

Community News

A Newsletter for Friends of Residential Resources, Inc.

April 2021

Growing A Garden

Josie Dupouy, Program Manager
Londonderry, NH

With all the work that has been done to the inside of Lawrence Rd, housemates Dianne and Sherrie thought it would be fun to beautify the outside of the house with new flowers for the garden. Since the nights are still a little chilly, they thought it would be fun to start growing some seeds inside. Sherrie asked if they could try growing daisies first. For their first attempt at growing something from seeds, this sounded like a great place to start.

The ladies' program manager picked up seeds, peat pods, a container, and a watering can and they got started. The three of them had not used peat pods before and found that it takes much longer for the pods to expand than they expected. After an hour of them soaking with no change they made the decision to try warm water. When that didn't work, they took some dirt from old flowerpots outside.

Once they had dirt in the pots, Dianne, with her knowledge in gardening, poked holes in the soil for the seeds. She sprinkled a pinch of the tiny seeds in each pot and covered it lightly with soil, then used her new watering can and watered them gently. The seed packet directions said that germination takes 15-30 days and to keep the soil damp. When the daisies are ready to transplant outside, they will go in front of the house and in the backyard next to the new bird bath. Sherrie and Dianne also have decided to find plants that have pink and purple flowers to add to the daisies.



See more great pictures on the next page...

Growing A Garden - continued from cover...



Sick of Covid?

Wayne King, RN, Nurse Trainer

This has been a difficult year for everyone. We've all made great sacrifices to protect ourselves and others. We've made accommodations that allow us to work and socialize while maintaining some sense of control as a dangerous and invisible virus looms. We've lost loved ones, cared for others, and have put so many things on hold until we can return to some new sense of normal.

Uncertainty surrounds us as we question the enduring protection afforded by the vaccines, the discovery of variant strains, unexplained surges, and the expectation that we may not reach herd immunity at some point. Herd immunity is achieved when over 70% of a population becomes resistant to an infectious disease either by previous infection or immunization. This offers some protection to high-risk individuals and those who have not been immunized.

It should be expected that social distancing measures, face coverings, and handwashing precautions will remain in effect for some time. As the weather allows us to spend more time outside and as more are immunized, some lessening of restrictions can be expected. Hopefully by fall, many things may return to a "new normal".

This crisis has provided opportunities to rethink many of our work practices and our lives in general. Some of the adaptations put in place during the pandemic will likely continue to be a part of our daily routines. Virtual meetings, telemedicine visits, and public awareness of disease transmission and proper hygiene are all positive outcomes.

Remember the lessons learned. Caring for others, dedication, ingenuity, and a willingness to get things done have guided us through this challenge. Reflect on how this has changed and strengthened us. We're all looking forward to the day when we can end our conversations with something other than "stay safe", but for now, keep your guard up and STAY SAFE!

Robert's Apartment Gets A New Look

Sarah Heath, Program Manager
Emerald St., Keene, NH



Robert ordered a new recliner and loveseat at Bob's Discount Furniture Store and they were delivered this past Tuesday. As you can imagine, he is absolutely thrilled with his purchases. It's hard sometimes to pick out items online and wonder what they will actually look like when they arrive, but these purchases exceeded his expectations.



The Advantages Of Living Through A Pandemic

Devin Averill, FI Coordinator
Plattsburgh, NY

As we all know, 2020 was a very trying year for everyone but as that year ended, looking back the pandemic did give us some positive things that can help bring change to the future. Things that we may have noticed, but never gave it much weight because there were other things that seemed much more important.

Working in this field in different capacities I have seen that in small areas, like Plattsburgh, there are not a lot of things for the staff and the participants to do, especially when the weather starts to get cold. I remember writing plans as a Habilitation Coordinator, and just about every plan had some sort of exercise goal. But now with gyms closed completely or barely open it's very difficult for individuals to exercise. They can go to the local mall and walk, but with the threat of Covid some still may not want to do that. Some of the people on my caseload at that time loved going to the \$5 movies at a local movie theater, but now it's difficult because of the limited capacity due to Covid.

