

# Community News

A Newsletter for Friends of Residential Resources, Inc. June 2017

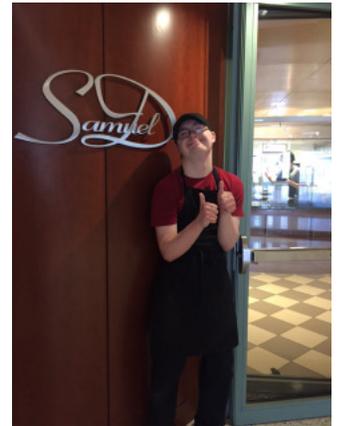
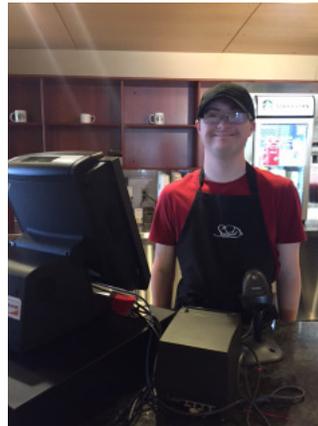
## Brett Goes To Plattsburgh State

Amanda Reil, Service Coordinator  
Plattsburgh, NY

Brett (commonly referred to as "B-Money" by his friends and family) is a 20 year old man who lives with his family in the city of Plattsburgh. He attended Plattsburgh High School and thoroughly enjoyed his high school experience. He was very involved in various sports and activities. Brett was a part of the varsity swim and baseball teams and participated in the Drama Club. Brett made a lot of friends and was often referred to as the "mayor" of the school. For a while, Brett was unsure what he wanted to do after he graduated high school. Most of his friends were going away to college and he decided that he wanted to have the college experience too.

Now Brett is finishing his first year of volunteering at Plattsburgh State University! Brett helps out at Samuel D's Café and has joined the Hotel and Restaurant Management Club. Brett's responsibilities at the café include working the register, making coffees, stocking the shelves/coolers, wiping tables, mopping, vacuuming, and helping with inventory. Brett has even started training new students how to use the register. Brett also volunteers through the Athletic Department at Plattsburgh State. He is a huge sports fan and always has been. Brett works directly with the athletic trainer at two facilities, giving him the opportunity to form new friendships with the student athletes. He assists the trainer in whatever he needs and is learning basic care. Brett was the men's soccer team manager, attending all practices and home games. Brett has been a part of the hockey mentoring program for years and is happy to have the opportunity to work with members of the team.

But this isn't all Brett does! Outside of college Brett is an assistant coach for the Plattsburgh High



School baseball team, swims, works with his personal trainer, runs his own "Bro-Wrestling Federation" and takes care of his puppy, Murphy. Brett is very close to his family who has been more than supportive in helping him obtain his goals. Brett has a very good friend named Jordan who he spends a lot of time with. When asked what his favorite part of college is, Brett said "being with Jordan." Brett then went on to say "I love everything." He is very happy with his decision to go to Plattsburgh State and everyone is excited to see what the next few years have in store for B-Money!



Right:  
Brett & his friend  
Jordan.

## Spring Has Finally Sprung In New England

Tiffany Barrow, Regional Director  
Keene, NH

Spring has finally sprung in New England! The new leaves on the trees are popping and flowers are starting to blossom. It's also that time of year when projects that we have thought about and planned for all winter get underway. Donald has gotten an early start on the numerous projects that will be done at his house this spring and summer. A new front door is the first one to be checked off the list. Donald says, "he's happy to have the door fixed but sometimes misses the draft from the old one because now he has to open a window to let the breeze in."



## Two Peas In A Pod

Brittany Germain, Program Manager  
Manchester, NH



Lorieann and Deb Smith have recently started working together and from day one they have been a great team. Lorieann recently moved to Fremont Road and became a permanent resident in March of this year. Since moving in she has been creating a clean and positive household environment for both her new roommates and herself.

When Lorieann is not hanging out with her roommates, she loves to be out in the community and is known to be a busy woman. She enjoys coffee at Dunkin Donuts, going shopping, and getting lunch at local restaurants. One of Lorieann's favorite places she has visited so far is the Winnie Kinney Castle where she and Deb had a picnic lunch together. Deb started working at Fremont Road last September and has been a staff for RRI for about 17 years. She has been a great motivator and advocate for the individuals we support. She could not have been a better fit to help assist Lorieann in day to day activities. Lorieann has mentioned that "Deb has been an amazing staff and a great friend" and that she looks forward to seeing her. They are both excited to plan more upcoming adventures together.

## Joan, the Blues, and The Canadian Rockers

Ken Lee, Quality Improvement Coordinator  
Manchester, NH

Joan is a citizen of Southern NH who has known good times and bad in her many years. She could be described as an optimist on many days, a realist on a few, and has been known, like many of us, to have her share of those “blues days” as well.

In the last year Joan has known more than her share of the tougher side, for one, she has had some issues with her health - a departure from her typical experience of many years never even having to see a doctor for anything more than a sniffle or a physical. She also experienced the loss of some significant family members and close personal friends in the past year.

