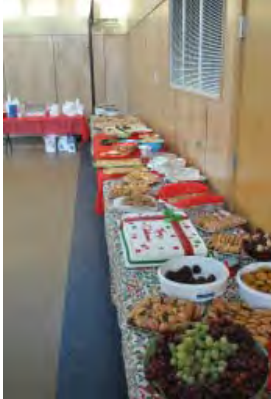


'Twas the Week Before Christmas

*By Bill Schulz, State Director, Bridget McCabe, Associate Director,
Kristen Petersen, Associate Director, Dan McAllister, Program Manager
and Laura Kloosterman, Program Manager
Scarborough, ME*



'Twas the week before Christmas
And all through the Morrison Center gym
There was warmth and good cheer
And plates filled to the brim.

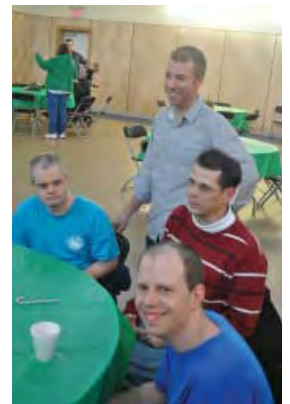
The DJ played on
Into the late hours of night.
While happy faces continued to come
And the dancing, oh what a sight!

There was Bill with his camera
And DJ Billy with the beat,
more food than we needed,
and all the cookies you could eat!
The Christmas tree sparkled
- did we mention the food?

And Santa had a list
of who was naughty and who was good.

Then as the night darkened
And we all had to part
Into the cold night we left
With warmth in our hearts!

The vans started and roared so all you could hear
Was the papier mache' elf proclaiming
"Merry Christmas to all! See you all next year!"



*For more great pictures of Scarborough's
holiday party see page 3.*

Guidelines for Decreasing Behavioral Challenges

By Stacey Lloyd, Residential Director
Ballston Lake, NY

People with brain injury often have difficulty in understanding how their behavior affects others. When this is the case, the environmental conditions surrounding people with traumatic brain injury (TBI) can have a significant impact on behavior, without the person with a brain injury fully appreciating that fact. Organize the setting and plan the approach to the person to increase opportunities for successful learning and decrease behavioral problems.

Allow time for rest – people with TBI can be extremely fatigued, which can be a strong antecedent to a behavioral episode. However, do not let fatigue be used as an escape from compliance.

Keep the environment simple – people with TBI are easily over-stimulated so distractions should be kept to a minimum.

Keep instructions simple – directions should be as concrete as possible. Use non-verbal cues, such as gesturing if the person has difficulty processing auditory information.

Give feedback and set goals – self-monitoring skills can be diminished following brain injury, so provide frequent feedback and set goals to help

the person understand how and why they are doing a task.

Be calm and redirect – remaining calm can help reduce agitation by demonstrating control, creating a nonthreatening environment and not inadvertently reinforcing a problem behavior.

Provide choices – this can help the person feel an element of freedom and control over his or her environment. However, use “limited” choices so there is no opportunity to say “no” or for the person to feel overwhelmed.

Decrease chances of failure – try to keep the success rate above 80%. This ensures the person feels both successful and challenged.

Vary activities – alternate activities to maintain interest. Interspersing easy tasks with more difficult ones is also helpful.

Over plan – be prepared with enough activities so that you can adjust tasks to suit daily fluctuations in the person’s functioning.

Task – try dividing tasks into smaller parts, each of which can be treated as a complete task. Activities are easier to accomplish one step at a time.

MOVIE REVIEW: ALVIN AND THE CHIPMUNKS- CHIPWRECKED



By Jeremy Stevens, Participant
Scarborough, ME

Rating - 3 stars

This movie is based on six Chipmunks, Alvin and his five friends. Alvin is the main character (Chipmunk) in the movie. The Chipmunks, along with their caregiver Dave, all decide they need a vacation from the spotlight and hustle and bustle of their lives. They decide to take a sea cruise. This is the setting for an adventure with lots of twists and turns. The movie certainly didn’t end as I would have expected it to.

This was a comedy and I would recommend it to audiences of all ages. I would recommend this movie to others, and I would consider purchasing it on DVD when available. Have a Happy New Year and “see you at the movies.”

'Twas the Week Before Christmas

continued from front page



Post Holiday Gathering

Suzanne Touhey, RN, Nurse Trainer
Manchester, NH

The holiday festivities are not over until RRI's Manchester office holds its annual Post Holiday gathering. This year's party was held on January 11th. The party was well attended by participants, providers, direct support staff, members of the corporate team and the Manchester office team.

As usual the food was wonderful and plentiful. The menu included Texas-style chili, meatballs, chicken salad rolls, salads, meat platter, homemade pumpkin cheese cake, peanut butter cookies and cupcakes. Everyone enjoyed the "feast" and there were very few leftovers!

It was a great time to meet up with old friends and meet new friends. It was also the perfect opportunity to meet and welcome our newest participant, Mike. Mike moved in to Fremont Road the previous afternoon. He was introduced to all in attendance and enjoyed the party atmosphere (and the food!) He entertained everyone with his enthusiasm and great stories. He let us all know how happy he is to be in his apartment and looking forward to the next chapter in his life! We are all excited about supporting Mike as he works towards his goals. WELCOME MIKE!

