

Community News

A Newsletter for Friends of Residential Resources, Inc.

June 2013

Mouth Painting

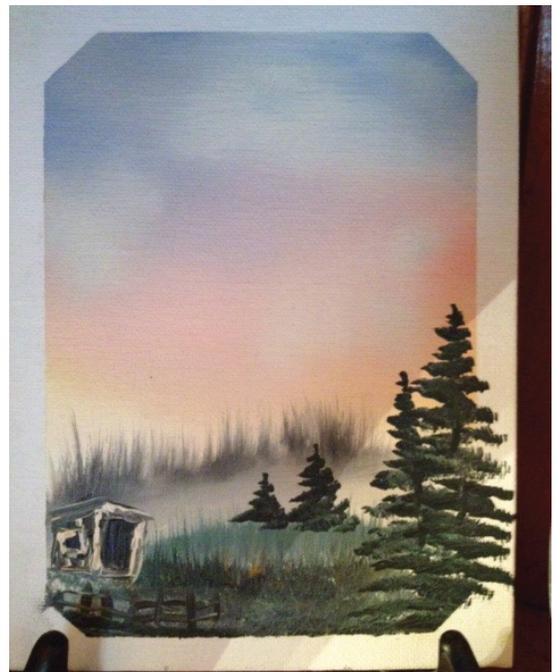
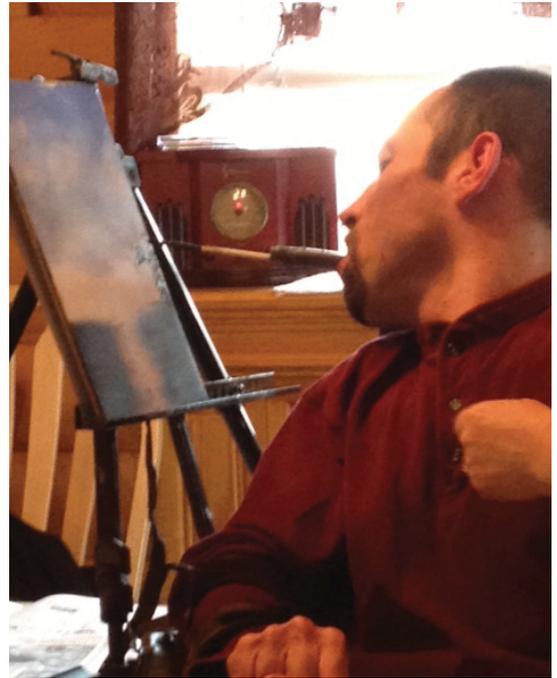
By Heather Cothran-Morrison, Service Coordinator
Peru, NY

If you ever had the opportunity to witness mouth painting, you'd be amazed at the skill and talent it takes to create an amazing work of art with your mouth. Recently, I was fortunate enough to witness this amazing craft by Thomas Mullen. During a meeting with Thomas he introduced me to his works of art. Instantly, I was speechless and in awe of the beauty of his artwork. Thomas was kind enough to invite me to one of his Thursday art sessions, in his home, where he spends his time creating a masterpiece.

As you look at the details of Thomas's paintings would you have guessed that Thomas has been only been painting for two years? Two years ago Thomas identified painting as a goal and has been painting ever since with the instruction of his staff. Thomas has spent time scouring the internet for videos that teach mouth painting technique. He uses what he learns and applies it to canvas.

As Thomas visualizes where he is going to place scenery in his painting his staff prepares the canvas with Liquid White and other colors. Thomas is now ready to create! Today Thomas was painting on an 8x10 canvas that normally takes two hours to complete and two weeks to thoroughly dry.

***"Art is in the heart, art is in the mind,
not in the hand. Do what you can,
with what you have, where you are."
- Theodore Roosevelt***



See more pictures of **Mouth Painting**
on page 3...

The Fairly Odd Fishes

Cosmo & Wanda grow up and move out!

By Monica Wood, Participant & Laura Kloosterman, Program Manager

One year ago Monica Wood of Portland, ME purchased a 2.5 gallon aquarium and two \$0.20 goldfish; little did she know how much space two goldfish would require.

Cosmo and Wanda appeared to be adjusting well to their new home when one morning part of Cosmo's tail was missing. It was unknown if the missing tail was due to the filter or if Cosmo and Wanda spent too much time together and Wanda had issued a "love bite". Not wanting to take any chances, 6 months after their arrival it was time to move into a larger home - a 10 gallon aquarium.

After 4 months in their new digs it became obvious Cosmo and Wanda may never stop growing. One morning after breakfast Wanda decided to explore a decorative rock. Without a mirror Wanda did not know how big she had gotten and became wedged in the rock face up, tail down. Monica attempted to push Wanda out to no avail. Luckily, Stephanie Burke was working and thought

to grab a hammer. Stephanie smashed the rock freeing Wanda who lost some forehead scales but no fish first aid was necessary.

In March Monica added two small tetras to the tank with Cosmo and Wanda. The next morning the tetras were gone with Cosmo and Wanda looking very full. This happened twice.

Monica needed to find a new home for Cosmo and Wanda before they took over the house or started requesting casseroles for dinner. Monica called the Super Great Wall Buffet in South Portland and they were super excited to add two more fish friends to their pond.

After making the journey in a 1 gallon freezer bag they arrived to their new mega mansion! All the other fish rushed over to meet them! Monica, being a goldfish parent, waited for them to be comfortable before grabbing a bite to eat at the buffet. As Monica was leaving she was able to spot Cosmo and Wanda, still swimming side by side.



Mouth Painting pictures continued from page 1...



Let the Gardening Season Begin!

