

# Community News

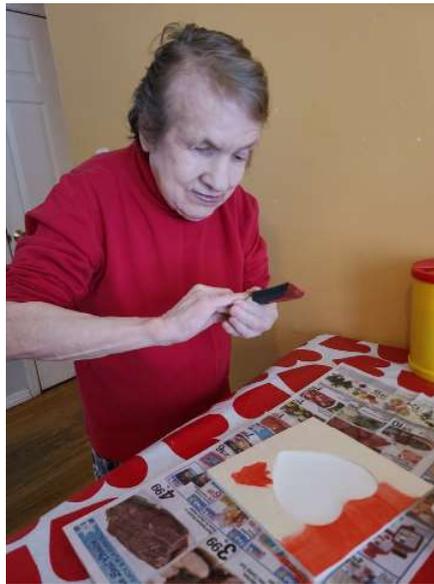
A Newsletter for Friends of Residential Resources, Inc.

March 2022

## Valentine's Day Crafts

Trina Whitmore, Program Manager  
Emerald St., Keene, NH

February has been cold and not outdoor friendly. Arts and crafts are a great way to spend time indoors and Anne enjoyed this opportunity to celebrate Valentine's Day by painting heart frames. Dressed in her red sweater and surrounded by heart decorations, Anne was focused on creating her masterpiece. She enjoys spending time with her long-time staff and the opportunity to stay warm and busy.



## Happy Birthday!

Lisa Levesque, Home Care Provider  
Londonderry, NH

This time of the year is significant for Brenda. Not only is she looking forward to Valentine's Day, but it is also Brenda's birthday month. Brenda enjoys making party plans and a very long list of foods she wants at her party. After the difficult task of narrowing down her guest list and foods she would like, she always settles on dinner out to her favorite place, Texas Roadhouse. Her sister, brother-in-law, and housemates are always in attendance and enjoy seeing Brenda happy to plan this big event.



On the big day, Brenda likes to look at the menu ahead of time as it's really hard to decide with all the delicious options. Of course, she always chooses a cheeseburger, but you never know! After a nice visit with her family at dinner, she opens up her gifts until the best part, when everyone sings Happy Birthday to Brenda, which makes it all complete.

## A Day in the Life of Tina

Tammy Hood, DSP  
Emerald St., Keene, NH

Working with Tina is a delight. We have so much fun together. She loves animals, people watching, and going out to lunch. We often go to the Monadnock Food Co-op, Fritz Fries, or the Works Cafe for lunch because they have healthy options we can eat.

Tina loves kittens so we frequently go to the humane society to visit the kittens there. We also visit local rescues and sanctuaries like Draft Gratitude Horse Rescue in Winchester, Amazing Grace Animal Sanctuary in Sullivan, and Magic Wings in Massachusetts.

Sometimes we go to local thrift stores. Tina used to work at the Salvation Army in Swanzey, so it is always good to see familiar faces. We enjoyed going apple picking at Alyson's Orchard in Walpole and frequently we go to Ashuelot River Park in Keene for walks on the trail.



## The Colwells

Autumn Martin, FI Team Leader  
Plattsburgh, NY

What does self-direction mean in the eyes of 2 kids, their mom, and a supportive staff? The Colwells are a close family. Mom works hard to provide her 2 kids everything they need to live a full life and accomplish the goals they have.

Jazmin is a smart, spunky, and independent girl who is working towards her goals. To her, self-direction means independence. With the help of her staff, Katherine, she has already been able to accomplish some of her goals such as being able to calm herself when upset and getting ready to go places, as well as keeping her room clean! Jazmin sees Katherine as a role model on how to be independent with certain tasks. Jazmin has been busy with voice lessons as well as Game U lessons! Mom, Diane, is always on the lookout for new and exciting opportunities for Jazmin to get involved in.

Riley is a teenager who has made massive strides with the support his staff, Katherine. To Riley, self-direction allows him to have staff to help him with his daily wants and needs. With the support of his staff, Riley has recently accomplished multiple goals! Riley is now able to use utensils more efficiently, has improved writing skills, and can communicate with my talking device. He is now able to dress and bathe himself with verbal directions and

his stamina for walking has increased. His staff has recently discovered that he can read and do simple math. The goals he is currently working on are cleaning up after making a mess, making his bed, and listening and following verbal directions. Having a schedule set every day as well as consistency of the staff helps him achieve his goals. His favorite part of self-direction is Katherine, she focuses on his goals and getting him involved in as much as she can.

And for a view of Self-Direction from the staff's perspective, Katherine, the staff for both kids, has worked with them for the past 4 years. She has had the opportunity to watch them grow and hit new milestones. She no longer considers this a job, but a career, and has many goals that she is going to continue to work towards with both Jazmin and Riley.

There is so much more I could write about this family when it comes to self-direction. They take the opportunities self-direction provides and make the most of it to provide the best life for the kids. A quote from mom says it all "*We love having the ability to have services through Residential Resources. It has enriched my children's lives very much and having met Katherine was the best thing to have happened*".

