

# New Beginnings

Volume 2

Issue 7



**We are dedicating this issue of the Re-Focus newsletter to our dear friend, Lorraine Fontaine.**

Lorraine Fontaine was surely a very special lady. What Lorraine lacked in size she made up for with the large amount of love that she gave and received in return. Lorraine had a way about her that could lift your spirits no matter how down you felt. She touched many lives with her caring ways, her humorous approach to things and her ability to love. Lorraine loved to dance and to sing. She loved to eat, especially cake and chicken wings. It was an amazing sight to see how Lorraine could devour an entire plate of wings, even without any teeth. Lorraine was a hard worker. Whether she was cleaning the Re-Focus office or doing the laundry at Cooke, Lorraine was thorough and attentive to the task. She loved animals. She enjoyed taking Cooke's mascot for walks in the neighborhood. She was also involved in a riding program where she would go out driving with the horse cart. Lorraine absolutely loved this program. Her face beamed when she arrived at the farm. She would point and say "pony." Lorraine was fun to be around. She certainly had the ability to light up a room.

Lorraine has been a member of the Re-Focus family for 26 years. She has touched many lives through all of those years. There are many stories about her days at St. Charles. One was told by Claudia about how Lorraine used to get dolled up to go out dancing every Wednesday with her girlfriends. She loved to dress up and go boogie on the dance floor. After spending many years at St. Charles, Lorraine was able to move into a smaller home and moved to East Side residence. Lorraine got to stay with her best friend, Linda Heroux. They were roommates, confidants, adversaries and best friends. They were the Dynamic Duo. The folks and staff at East Side certainly adored Lorraine. She was the life of the program. While was at East Side, she blossomed and grew. She was able to go on numerous vacations, have beauty sessions, was pampered and loved it. About two years ago, Lorraine's life changed immensely due to the Alzheimer's disease. It is at this time that Lorraine moved to her new home at Cooke Drive. Lorraine had been coming to Cooke's Day Program for several years, so it was a perfect transition for her.

Cooke and East Side were able to get close to each other due to the love of Lorraine. Both programs loved Lorraine immensely and gave her the best care anyone could ask for. The staff in both homes were equally responsible in ensuring that Lorraine had the best, but it has become clear to us (as Christine pointed out) that there were two Lorraine's. East Side knew the vibrant, fun woman who went dancing, shopping and vacationing. In the past two years, Cooke has gotten to know a different Lorraine, one who was limited in her ability to walk, had lost many of her vocal skills and needed much more care. She depended on the 'Cookesters' to take care of her and had lost much of her independence.

However, the thing about Lorraine is that even though she was a different person, each program got to know an equally special and unique individual. Lorraine had the ability to bring the best out in all of us. We embraced the changes in her and learned from all that she taught us. Lorraine came to know Cooke as her home and stole the hearts of all who lived and worked with her.

Several weeks ago, Lorraine became very ill and the doctors said that there was no hope for her. It was a very rough time for everyone who cared for her, but it was what Lorraine taught us in those weeks that we need to always cherish. Lorraine taught us about living, dying and forgiveness. She brought together the people she most cherished and taught them to love again. She taught the staff at Cooke how to work and love together, and especially how to be there for each other. Lorraine had people by her side every minute for sixteen days. All the professionals kept telling us what and when things were going to happen. Guess what, they were wrong. They certainly did not know our 'little peanut.' It became quite evident that Lorraine had her own plan. She was not going until she was ready (and for those that were there at the end know, even then she wasn't quite ready to leave). I believe Lorraine had a purpose. She enjoyed hearing all of the stories, loved that people were so attentive to her, put up with our singing and gave us strength beyond our means. Lorraine also enjoyed spending time with her family. She loved her siblings very much, especially her brother, Edgar (or Arthur, as Lorraine often referred to him) but truly enjoyed getting her family together after so many years.