This pandemic has opened the doors wide open to show that there are needs for not only the people with developmental disabilities, but everyone in the community. Everyone from office staff to DSPs to advocates should start to figure out some ways that can help not only the people they work with, but others to combat the issues that we are dealing with now. Things like partnering with a local church to use their rec hall so a group can have cooking classes, craft days, or even a movie day. Work with local schools to see if there is a way to get access to the gym for different activities that promote wellness. These are just some of the possibilities that we may not have thought of if it was not for this pandemic.

Healthy Habits

Jennifer Boisvert, Health Services Director

What is healthy? What is a habit? Interesting questions when I break down my chosen title. A lot of ideas come to my mind when I hear or see the word healthy – it's been a while since I looked up the definition – from Merriam-Webster: beneficial to one's physical, mental, or emotional state: conducive to or associated with good health or reduced risk of disease. I decided to use the same source for the word habit - a settled tendency or usual manner of behavior.

Have you started, strengthened, or continued some healthy habits over the past year of the pandemic? Perhaps you haven't thought of things you are doing in quite that way – I raise the question to highlight your awareness and to encourage you to keep these healthy habits going forward – even after this pandemic ends.

Healthy habit example #1: Keeping germs at bay.

- Hand washing (or hand hygiene) is a strong and effective tool. I have generally had good hand washing habits – now I have added mindfulness about this practice.
 - Perhaps we've asked people who have come to our home to begin their visit with the healthy habit of hand washing!
 - Avoiding sick people (we have done this over the past year by keeping physical distance and we have seen how well this works – overall people have not had the flu or other usual respiratory illnesses this past winter)
 - Staying home if we are sick (keeping those we live with healthier when we use tissues, then throw them in the trash and immediately wash our hands or we cover our cough or sneezing with tissues)
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Healthy habit example #2: Keeping our surroundings clean.

- Using soap and water to clean commonly touched surfaces really lowers the amount of germs that can be picked up by casual touching.
 - Disinfectant wipes are usually not necessary for most surfaces in our homes.
 - Disinfectant wipes, used after general cleaning, in office spaces can be helpful due to the number of different people who come and go from work spaces.
 - Perhaps you have found that keeping things picked up makes a positive difference in how you feel.
 - Did you know that there is research showing that making your bed each day increases your productivity (how ready you are to start your daily work)?
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Healthy Habits - continued from previous page....

Healthy habit example #3: We eat a bit better.

- We are eating at home more often and cooking our own food, this tends to mean healthier choices.
- Most of us are wasting less food.
- Some of us are looking up recipes for new ways to use foods we already have on hand.

Healthy habit example #4: We “see” our doctors in new ways.

- Telemedicine or telehealth – those video or phone visits with your doctor’s undivided attention have been really helpful for many people.
 - No need to travel to and from the appointment.
 - No waiting in the waiting room, then in the exam room.
 - There has been more availability of counseling services in general – so long as your insurance coverage includes these services or you can otherwise pay, you could now see a counselor who specializes in your need area even if they are physically on the other side of the country.
 - Do be sure that you are staying up to date on any needed healthcare follow up – whether it is in person or virtual (through video or phone visits) – if you have a reason to see your doctor routinely, keep up the routine!
 - What’s that old saying? An ounce of prevention is worth a pound of cure?

Healthy habit example #5: We’re safely social.

- When we can’t see people safely in person - technology has really helped us to stay connected... some people have been able to be more connected and less isolated.
- Keep your brain active – do something! Read, do puzzles, play games, connect virtually and “be” with people.
- Many places now have virtual offerings and hopefully some of these options will continue! You can “visit” a museum or zoo or class from the comfort and safety of your home.

I hope that some of these healthy habits sound familiar. Maybe you have other examples of healthy habits you have used and will share them with us in a future newsletter article! Stay safe, be well, and keep using those good habits.

Wayne Makes a Big Purchase

Eugene Arlen, Program Manager
Emerald St., Keene, NH



Wayne and I have been working together due to his regular staff being out, and he's been a real help to me as I learn how his program runs. Wayne has taught me his daily routine and we start our morning with a run to Dunkin's. Then, it varies from banking to shopping and going to the laundromat to do his laundry, depending on the day. When we go grocery shopping, he is very routine in how he shops. If anything is different (like forgetting his shopping list, or products being moved), he does very well managing it to get his shopping done.



Thank you to everyone who contributes articles and pictures to the newsletter.

Articles are due by the second Friday of each month for that month's newsletter. The newsletter will be posted at www.resresources.com on the last 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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