

My Trip to See the Foliage!

By Arthur Abbott, Participant
Manchester, NH

Saturday, September 29th we headed up north to see the foliage. Although it was cloudy and dreary we were hoping for a good time. The further north we got the more intense the colors became. We stopped in Plymouth to see the new home that Barbara's sister is making, and walked around inside and out. After spending some time there we headed back on the road.

The clouds were so pretty hanging on the mountains and the pretty colors peeking underneath. We headed for the Kancamagus highway hoping to see some moose sometime during the day. It started getting brighter so we were getting excited about the day. Although we saw the sign we didn't get a chance to see any moose.

Stopping at one of the lookouts we took pictures down in the valley and got a picture of the Heart Tree. Though it was too steep for me to walk down to get my picture taken in front of it, we did get one of it at a distance. We took turns taking pictures on the walls overlooking the valley. Here I am by myself and then I am with the family I live with and her children and granddaughter.

Going down the 7 mile, steep incline on the Kancamagus was kind of scary and we didn't get to stop anywhere on that



stretch to get pictures. We sure saw some beautiful colors. Coming down we saw the rivers with the beautiful rocks and water, but on one river the banking was starting to wash away and the trees were barely hanging on to the banks. My friend Larry said, "It won't be long before they are in the river."

Everyone was getting hungry and couldn't wait to get to the Smoke-House, where they are famous for the BBQ Pork. We had a wonderful lunch, everyone having something different. Our bellies full we headed back to Pittsfield, still enjoying the scenery coming home.

Had a great day even if I didn't see a moose.



Trip to Banker Orchards

By Lauren Saleem, PSU Intern
Peru, NY

Hello Everyone! On Wednesday, October 3rd, the structured day program took a trip to Banker Orchards. We were planning on going apple picking but it turned out to be a rainy day. Anyway, we decided to still go and make the best out of our trip.

The owner of Banker Orchards set up their barn for us to do activities. I think this was a better option in the end. One of the activities we did was painting pumpkins. This activity really brought out the creative side in all the participants. Each one of them really worked hard on their pumpkins and you could see how accomplished they were when the painting stopped.

Another activity that was there for us to use was the basketball hoop game. This was great to see the participants use this and show a little competitive side. This was a fun activity and it's great to see the participants become really active in this activity. There also was a ring

toss game there for us to use and it was good because everyone participated in this activity. It was nice to see everyone being so patient and waiting for their turns.

Also, I observed how helpful and mindful the participants were of each other. They all helped each other in different ways which made this activity a favorite of mine. This was a great place for the structured day program to visit. There was a cool gift shop to look around. There also was a petting zoo in the facility and some of the participants got to feed the animals. I think this trip was good for the participants to get out and try something new. It was a good feeling to see everyone smiling and having a good time. I want to encourage more of these types of trips in structured day. Here are some pictures to show you how fun our trip to Banker Orchards was!

See page 3 for some more great pictures...



Banker Orchards....Continued from page 2



Goodbye to a Friend

By Tiffany Caudle
Office Manager, Manchester

It is with much sadness that I must share with you the passing of a dear friend, Ryan.

Short in stature but large in personality, Ryan was always good for a smile and the biggest laughs. Ryan enjoyed volunteering at his local school, lunches at MaryAnn's Diner, bowling with the Salem Devils, and owned his own balloon business. He was a huge fan of music, often swaying along with the tune as he attended countless summer concerts across the state.

You could always tell when Ryan visited our office, as you'd hear drawers slamming as we all tried (usually successfully) to get him to smile and laugh. Ryan LOVED being startled, and loud noises were the way to go. Fireworks and popping balloons were always a delight to Ryan, and I'm sure will always have a special meaning to those of us who had the pleasure to know him.

Ryan, thank you for all the smiles. You will be missed.

Is Voting Important?

By Ken Lee, Residential Director
Manchester Office

Here is a sampling of thought from a variety of minds. I hope you find within these words a reason to express yourself at the polls on November 6th. (In spite of what 'Uncle Joe' has to say.) Remember this year in New Hampshire it will be helpful to bring a photo ID with you, or you will need to complete an additional form in order to vote.