While writing this, I have found it very difficult to put into a small space all of the things that I could say about Lorraine. Her impact on all of us is immeasurable. I want to thank Chris for showing and guiding us through these difficult times. Lorraine loved you very much and was happy to visit with you every day. Christine, Diane and Patti, the care and love that you have shown to Lorraine all these years is heartwarming. You helped to give me strength to be there for her. Sandy, thanks for always going the extra mile to ensure that Lorraine stayed as independent as she could through much of her decline. Monica, I often would tease you about Lorraine and "the nurse," but I need to thank you for the wonderful care that you have given Lorraine all these years. You seemed to follow her on her journey, from St. Charles, then to East Side and finally Cooke. You took care of her all along the way. I especially want to thank Ken, Patty, Mary Beth, Audrey and John for all the love you have given to Lorraine. You took care of "little" as Audrey would say. You read to her, helped feed her, laughed with her and comforted her when she was sick. You even told the staff when you thought they were not doing things quite right. I love all of you very much and have learned so much from watching you these past few weeks. To the wonderful and dedicated staff at Cooke, thank you from Lorraine. You are the best! You loved Lorraine unconditionally and worked hard to give her the best care possible. No wonder she did not want to go. I cannot thank you enough for your care, kindness, dedication, love and support that you have demonstrated over the past few weeks. I think Lorraine has taught us a lot about ourselves and helped us evolve into such a cohesive team. Lorraine's impact on us will be felt forever. We are going to miss her dearly, but we can be forever blessed at just having known her and the special feelings that she has brought into our lives. I am sure she is looking down right now with her chicken wings, coffee and cake having a good little Lorraine chuckle. Lorraine, we love you, and miss you, but thank you for coming into our lives. God bless you. (4 pictures)

Submitted by Colleen Casey

#### Bourne Avenue Residence.

The men at Bourne had a wonderful summer spending more time in the community. They visited most of the parks where they spent time relaxing or walking around. They are still taking advantage of the time to get out every evening in various communities. We also welcomed Richard, a new staff hired as a fill-in at Bourne. We also welcome Doris back from sick leave. We missed you, Doris, and are glad to see you back at work. Michael spent a week long vacation in Washington, D.C. where he met Congressman Kennedy, an appointment that was arranged by his mom. We were unable to get photos in time for the newsletter. A short vacation for all the men was in the making by the end of October

### Aaron Briggs Residence

Aaron Briggs is adjusting quite well to a 24-7 program. All the residents are having doors of opportunity opened up. Under Joyce's ever watchful eye and encouragement, staff are exploring and stretching their potential as role models, mentors and leaders. The residents can only grow and blossom in this environment. Oh sure, we are experiencing growing pains, but a group of strong independent thinkers is becoming a team of caring professionals with one common goal: "Enhancing the lives of those we support." As with every program, new challenges are constantly testing the staff at Aaron Briggs; and as challenges and staff change, the goal will stay the same – enhancing the lives of those we support. Wish us luck!

Steve Silveira went to Seekonk Speedway for the Labor Day event. He enjoyed the Euro, Figure 8, Fireworks and the Demolition Derby. Steve had pizza, fries and soda for dinner and purchased a Dodge #19 hat. At the end of the night, Steve had his picture taken on the track at the start and finish line with Kevin Beauche, the race announcer and two drivers—also names Kevin.

### Cooke Drive Residence

It has been a very busy summer at Cooke Drive. The folks have enjoyed a variety of summer excursions and outings. However, we are happy to see the hot weather go. John Baillie recently celebrated his 60th birthday with many of his friends. Fr. Sabourin helped him celebrate, as well as some of his firemen friends. John was blown away by the party and was totally surprised. Audrey has a new job working on jewelry pads. She does a great job and is very determined and diligent with it. The money is good, too. Mary enjoyed sailing with Mike Motta and the Shake a Leg Program. Ken is busy recycling and Patty is always on the go.

Sadly, our dear friend, Lorraine, passed away. (See "Dedication" article, P.1.) She was very, very ill in the hospital, but we were able to bring her home to be surrounded by her family and friends. We miss her very much but know that she is no longer in pain.

We would also like to congratulate Lori Mello on being voted Direct Support Professional of the year at Cooke Drive. Way to go, Lori! Cooke also continues to try to live the FISH philosophy each and every day (although it is not always easy).

### Options Day Program

The Options Day Program is an alternative to every day programs and workshops. Here we provide a unique and personal day program agenda for all persons attending. Each individual's agenda will be tailored to their specific capabilities and interests. We would like to welcome our newcomer Melissa Beausoleil, who started in July 2005. Most of our ladies volunteer at the United Methodist Church on Tuesdays and Fridays. Their jobs consist of setting up tables, packaging foods and distributing goods. The ladies enjoy volunteering there and the people look forward to seeing the ladies each week. We would like to wish Pat Fober of East Side a Happy Birthday. May God bless you with many more to come. In October, we attended PSP's for Eileen Carnevale, Sharia Thompson and Melissa Beausoleil. On behalf of the Options Day Program, we would like to thank everyone who has supported the Day Program and also the ladies for being part of Options. Keep up the good work, folks.

