.

Gardeners are often willing to share their bounty – particularly if you express an interest and maybe even offer a little help over the season.

The challenge with a new to you fruit or vegetable can be – what do I do with it? Ask for suggestions at the local market where you are buying it. Or ask your friends and neighbors what they would use it for. Or, if you are more of a tech based inquirer – Google it!

I will start you off with a website that has lots of info about fruits and veggies including recipes: <http://www.fruitsandveggiesmorematters.org/>. Check it out – you might be surprised at your new favorite, healthy idea!

Michael Bublé Concert!

Rhonda Lemire, Participant
Manchester, NH

During Michael Bublé's concert I had an unforgettable time with his well-performed act. He is overwhelmingly adapted to performing. I was amazed at how well I energized myself, mainly since my genre of music is much heavier. I must say (write) that I had a great evening listening to him. His performance was worth my expenditure, and to everyone I assume.

HOPE continued from page 5...

I push my son as much as possible to try new things. He now also carries additional diagnoses of ADHD and Anxiety Disorder, but labels do not define anyone or what they can do! My son loves to ski, he participated in a skateboarding event through the A.Skate Foundation, surfed with Surfer's Healing (which we will be doing again this year). We tried Hippotherapy, and piano lessons, but he was not a fan - so we moved on and tried something else. He loves to mini golf, he is very funny and LOVES his family, including Sparky, his puppy. Ray also rode on the big rides while we were on vacation this year and was so proud of himself! I see him working through his anxiety and trying even more things without a tantrum or meltdown.

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agement, and love while we are working with our clients. They need to feel important, proud, confident, and hopeful!

I also work part-time with the Autism Society doing Community Outreach. This has been significant for me in the healing process. The other night I was just speaking to a mother of a 3 year old who had just been diagnosed and she cried. That was me 4 years ago and what I would have given to talk with someone who gets it! Autism has become my passion and my purpose for being here. It is so important for individuals and families to feel like they are not alone and that there are supports and services to help. We are so grateful for the OPWDD Medicaid Waiver as well. We have utilized Respite Services and an EMOD for our home. A lot of people do not know that the OPWDD, TBI, or NHTD Waivers even exist or that they can get the additional supports that are needed.

Without HOPE there is nothing.

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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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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