Thanks to all who attended, organized, cooked and cleaned for a great time!

Wishing all a Happy, Healthy 2012!



Top: Mike, Shelley and Freddy are taking it all in.

Middle: Mike, a new member of our community, gets acquainted with Bruce and Aaron.

Bottom: Joe and Annie enjoyed good food and good company.

What is a syndrome? ...and do you really need to know if you have one?

By Jennifer Boisvert, RN, Health Services Director

A syndrome is a collection of recognizable traits or abnormalities that tend to occur together and are associated with a specific disease. Definition from genome.gov glossary (National Human Genome Research Institute - NIH).

There are many kinds of syndromes: a form of epilepsy (Lennox Gastaut Syndrome), a group of risk factors that raise your risk for certain health conditions (Metabolic Syndrome), a gene or chromosome disorder (Fragile X Syndrome, Down Syndrome, Rett Syndrome), an autoimmune disorder (Sjogren's Syndrome).

Some other examples include:

Asperberger Syndrome
Autism
Lesch Nyhan Syndrome
Phelan-McDermid Syndrome
Phenylketonuria
Smith Magenis Syndrome

From a life perspective, knowing that you have a particular syndrome does not change that you are a person living life, participating in and enjoying available experiences, deserving to be respected as a person with value and rights.

From a health perspective, knowing that you have a particular syndrome can be useful. You might be more prone to developing certain conditions: seizures, heart conditions, infections etc. Being prepared to discuss these possibilities with your doctor can help you decide how proactive in staying healthy you can and want to be.

Identification of new syndromes is an ongoing process. The human genome (a copy of the entire set of human gene instructions) identification was completed in 2003. The newer a syndrome is, often the less that is known about the related life/health challenges. New gene disorders discovered in 1998 have information learned about children 13 years old and younger who have been identified as having a particular disorder. A person may be an adult (in their

30s or 40s or even older) who may or may not have had genetic testing when they were a child and they may have an unidentified syndrome. If the gene mutation identified does not have known effects on organ systems (like your heart, kidneys), then the personal health relevance may not be obvious.

People first

- ◆ Individuals with ...syndrome are people first, with the same rights and needs as everyone else.
- ◆ The development of individuals with ...syndrome is influenced by the quality of care, education, and social experience offered to them, just like all other people.
- ◆ The daily lives of individuals with ...syndrome, whatever their age, are influenced by the resources available to them and the attitudes of the people they live with, the people they meet in the community and the people who support or teach them.

All individuals

- ◆ Health care needs vary
- ◆ Developmental needs vary
- ◆ Educational needs vary
- ◆ Personalities vary
- ◆ Adult support needs vary
- ◆ Forget the stereotypes
- ◆ Syndrome alone does not determine development

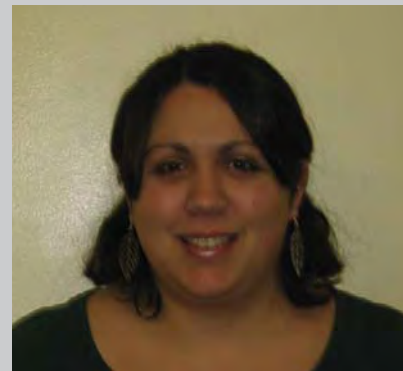
With today's technology it is often easy to locate information on the internet about a particular syndrome. Keep in mind that not all information posted is legitimate or true, even complete. Start your search at a reputable and respected website like:

<http://www.rarediseases.org/>
National Organization for Rare Disorders (NORD)

NORD states: In the U.S., a disease is considered rare if it is believed to affect fewer than 200,000 Americans. There are approximately 6,800 such diseases, according to the National Institutes of Health (NIH). While each disease is rare, when considered together they affect nearly 30 million Americans or almost 1 in 10 people.

CONGRATULATIONS to Victoria Felio

By Theresa Guynup, Service Coordinator Supervisor
Peru, NY



It is with our deepest pride, pleasure and sincere congratulations that the Peru office announces that Victoria Felio has completed her Bachelor's Degree from Cazenovia College. Vicki has been employed with RRI for the past 7 years. She was initially hired as a DSP and shortly thereafter promoted to Service Coordinator.

Vicki had successfully completed her Associate's Degree and has been working diligently toward completion of her BA in Human Services. Vicki is a tremendous asset to our team. We are very fortunate to have an outstanding staff such as Vicki who brings an extremely professional demeanor to her job. Vicki has an excellent reputation in the community among the families she serves and the other agencies with whom she works. She is very dedicated to her profession and to our agency.

Vicki has a positive energy and attitude. She does an amazing juggling act balancing her schoolwork, job, part-time crafting enterprise, family and occasional visits to the Big Apple. Vicki also does a tremendous amount of volunteer work in the community for several foundations that are meaningful to her on a personal level. She is always enthusiastic about any of the events we have planned to promote our business or celebrations we have held. We are very fortunate to have an employee of this caliber with great potential, professionalism, enthusiasm and humor.

We wish her continued success in her professional and personal life, great achievements in the future and a huge thank you for all she does. Vicki was in the first class to receive her degree from this program that was in conjunction with our local community college. Vicki will officially receive her diploma in May at Cazenovia's graduation ceremonies.

Congrats again!! (GO GIANTS!!)

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 fourth Friday 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.



William K. Schofield, Ph.D.
Founder

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