

Community News

A Newsletter for Friends of Residential Resources, Inc.

April 2022

A Busy Tuesday with Cheryl!

Mallory Hoffman, Shared Living Manager
Westbrook, ME

As some of you may know, we have a total of 20 Shared Living homes here in Maine and I am lucky enough to manage several of them. I am here to introduce to you Cheryl Knights, you may already know her, but she brings lots of laughter and joy to many lives.

Cheryl has an extremely kind heart and an abundance of love to give, not just to her family but her friends as well. Cheryl enjoys making potholders, going out into the community to shop around, spending time with her family at the lake house, and getting high scores at the bowling alley.



A normal Tuesday to Cheryl would be a busy day for some as she starts her day at 8:30 am, leaving the house to go grocery shopping to purchase all her weekly needs; and during the summer months purchasing a tasty watermelon is on the top of her list. After shopping around, she brings her groceries home and heads back out for some weekly bowling fun at Westport Bowling, a well-known alley here in Maine. Cheryl takes pride in the scores she receives and loves to share them with all. You could say she was born to bowl with the high scores she gets.

After bowling she treats herself to a chicken and cheese quesadilla from Taco Bell, which she brings home to eat. You may think her busy Tuesday is over but not for her, as she attends her weekly Therapeutic Swim class in the afternoon, where she gets to soak in the warm water. You could say nothing stops Cheryl on her Tuesday adventures, rain or shine you will see her out and about enjoying every minute!

Heading to the 2022 Special Olympics

Pam Sayward, Field Advocate
Plattsburgh, NY

I'm very excited to share news of my daughter Tara's Special Olympic achievements. We're so grateful that her staff, Kim Buck, brings her to the YMCA for her training. Following is Tara's Special Olympics biography, and we'll report back after our adventure in Florida!

Tara Sayward joined North Country Special Olympics in New York in 1998 at age 8. Tara's first competition was swimming; 23 year later it is still her favorite sport. Tara loves going on community adventures, keeping healthy, having fun spending time with her family and friends. Tara enjoys the backstroke and free-style events and is working with a personal trainer who is helping her train for the 2022 Special Olympics USA in Orlando, Florida.

Participating in Special Olympics for so many years has helped Tara be the active adult she is today. She has also competed in Special Olympics bowling, track and field and cross-country skiing events and feels like she can accomplish anything she strives to achieve. Tara is a social person who enjoys meeting people and making new friends. Her biggest obstacles were overcoming shyness and feeling self-confident. Tara has held several jobs; acquiring jobs with more responsibility as time went on. Tara is most proud of the support she has always received from family, friends and her community.

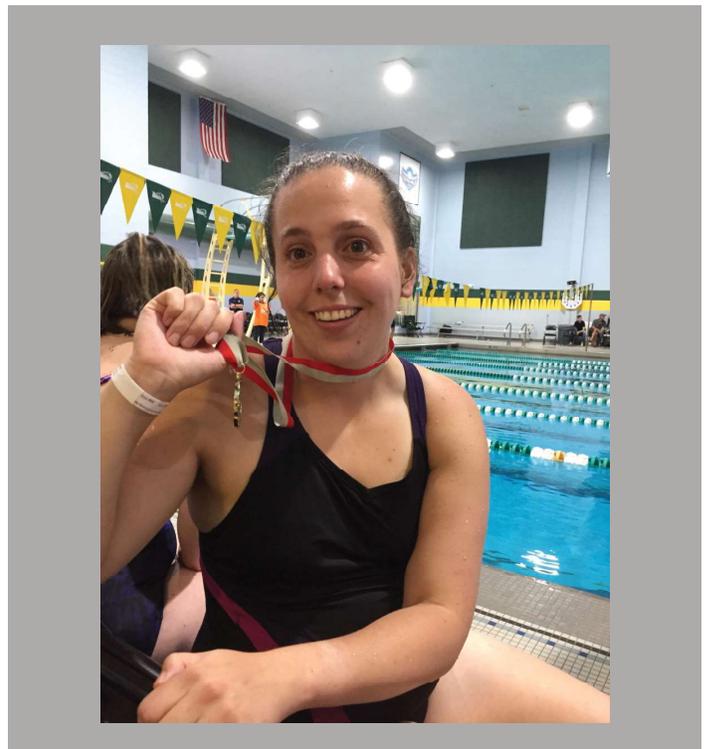
Many of Tara's most treasured accomplishments involve Special Olympics awards. The dozens of earned awards have impacted Tara's life. Her self-confidence has improved to the point that she is working more independently at her job and is taking on more responsibilities. Tara has worked at Willsboro Senior Housing for over five years assisting senior citizens with self-care, cleaning in their apartments and in the common areas of the building. Tara is known for her contagious smile and uplifting attitude.

