

# Community News

A Newsletter for Friends of Residential Resources, Inc.

February 2022

## John is Skiing Again

Dan McAllister, Program Manager  
Westbrook, ME

As more of the COVID restrictions are easing up a bit, John Crandell took advantage of this and headed out for some midwinter skiing. John has been attending the Maine Adaptive skiing program at Sunday River in Newry, Maine for fifteen years. He typically heads up three times a winter to do some skiing down the mountain. Due to COVID he has had to take the past two years off but got back in the swing last week. Sandwiched between two very cold and windy days, John took advantage of a balmy, sunny twenty-five-degree day and headed up to Sunday River. It had been a while since he's been there, but they remembered him. John got all bundled up in his winter gear. The volunteers helped get him fitted with boots, and off he went. John's skiing skills came back to him quickly. He did five runs, came in to warm up, then did five more, ten in all!! I cannot say enough about the Maine Adaptive Sports program. The volunteers up there at Sunday River are fantastic. They are very accommodating and make an extra effort to help coach folks so that they are comfortable skiing and have an enjoyable time. John did well. All the exercise and fresh air conked him out five minutes into the two-hour ride home. John said he is looking forward to going back up next month. I encourage anyone who may be interested in a program like this to contact them. They offer a wide variety of assisted sports such as snow shoeing, cycling, and kayaking, just to name a few.



## Robert's New Laptop

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

Robert has recently purchased a new laptop; he has been navigating some social media platforms as well as making a personal email account. Since having the laptop Robert has added people he knows to his Facebook page, for instance his sister Gigi who lives in New York. He talks with her via telephone weekly but now they are Facebook friends and Robert can message her and see pictures of her children which he enjoys. He had fun sending her memes this past month. Robert does have some difficulties with a few things around using the laptop, typing can be exceedingly difficult for him as well as using the mouse pad verses a regular computer mouse. He is going to purchase a regular mouse instead and hopefully will be an improvement. So far, he is making great progress learning this new age technology.



## Sherrie got her COVID booster, did you?

Sherrie Matarozzo, Participant &  
Josie Dupouy, Program Manager  
Londonderry, NH

Earlier this month, Sherrie was scheduled for her COVID booster. When she received her first two doses last year someone came to her home and administered them. This time though, Sherrie needed to go to Walmart to receive her booster and this made her nervous.

After Sherrie expressed her nerves, she and Josie thought of ways to make the day one to look forward to rather than one to dread. First, Sherrie decided she was going to need some coffee from Dunkin Donuts. Specifically, a coconut iced coffee, her favorite. Josie suggested that after receiving her booster, they take a trip over to World Market, one of Sherrie's favorite stores. Sherrie was really excited about this idea because she had not been there since the pandemic started.

In the days leading up to the appointment, any time Sherrie got nervous she thought of the fun things she had to look forward to. When the day arrived, Sherrie made sure to put on her favorite dress and shoes. After stopping for a coffee, Sherrie and Josie arrived at Walmart. Sherrie was relieved that everyone that helped them at the pharmacy was super nice, which helped put her at ease. Once they were called back, the pharmacist quickly rubbed her skin with an alcohol wipe and administered the booster. Sherrie was very surprised that the pharmacist put the band-aid on first and then gave the shot. She had never seen that before. Now that it was over, Sherrie was excited to go to World Market. She enjoyed spending time looking around the store and found a little stuffed animal to bring home with her.

For anyone who is hesitant about getting their booster Sherrie suggests "Go out and get a coffee first. If I can do it, you can too. It will be over before you know it!"

## Kevin's Interest in Calendars

Sharon Cleary, QA Specialist  
Emerald St., Keene, NH

Kevin has always been interested in calendars and looks forward to coming to our office at the end of each month to switch our calendars over to the next month. He usually starts reminding me in September or October that I need to buy new calendars for the office. He has six calendars in his apartment that people give him as gifts either for his birthday or Christmas. He typically likes the kittens, puppies, and horse calendars. This year he received a calendar that has pictures of "under the sea creatures".

On Jan. 31st, I helped him take the calendars down in his apartment so he could change January over to February. He looked at February and saw some writing on Feb. 2. He asked me what it said, and I told him it was Groundhog Day. He asked what a hog is? I said it is a groundhog, of course all I knew was it looks like a woodchuck. So, we looked it up and here is what we found on Wikipedia...

It derives from the Pennsylvania Dutch superstition that if a groundhog emerges from its burrow on this day and sees its shadow due to clear weather, it will retreat to its den, and winter will go on for six more weeks; if it does not see its shadow because of cloudiness, spring will arrive early.

While the tradition remains popular in the 21st century, studies have found no consistent correlation between a groundhog seeing its shadow and the subsequent arrival time of spring-like weather.

The weather lore was brought from German-speaking areas where the badger (German: Dachs) is the forecasting animal. This appears to be an enhanced version of the lore that clear weather on the Christian festival of Candlemas forebodes a prolonged winter.