JOHN ADAMS We electors have an important constitutional power placed in our hands: we have a check upon two branches of the legislature, as each branch has upon the other two; the power I mean of electing at stated periods, one branch, which branch has the power of electing another. It becomes necessary to every subject then, to be in some degree a statesman: and to examine and judge for himself of the tendencies of political principles and measures.

SAMUEL ADAMS Let each citizen remember at the moment he is offering his vote that he is not making a present or a compliment to please an individual – or at least that he ought not so to do; but that he is executing one of the most solemn trusts in human society for which he is accountable to God and his country.

JAMES GARFIELD Now more than ever the people are responsible for the character of their Congress. If that body be ignorant, reckless, and corrupt, it is because the people tolerate ignorance, recklessness, and corruption. If it be intelligent, brave, and pure, it is because the people demand these high qualities to represent them in the national legislature. . . . [If the next centennial does not find us a great nation . . . it will be because those who represent the enterprise, the culture, and the morality of the nation do not aid in controlling the political forces.]



DANIEL WEBSTER Impress upon children the truth that the exercise of the elective franchise is a social duty of as solemn a nature as man can be called to perform; that a man may not innocently trifle with his vote; that every elector is a trustee as well for others as himself and that every measure he supports has an important bearing on the interests of others as well as on his own.

FRANKLIN D. ROOSEVELT "Democracy cannot succeed unless those who express their choice are prepared to choose wisely. The real safeguard of democracy, therefore, is education."

LYNDON B. JOHNSON The vote is the most powerful instrument ever devised by man for breaking down injustice and destroying the terrible walls which imprison men because they are different from other men. "

JESSE VENTURA "I have an idea about voting, how about on every ballot we include "None of the above". People may laugh at that, but what that is, it is a vote of no confidence in your government and I'm willing to bet that in some elections, 'None of the Above' would win. Imagine if you won the election but lost to 'None of the Above'. Wouldn't that make you re-think your positions?"

WINSTON CHURCHILL "The best argument against democracy is a five-minute conversation with the average voter."

JOSEPH STALIN "Those who vote decide nothing. Those who count the vote decide everything."

RALPH WALDO EMERSON "Those who stay away from the election think that one vote will do no good. 'Tis but one step more to think one vote will do no harm."

RON PAUL "I'm all for voting, and April 15th would be my choice for the very best day of the year to do so."

The Pumpkin

By Chelly Leger, Participant
Emerald St., Keene, NH

I carved a pumpkin at LifeArt for the Pumpkin Festival which took place on Saturday, October 20, 2012 here in Keene, NH. I probably will go to the Pumpkin Festival downtown. I had a great time carving the pumpkin.



Empowering Families

By Karianne Davis, Service Coordinator
Ballston Lake, NY

Empowerment is one of the core values of WKS/Residential Resources. As service providers we're likely to attribute this core value to the empowerment of the participants we support. In our effort to provide the highest quality of service, it is also essential to designate time for the families who are the foundation of support for our participants. Many of us have family members or friends living with Alzheimer's disease and other dementias. As we gather information about how to support our own loved ones, let's share what we learn and empower the families who support our participants. As the daughter of an amazing man who struggles with this disease and of a strong and patient woman who supports him daily, I encourage everyone to take this time. It really does make a difference.

Did you know?

- Over 15 million Americans provide unpaid care for a person with Alzheimer's or other dementias.
- 80% of care provided at home is delivered by family caregivers.
- The payment for this care is estimated to be worth \$200 billion.

Please visit and share:

alz.org/downloads/facts_figures_2012.pdf

Congratulations!

By Ellis P. Baum
Associate Director
Scarborough, ME

Please join me in congratulating and welcoming Chloe Bell in being promoted to Program Manager! Chloe has been with RRM for approximately a year and half working as a Lead DSP. Chloe has a background in both child and adult services and has made a very positive impact on the people she has supported in her time here. She will be an excellent addition to our excellent Program Management team!

The Picnic

By Chelly Leger, Participant
Emerald St., Keene, NH

I went to the RRI picnic at Otter Brook Dam and had hamburgers, hot dogs and soda and desserts. We had a raffle for everyone and won prizes. I won a calendar, scarecrow and a stuffed animal. We played Frisbee; it was me and Mary, John, Shawn, Heather and Diana. It was a lot of fun.

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 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.



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