By Jennifer Boisvert, RN, Health Services Director

I am so excited that it is finally time to get into full gardening gear - for those of you who have perennial spice plants, you are already enjoying a gardening bounty. In the community garden plot we have oregano, chives, very tiny parsley, and cilantro - all ready to harvest since the end of April.

This year I prevailed upon my father to rototill our plot - two weekends in a row he volunteered - so it was double tilled. Given the amount of crab grass (or witch grass as he calls it), the double tilling was very helpful in breaking up those stubborn roots. Once the whole plot has been weeded, we can fertilize it and start the serious planting.

Here in NH we could already have planted onions, lettuce, spinach and radish, hmm maybe carrots - oh! speaking of carrots - we second planted some late last season in August hoping they would grow big enough to harvest - however, those cold nights came too early and slowed the growth. Well, they tried to grow over the winter - so when the rototilling happened there were lots of pieces of carrots strewn around.

As usual, we also found several pieces of broken glass - I'm never quite sure if this is old glass just coming up to the surface or some-

how new glass - it's never a whole bottle - and we have a range of colors - from clear to green to brown.

Since late in February I have been dreaming of fresh veggies from the garden - and while there is still some time to wait, it is less and less.

At the community garden plot we have sectioned off part of the plot for one of our providers to manage on her own - the rest will be catch as catch can with the rest of us and our availability.

Have you considered the many benefits of gardening? Fresh air, exercise (even just the small movements of getting out to the gardening area count!), the yummy produce, opportunities to socialize if you participate in a community style plot. You would be surprised at what you can grow - even if all the space you have is a 5 gallon pail - you could grow a choice of cucumbers, zucchini, yellow squash - or even plant it with lettuce. I suggest leaf romaine - because you can just keep picking it and it will keep growing.

If you are in the Concord area and want to see our community plot - let us know and we'll arrange a tour!

My Volunteer Work at Genesis

By Chelly Leger, Participant
Emerald Street, Keene, NH

Every Friday, I volunteer at Genesis. I deliver menus to the residents there. I have a friend there named Suzanne. I like to visit with her each time I volunteer.

I have been volunteering at Genesis for a year. In March I received a special pin for one year of service there.

I really like volunteering. It makes me feel good to help the people there and I like making new friends to visit with each week.

Who am I?

By Jamie Kingsley, Program Support Coordinator
Ballston Lake, NY

Our Ballston Lake office continues to grow, with lots of new clients and staff to support them. We also have some support in the office from Jamie Kingsley, our Program Support Coordinator. We invited Jamie to introduce herself in this month's newsletter.

Well let's see, first my name is Jamie Kingsley. I was born in Oklahoma City some time ago. When I was about 2 years old we moved to Victoria, Texas. I lived there for about 6 years. What a place that was. Oh, and yes you can fry an egg on the sidewalk.

After Texas we decided to move north. I was so excited. I had never seen snow or made a snowman. Little did I know I would end up despising the wet, cold stuff! Ugh! My family and I took the long train ride to New York from Texas. What an adventure! We got to a certain point, I do not remember where, and suddenly my sister and I saw snow. What is that?! We run to the small spot in between the trains. We inspect it, feel it and smell it. How glorious that was! We arrive in snowy New York and for the first time we played in snow. I have been here ever since. Though I hate winter and all that comes with it, I do love the seasons here - especially Fall!

I have a small, 8 lb Shit-zu named Gizmo; one of two loves in my life. I live in Hudson Falls, NY with my husband Joe. Before I came to Residential Resources I worked for an OPWDD facility for about 10 years. I was a Residential Manager for a 9 bed group home among many other things. It was a very rewarding job and I loved every minute of it! I met so many people and had so many different experiences. Eventually it was time to move on. I still wanted more. I wanted to make a difference somewhere I just didn't know where that was yet.

After that I started in home care. I had a few cases and worked here and there but nothing permanent. The agency I used to work for was nice but not for me. I came across Residential Resources, Kevin Defayette, and Tami Loya. From the moment I started in this great place I knew this was where I was meant to be. Starting out as an HCSS staff was great but still I didn't feel like I had reached my potential. Since then with patience (Tami may say not! Sorry Tam!) I have worked my way to Program Support Coordinator. I do a little bit of everything. I am Tami's right hand lady, so to speak.

I work with amazing people here that have supported me during my learning process. I would like to personally thank Kenda, Tami, and Kevin for believing in me and offering me this amazing position. I will not let you down! I am looking forward to the future with Residential Resources and the growth of Ballston Lake. What a great time to get started here when we are waiting to take off and take off we will!!! I hope to meet you all very soon! My story in a nutshell.

Importance of Confidentiality

By Sapana Gurung, Program Manager
Manchester, NH

Confidentiality is needed in human services to protect the consumer, the staff, and the organization's private information. The Health Insurance Portability and Accountability Act (HIPAA) is a health privacy act which protects the patient's personal and medical information. Personal information of the consumer is only shared by the healthcare providers involved in the care of the patients and informed consent is needed to share it with others.

When people are hired, they are given orientation in HIPAA. In a health care setting as a staff I am to follow guidelines and rules as well as not gossip and maintain privacy for people I take care of. I am not to discuss medical and private information regarding my consumer to anyone other than the staff

who is directly involved in his/her case which might be the physician, insurance company, family members to name a few. Only after the consumer is aware of what information is to be shared with whom and for what purpose can I share it. I cannot share their medical information with their family if I am not given consent in writing. It is unethical as well as violates client privacy rights if I disclose personal medical information without an informed consent.

In a case of being unsure about whether to share a client's information, I should ask my supervisor so that the patient's rights are not being violated and prevent misuse of information. Confidentiality is essential for good communication and treatment in healthcare setting as well as in business field.

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 www.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.

Community News

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William K. Schofield, Ph.D

Founder and Owner

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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