We have all experienced these distinct seasons of life, the sweet times, and the more challenging episodes, the times that lift your spirits, and the times that you wonder what you have left, the “blues”, and the “inspirational” visit us all. Joan is no different than us on that score. When times are tough, Joan copes with walks in nature, or going out to eat at a favorite restaurant, and when a typical day is over, whether it be sunshine or rain, before signing off for the day, Joan enjoys her favorite chair, a 20+ year-old Canadian rocker that has gotten her through the good and the bad. Whether she was feeling “up” or “down”, she could depend on the Canadian rocker's “to and fro” for comfort, solace, quiet, recharging and relaxation. She has shared with her friends many times just how much she enjoys and depends on it.

And then... in the middle of these challenging events... her cherished rocker just stops rockin'. Seriously? All of this going on... and then this too?

Unlike a typical rocking chair that uses a couple of curved pieces of wood as its basic mechanical premise, a Canadian rocker is more elegantly nuanced, with glides, linkage, and some pretty interesting engineering. But 20 years of that lulling gentle relaxing “to and fro” and the chairs “git up 'n go got up 'n wint”. It was deemed unrepairable, and they are quite an expensive accoutrement. It looked like it was going to be some time before rockin' times would return. Not good.



This added a new dimension of blues for Joan's 2016-2017 experience. She accepted it as “just another experience” but clearly she missed her routine.

It was only days after this took place, not even enough time for the word to get out that she was in need, that a very minor miracle took place... the kind we often receive fairly often in life, but perhaps take little notice of.

She has always been rather frugal, and a member of her team informed her that she needed to attend to a bit of housekeeping known as a “spenddown”, furthermore she needed to do it soon, and it was a rather tidy sum of money that she needed to spend. Just enough in fact for what she needed... just about down to the nickel.

Joan is now experiencing a return to health, she is reflective about other sadnesses she has experienced recently, and still visits her favorite nature spots, and her favorite restaurants. And she is still rockin'... Canadian style.

## My New Pet

Constance Loiselle, Participant  
Emerald St., Keene, NH

My new home is great! We have lots of animals: dogs, cats, ducks, chickens, geese, and even a horse! But my new favorite animal at my home is my new Beta fish "Everybody". He is by far the quietest animal we have! I enjoy watching him swim around in his tank, it is quite relaxing!



## June is National Professional Wellness Month

Tabitha Meara, Service Coordinator  
Ballston Lake, NY

While researching a topic for my piece this month; I started researching (googling) "June is national what month?" In my "research", I learned that June has several causes or interests that are represented during the month. The one that I found of most interest was National Professional Wellness month. Professional Wellness is very important whether you are a volunteer or earn an income. Making sure to have a work-life balance is important to ensuring one's overall well-being.

According to the University of Utah, Professional Wellness Month was created to highlight the importance of well-being in the workplace<sup>1</sup>. Whether you sit behind a desk or you're constantly moving, being cognizant of your professional well-being can increase your productivity. Furthermore this can lead you to be less stressed at the end of your work day. To help everyone put into action improving their professional well-being; I listed a few suggestions that I came across below:

### **Four suggestions to improve Professional Wellness<sup>2</sup>**

- Get organized. Plan your whole day, both your work and personal time. That way you can feel accomplished once you complete everything on your list.
- Practice self-care. This can mean many things such as seeing your physician regularly to doing something that makes you feel good (e.g., reading a book or making your own candles, etc.). The point is you make sure you take time for yourself.
- Eat well. Whether you're at work or home, taking measures to focus on eating your meal is important. This allows you time to practice self-care and relax if only for a ½ hour.
- Ask for help. It is more than okay to ask for help when you need it. This decreases burn out and helps you obtain a new perspective on a situation.

About the Author: Tabitha Meara is a working mother of 1 child, 1 unborn child, 1 bird, 1 dog, and 1 husband (in that order). She finds that maintaining her professional well-being decreases her stress level and improves the taste of her cooking (according to her family).

<sup>1</sup> <https://unews.utah.edu/context-from-campus/june-is-professional-wellness-month/>

<sup>2</sup> <https://coachfederation.org/blog/index.php/7764/>

## Stephanie's New Roommate

Chloe Scott, Community Case Management  
Scarborough, ME

Stephanie is one of RRI's awesome Case Management clients, and a 2015 graduate of Strive U. in Portland, Maine. Strive U is a comprehensive program that teaches its students necessary skills to live independently in the community. When students like Stephanie graduate they transition into homes and jobs in their communities that maximize their independence, and allow them to use all of the skills and tools they worked so hard to learn while at Strive U.

Stephanie lives alone in an apartment in Portland, and works in a medical office close to her neighborhood. After a while of living there Stephanie realized that it can get a little lonely living by herself, and decided that it was time for some company. That's when she began the search for a furry friend to adopt and bring home. Stephanie soon found her purrfect match at the Animal Refuge League of Greater Portland, a 2 year old female cat that Stephanie renamed Sailor. Stephanie brought Sailor home in January, and the two have quickly become the best of friends. Sailor is always waiting for Stephanie at the door when she gets home, ready for a hug and a treat. Sailor is great companion and a wonderful addition to Stephanie's home.

**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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