The Groundhog Day ceremony held at Punxsutawney in western Pennsylvania, centering on a semi-mythical groundhog named Punxsutawney Phil, has become the most frequently attended ceremony. Feb. 2, 2022, the groundhog saw its shadow, predicting six more weeks of winter. After reading all of this, Kevin responded Valentines' Day is more fun!!

## See Life Through Ryan's Eyes!

Sarah King, Program Manager  
Westbrook, ME

This month I am excited to get the opportunity to write about a truly wonderful guy that we support! For those who aren't lucky enough to know Ryan I am happy to get to "introduce" him to you! Ryan has been with us since 2007 and, since joining the RRI family, has always been a really fun person to be around and support. In thinking about writing an article about Ryan I certainly had many choices. I could write about the awesome visits he has with his mom Janet, or his recent discovery that he enjoys doing puzzles with his housemate. But at the end of the day, I think the greatest thing that I can offer is that we could all stand to see life through Ryan's eyes sometimes! The pandemic has impacted Ryan's life significantly – going from being a full-time attendee at his beloved day program to quarantining or trying to deal with all the other changes in his life – this year he also moved and overall has just had quite a few hurdles to jump, just like all of us. Through it all Ryan has continued to be someone that we all enjoy being around and can make anyone smile when he starts belly laughing! Ryan is laid back and those of us who spend time with him are constantly inspired by his ability to always be happy and smiling no matter what, Ryan is always kind and sees the best in each day!

Life brings so many changes and challenges to each of us every day and it goes without saying some days we can all get a little down. So, from Ryan and I to all of you, we hope on the tough days you can remember to try and look at life the way Ryan does, be thankful for each day, always be kind and belly laugh as often as you can!

## Life is more than work and school

Judy Belrose, QI/Incident Mngmt Coordinator  
Plattsburgh, NY

We all need time to enjoy activities that interest us culturally, creatively, recreationally through sport, leisure or otherwise.\*

I have seen some of our clients' achievements in my short time here. It is so inspiring to see the really neat artwork they have created, a published book, and volunteerism that benefits other populations in our society.

Years ago, I remember an incident during a PTO meeting at a local school that made me so mad. The discussion was about a neat whale watching trip to Boston for which only the neurotypical kids would be included. The thought was that the special education kids wouldn't get as much out of a trip like that. I was, at the time, a parent of a special ed child in the grade that would be going, and I couldn't believe that they would think of leaving my kid behind. I fought hard that day to give the special ed kids the chance to go on that trip.

Today that same school is a leader in our county with programs for children of all abilities. I am so thankful because now my granddaughter, who happens to be a client here at Residential Resources, is attending that same school and can participate, when she feels she wants to, in all kinds of extra activities. As well as being in a classroom that includes both neurotypical kiddos and those with challenges.

The United Nations states that persons with disabilities have the right to take part on an equal basis with others in cultural life using accessible formats for cultural materials, TV, films, theater, and other cultural activities. They also will have access to cultural venues such as but not limited to museums, theaters, libraries, and national monuments.\*

Disabled persons are entitled to share their unique creative, artistic, and intellectual property with everyone for the enrichment of not only themselves but society as a whole.\*

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Recognition and support of cultural and linguistic identity including sign language and deaf culture should be provided on an equal basis with the rest of the community.\*

States shall take appropriate measures to encourage participation of those with disabilities in recreational, leisure and sporting activities at all levels. Opportunities to obtain classes and resources to participate in disability-specific sporting and recreational activities will be provided. Persons with disabilities will be assured of access to recreational venues for events of interest to them and to services from those involved in organization of such activities.\*

Children with disabilities will be assured of equal access to participation in any recreational activities they are interested in including those in schools.\*

In addition to the pure right to have access to these activities there are social and health benefits that come from participating. Health benefits include better fitness, reduced stress and improved mental health. Socially, people of all abilities playing together allows all to develop friendships and understanding.

Remember the old adage "the family that plays together stays together" .. maybe we should say "communities who play together live well together!"

\* Information for this article was found at:  
<https://www.un.org/development/desa/disabilities/convention-on-the-rights-of-persons-with-disabilities/article-30-participation-in-cultural-life-recreation-leisure-and-sport.html>

## Vera's Gift

Christine Townsend, Nurse Trainer  
Londonderry, NH

Vera's Gift was posted on the National Alliance of DSP's Facebook page. I asked for and received permission to use it, crediting the author Mike Bonikowski, and with permission from Open Future Learning, an online learning provider dedicated to the field of Developmental Disabilities.

I was touched by the insight and sensitivity of this author, as he describes the gifts that our individuals give to us. I've heard DSPs say "I get to go to the movies with my individual and get paid for it." or, "I went fishing today, that's my job!" We give much to our individuals very day, and in return, don't forget what they give to us.

<https://www.linkedin.com/pulse/vera-me-she-sits-wheelchair-open-future-learning>

*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](http://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.

### **Residential Resources, Inc.**

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### **Community News**

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## 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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