Tara loves music, hanging out with her boyfriend, spending time with her nieces and nephews and caring for her cats. She enjoys helping her father

on the farm and going camping. Tara greatly admires her mother, who is her biggest supporter and coach.

Tara is preparing for the 2022 Special Olympics by working with a personal trainer twice a week on her overall fitness and swimming at least once a week at the YMCA. Being asked to be a member of the 2022 Special Olympics is a huge source of pride for Tara, meaning she is a very good swimmer and that the Special Olympics committee believes that she will represent New York State well. Tara is honored to be one of three people to be chosen from her area. Tara will work hard to swim well, have fun and create memories of a lifetime.

Tara is looking forward to winning the most important medal she has ever competed for, never having competed in an event higher than State games. Feel free to follow her on Facebook (Tara Sayward) or on Instagram (TSayward09j). Tara loves sharing her Special Olympic adventures and hopes you will cheer her on at the 2022 Special Olympics USA!



Troy Reviews a Movie

Troy Lavigne
Londonderry, NH

My name is Troy and I want to review the movie "The Batman." I saw a movie last weekend. I got a fruit punch, popcorn, and my favorite candy (licorice). I sat down looking forward to the latest superhero movie.

The Batman is full of action. The action is awesome. The story is good, too. I like the Riddler. It was a little slow at first but next thing you know the movie is over. This is neat because the movie is 3 and a half hours long. I cannot believe that I sat that long for a movie. The movie is great, and I suggest that you go out and see it. Get your favorite snacks and buckle in for a thrill ride.



Joan Would Like You to Know Some Things About Her...

Joan Sinclair & Renee Palladino, Home Provider
Londonderry, NH

Hello, my name is Joan. Here are some things I would like you to know about me. I have been with Residential Resources since 2001, and have been with the same provider, Kirk and Renee (and their kids) the entire time. We've moved a few times over the years but wherever they are, I know I have a home. I feel like Kirk and Renee are my family and I know that they feel the same. I also feel that their friends and family are also mine.



My favorite thing to do is go to family gatherings. Recently I went to a birthday party. It was outside and was fun. I love a good "corn hole" game and there was plenty of that there. Thank you for reading!

Spring Cleaning

Wayne King, Nurse Trainer
Westbrook, ME

Spring has sprung! This is traditionally a time when we clean our homes and yards, wash the caked salt from our vehicles and maybe change out our wardrobes. Let's not forget the most important part of all - our bodies. Here are a few things to consider as we awaken from our winter slumber.

Eat well and as "clean" as possible. This term is used to describe a healthy way of eating more whole, natural foods that are not processed or preserved. They should be nutritious and plant-based whenever possible though more expensive organic produce is best. Focus on vegetables and fruits, remembering that the more colorful your plate is, the more variety of nutrients are on it. Avoid processed meats and snacks and get your healthy fats from produce and whole foods like avocados, nuts, and seeds.

Hydration is critical. Dehydration can lead to serious health issues. Even mild dehydration can cause fatigue, low energy, and headaches. Keep a water bottle with you and drink frequently throughout the day. Limit caffeine and energy drinks or sodas. Try flavoring water by adding lemon or other fresh fruits. Sixty percent of your body consists of water! It can help with weight loss, skin health, and helps the gastrointestinal system function by helping with the absorption of nutrients.