## INSPIRATION

### **One word that holds so much power**

Alyssa Burdo, FI Coordinator  
Plattsburgh, NY

In the short amount of time that I have worked at Residential Resources, I have been inspired by so many. But one person that really stands out to me is Shawn Collins.

Shawn has set some goals for himself that he wants to achieve mostly independently, but along with the help of his DSP, Tony Porcelli, and he is doing remarkably! One of the goals they have been working on is better health and fitness. He is learning how to eat and cook healthier and going to the gym a few times a week to work out. Shawn is a person that proves that if you set your mind to it, it can be done.



## Positivity on the Pandemic

Jodi Theriault, Program Manager  
Westbrook, ME

Derek stayed positive during the whole pandemic. Finally, we are out of lockdown and slowly losing the mask mandate at places week by week in Maine.

This pandemic couldn't stop Derek in engaging in programs or work, even though he was forced to zoom some days depending on the pandemic or staffing, and he always did it with a smile and a positive attitude. He enjoys working at Shaw's and was present for every shift. Derek looks forward to horseback riding lessons again this spring. He's almost ready and packed for his family vacation down south this month and said he will bring back the warm weather and sunshine for us.



Derek is looking forward to Camp Tall Pines this summer and wants to see some old friends and make some new friends. He is excited for the nice weather to approach so he can do more outdoor activities with our team and his roommate. Derek said he will be going to the Seadog's baseball games in Portland and hoping to catch a few evening games under the lights.

Derek's positivity and outlook during this pandemic has made staff and myself look at things more positively and made our days better. EVERYONE SHOULD HAVE AN OUTLOOK LIKE DEREK!

## John: A Man that is always on the go!

Stephanie Harmon, Director of Operations, Maine  
Westbrook, ME

I got to spend some time with John this past week when he came to visit me at the office. We talked about the newsletters that we do each month and I let him know that he would be featured this month. He was excited to hear about this. John graciously talked about some fun facts about what makes him John and texted me this picture of him to put in this article.



John was born in Portland, Maine at Maine Medical Center on March 17, 1980. He is a St. Patrick's Day baby. We shared a few laughs about this one. He also told me he was a Pisces, so he knows a thing or two about his own zodiac sign which is always exciting. Growing up, John lived in Naples, ME. He loves going on Pinterest to find recipes to try out in his house for him and his fiancée. The dessert food he loves best is a Peanut Butter and Fluff fudge.... mmmmm anyone else's mouth watering? John loves to clean. He says, "Once I start, don't stop me!"

John met his fiancée in high school (although they did not know they would fall in love until many years later). They became the best of friends and met through one of the managers here at RRI 10-11 years ago at one of the RRI parties. No coincidences there! John enjoyed dating the woman he fell in love with, and they eventually moved into a house together in 2016 in Old Orchard Beach. John got engaged to Monica a couple years after they moved. He chuckles and says, "we are practically married now, minus the piece of paper." John and his fiancée moved to Westbrook after a year or two of expressing interest in being closer to the city and being able to access transportation to be out and about in the community.

John reports that he really likes living in Westbrook. Anyone who knows John sees him walking in the community on his adventure of the day. John likes using the metro to access Walmart, Target, and the mall area, etc. John laughs and says, "everyone at Walmart and the bank knows who I am." When it gets warmer, John wants to explore a trail by his house. He enjoys his trips and adventures with his special friend, Dan McAllister. They are long-time buddies. They have enjoyed overnight trips, trips to the casino, taking rides together, etc. John is really looking forward to taking a trip to Bar Harbor in the spring and spending a night or two exploring all that this beautiful area has to offer.

## Michael Joins the RRI Family

Kristin Lemire, Program Manager  
Londonderry, NH

Michael joined the RRI family in August of 2021. For those of you who haven't met him I am honored to tell you a little about him. Michael is a happy young man who enjoys listening to music with his housemate, watching tv, and spending time outside. He also enjoys walks, bowling, and swimming. Michael is non-verbal but has no problem telling us what he wants or expressing his feelings. He always greets you with a wave, smile, and often a hug. Michael's sister Patricia is very involved in his life. She visits often and takes him shopping or takes him for overnight visits to her house. Michael expresses his happiness when he sees her by waving his hands, laughing, and making noises.

Michael and his housemate enjoy a lot of the same things. They both like to listen to music, watch sports, look at old cars, and dance. He gets very happy when his housemate turns the music up loud and starts to sing. Michael waves his arms, laughs, and starts dancing. I think it's safe to say Michael is a wonderful fit to the RRI family!

*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.**

39 Summer Street, Keene, NH 03431  
P: 800-287-2911 F: 844-281-0423  
[www.resresources.com](http://www.resresources.com)

**Heather M. Hannafin  
Kenda J. Howell**

**Owners**

**William K. Schofield, Ph.D.**, Founder

### **Community News**

Edited by Diana VanAlstyne  
Layout by Mary Lynch

## 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.