

Community News

A Newsletter for Friends of Residential Resources, Inc.

July 2022

Chris on Vacation!!

Chris Dawson & Mary Golding, Home Provider
Londonderry, NH

The first week of July was spent in Downeast Maine on vacation. We drove about 8 hours, from NH to the final destination around the Eastport area. That's a long time to be in a vehicle and luckily it is with people I enjoy spending time with!

We go every year to a cabin on the water. We are very active while we're there. We fish off the pier, hike to the Reverse Falls, and we took a boat ride to see seals, aka Sea Dogs. We also got to swim with horses in a river.

We had a giant BBQ with our Maine friends and family. We also had fresh lobster and lots of soda, which I love!



Summertime Fun

Kristin Lemire, Program Manager
Londonderry, NH

Larry has been enjoying the nice, summertime weather. He went to Hampton Beach and listened to Michael Jackson and Elvis on the way up with the windows down. Larry was asking to swim in ocean but soon realized how cold it was when he put his feet in the water and decided against it. After spending some time on the beach, he heading to the boardwalk to get some food and enjoyed some french fries and a vanilla and chocolate twist ice-cream.

Larry talks about the 4th of July all year round. He has been waiting for the fireworks and was telling everyone that he was going to see them. He went in Manchester on Sunday July 4th and watched the fireworks with his housemate and Nestor. He wore his 4th of July shirt and brought his 4th of July wreath. He kept saying "did you see that?" He talked about the loud bangs and how he liked it. The next day he was telling staff he saw the fireworks and they were loud. I think Larry's summer is off to a good start so far!



Summer Travels

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

June 21 is the calendar year's beginning of summer and Brandon started his summer about this time as well. He packed and prepared to fly to Kentucky to visit his aunt. Brandon spent some time visiting and exploring Kentucky before traveling next to Tennessee. This picture is of Brandon visiting the Aviation Museum in Tennessee. Once in Tennessee, Brandon was welcomed by his sister. He is now visiting with his sister, niece, and nephew. We look forward to seeing more pictures and hearing all about his adventures. Brandon sends us pictures of his travels. He is having a great time. We miss him here, but we are very happy he was able to spend his summer visiting and travelling with family.



Anne Visits Amazing Grace Animal Sanctuary

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

Anne and her DSP, Tammy, went on an adventure three weeks ago on a nice NH Saturday. They ended up at Amazing Grace Animal Sanctuary, in Sullivan, NH, not too far outside of Keene. They took a leisurely walk around the grounds looking at the donkeys, goats, alpacas, horses, and turkeys. Donna, the owner, takes in animals that need to be rescued from unsafe or unhealthy living conditions. At any given time, she can have some 45 animals that need care and enjoy visits from the public. Some of the animals are neglected, elderly, or disabled. They love the attention from people even if it's just a quick hello.



How do you practice good self-care during times of increased staffing shortages?

Stephanie Harmon, Director of Operations-Maine

The last couple of years have been extremely challenging in so many ways as we continue to navigate through the pandemic. What we never expected was the increased rates of turnover in every field, especially in healthcare settings. We have become extremely creative in how we staff and keep folks safe. We are so grateful for all the staff that have stepped up in our agency and have helped in all the ways that you continue to do every day. We could not do this without you and everything little thing you do makes a *difference*.

With people working so hard, reminders of self-care are important to keep you feeling good and to avoid exhaustion and burn out. Below are some ways to have good self-care during this challenging time in our world:

- Take a walk with a friend
 - Exercise for at least 30 minutes a day
 - Drink lots of water and avoid beverages that dehydrate you
 - Eat foods that fuel your body (lots of fruits & veggies)
 - Avoid or limit alcohol consumption
 - Get 7-9 hours of sleep
 - Try to get 15-20 mins of sunlight each day (or as often as you can)
 - Take a bath
 - Read a book
 - Take a nap
 - Visit with friends/family
 - Meditate (even 5 minutes a day can help with your mindset)
 - Yoga
 - Take time to enjoy your hobbies or find a new hobby of interest
- Take a vacation (travel somewhere you have never been)
 - Go to the beach
 - Massages, acupuncture, cupping, facials, manicures/pedicures, etc. are a nice treat to yourself
 - Enjoy Netflix, check out the drive in, or go to the movies
 - Ask for help when you need it
 - Take time off when you need it
 - Tell someone you love them, show someone how much you appreciate them, hold a door open for someone, smile at a stranger, etc.

When we take care of ourselves, we have energy to take care of others in need. It also helps us to connect with our co-workers, supervisors, etc. on a more personal level. Studies show that people that have good self-care have more patience, our empathy for others increases, and we tend to have better relationships with people both professionally and personally. I hope this article is a good reminder to everyone of how important it is to take good care of ourselves during such a challenging time in the world.

What are other ways you perform self-care? I would love to hear all your creative ideas :)

Please visit the link below for some interesting information, articles, etc. on good self-care, benefits of good self-care, how to recognize early warning signs of burnout, etc.

<https://www.lifehack.org/articles/lifestyle/9-ways-to-prevent-burnout.html>

Adirondack Author

Corrina Charland, FI Coordinator
Plattsburgh, NY

"Escape from a Padded Cell" was written by Michael Northrop, a local author that lives in the heart of the Adirondacks and talks about his personal perspective as he describes the challenges he faced in life and how he used them to overcome and strengthen his role.

Michael talks about what can be accomplished in life by people with disabilities if they put things in proper perspective and do their best. Michael is a strong advocate for people with disabilities and always puts the person first, not the disability. He has sat on many advocacy groups and continues to strive for more inclusion and better understanding for all individuals. Michael enjoys writing and is currently working on a children's book about a dog. He enjoys playing music for his community and can be found playing in and around Saranac Lake, NY. Michael has many accomplishments and there are sure to be many more in the future.

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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