Get moving! Go outside and enjoy nature. Not all exercise has to be high impact. Lower impact activities like gardening and walking benefit us throughout our lifetime. It can enhance our mood, build self-esteem, increase bone strength,

and raise our vitamin D levels by exposure to sunlight. Vitamin D strengthens bones, allows our body to absorb calcium, and boosts immunity. Sunlight increases serotonin which enhances our mood, and it helps the skin produce vitamin D.

Adequate levels of vitamin D may also reduce the risk of certain cancers, but overexposure and sunburns contribute to higher risks of skin cancer so even on those cloudy or overcast days, remember to use sunscreen. Always protect your skin and eyes from damaging ultraviolet rays. Wear sunglasses. Cover exposed skin areas with clothing and use a sunscreen rated at SPF 30 to 50. Higher levels may irritate the skin and really offer no more significant protection. Reapply sunscreen often, especially when swimming or sweating. Limit direct exposure to 5-30 minutes daily, and twice weekly on your arms, face, legs, and hands.

Reset your sleep schedule. Ensure that you get 6-8 hours of uninterrupted sleep every night and stay on a consistent schedule. Avoid using electronic devices before bedtime as this tends to activate your brain and cause stimulation. Skip the caffeine later in the day and never eat a large meal any closer than two hours before bedtime. Some find an evening ritual helpful. Many choose to read, play music, or have a light evening snack to signal the brain that your body is ready to recharge for the next day. Enjoy spring and summer with a healthy body.

"The greatest wealth is health." - Virgil

It Doesn't Have to Cost Money to Make Something Great!

Shirley Rogers & Barbara Wilson, DSP
Emerald St., Keene, NH

I enjoy making all different types of crafts; there are always new ideas to try out. Making Junk Journals is something I really like doing. There are many people on YouTube to watch and see how to make them. Pam on the Paper Outpost is someone I like watching. She gets messy and has great ideas about how to use stuff that does not cost money and make nice journals and stuff to put in them. Pam is fun to watch. She is not perfect and makes mistakes. I do not think there are really mistakes when making stuff, sometimes it just comes out different than I planned. Pam thinks the same thing. Pam has loud birds and a cute dog, too. I like seeing the dog and hearing the birds.

One day Pam made a journal using fast food wrappers. I do not go to fast food places a lot but one day I did. People could not eat inside because of Covid. While we ate lunch in the car, we watched squirrels dig food out of overflowing trash cans. Suddenly they scattered, as people walked up and piled their trash on the ground beside the barrel. Can you believe it? I am not doing that! I said. There was a trash can just a little further away that had room for more trash. I looked at my bag and wrappers and they were clean. I remembered Pam's video and became very excited that instead of adding more trash to the can I could make a journal out of real trash.

I am going to put pictures, cards, notes, and other things in this journal. It's a great way to save special things I want to keep safe.

It is hard to explain here or show you in the pictures how nice this journal is. If you watch Pam on the Paper Outpost, or someone else, and see how to make Junk Journals for almost no money, it might be easier to see what I am talking about. It is exciting to see what I can make out of trash, broken jewelry, and other stuff. If more people know how to make journals and other things out of trash, there would be room in the trash cans for people who do not know how to.



**See more
pictures on the
next page...**

It Doesn't Have to Cost Money to Make Something Great!
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Wayne's Busy Month

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

This was a busy and not so easy month for Wayne. He and I decided to get some spring cleaning done, which meant choosing what to keep and what to get rid of.

Wayne was very brave when he decided that he would bring his old TV to the dump, and to part with things that were broken, or he had not used for some time.

Wayne collects DVDs and is very proud of his collection. He organized and dusted all of them off after the long winter months. He cleaned his apartment and organized his closets. It is so hard to part with our cherished things... but Wayne did a super job with a little help and encouragement.

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.

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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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