### Cumberland Street Residence

Cumberland Street enjoyed a very busy summer that was full of activities. Thanks to all the staff for making things happen. Stanley has been singing about his favorite baseball team "Red Sox." He's even been to several Paw Sox games. Jeff is still making monthly trips to the Cape. Jeff will take a day off from work if he knows he will be seeing his girlfriend, Janice. Mary went swimming and fed the fish at Beach Pond, Connecticut. She enjoyed her 35th birthday with her friends and family. Filomena enjoyed her monthly visits with her mom and taking her trips to the beach, movies, cook-outs and drives to the park. Cumberland Street planned well ahead for the Halloween Costume Party in October 2005.

### Beechnut Residence

There have been many wonderful happenings at Beechnut over the past couple of months. The folks have really been taking advantage of the beautiful weather we have been having. All of the folks have enjoyed getting out to go shopping. Rita and Peggy have both enjoyed quiet days in the park. Gino has gotten the wind beneath his wings on his recent sailing trips. Gary has been buffing up with all his neighborhood walks and Joan and Doris have been a couple of real party animals. They both enjoyed letting loose and cutting up a rug together at Tiffany's birthday party and on the Bay Queen cruise.

The folks have also enjoyed several cookouts and picnics this summer, as well as wonderful visits with families and friends. In addition, Peg and Jeff enjoyed each others company and a visit to PPAC to see "Moving Out." We would also like to congratulate Rita for her recent accomplishments and her new brighter outlook on life. She has begun going out everyday and walking a lot. We are all very, very proud of her.

### **THANK YOU FROM THE ADMINISTRATIVE TEAM!**

Chris, Julie, Stella and Pat were very surprised on November 1, 2005 to receive such lovely Bosses' Day gifts from many staff and supervisors. We all loved our Providence Place gift certificates, 2006 calendars, and the special individualized and engraved presents from Things Remembered. Thank you all for your thoughtfulness!

### **CHRIS'S 50th BIRTHDAY**

While Chris admits she wasn't thrilled to reach this milestone, she was very touched by, and is extremely grateful for, the many lovely gifts and money tree she received from staff, management and administration to honor her birthday. She promises that her love, care and energy will not be going "over or down the hill"!

### East Side Residence

Happy 60th birthday to Patricia Fober!!! Pat is very happy to be celebrating this special birthday. East Side would like to welcome our new staff – Ramona, Debby, Carmen, Luz and Milagros. Welcome aboard, ladies!

We would like to thank the entire Re-Focus family for your cards and support over the last month. Gloria is doing wonderful with karate classes. She is a true champion!

### Olney Arnold Residence

Olney Arnold Residence and the Mind, Body and Spirit team hosted the 4th Annual International Culture Day. We thank everyone who participated in making the day a big success! We had food from all cultures presented as follows: Cape Verdean, Asian, Italian, Lebanese, Irish, Spanish, American, Portuguese and vegetarian cuisine. We had music from various lands. The Mind, Body and Spirit team constructed a quilt that various houses designed their piece to bring us together as one. It was displayed at International Day and was beautiful. All of our folks attended the annual agency picnic at Slater Park on August 23rd. Our folks enjoyed the day, especially the Ben and Jerry's ice cream!

Norman Braley, Joe Lancelotta, Joel Cassell and Alex Porte went to New York City for a day trip to enjoy the sights and sounds of the big city. Sue Lefebvre and Sandra Bellino went on vacation for two days to Mohegan Sun in Ledyard, Connecticut. They toured Gillette Castle in East Haddam, Connecticut, and New London and Noank, Connecticut. John Iasimone went to the Mystic Aquarium for his Dream Grant day trip. John enjoyed the sea life and Aquatic show and had a nice dinner out with the assistance of John Catalano. He purchased some souvenirs and a nice tee shirt as a memento of his trip. Congratulations, Adebola Adelaiye on your recent marriage on August 27th. Welcome Allan Padmore to Olney Arnold Residence! Also, congratulations, Allen, on your recent marriage in September. Congratulations to Ronke Fakiyesi who just received her med tech certificate.

### Mona's Program

Over the past few months, there have been changes in a few of our folks' living situations and status. Bobby Lima has moved from an assisted living home to his own apartment. He enjoys his own place and space and is doing well. Thank you to all who have made his move a successful one. Charles Waters has moved from his one bedroom apartment to an assisted living home where he is more comfortable and safe. Thank you all who helped Charles with his transition. As you all know, we have suffered the loss of Bernie Selby. We all will miss his gentle smile and his wonderful gift of music, which he shared with many of the folks at Re-Focus. He will be missed dearly.

Our program would like to welcome Krystal Zuleta to Re-Focus and to our team. All of the folks have enjoyed the Bay Queen cruise, the picnics and all of the summer events they have attended. Everyone is looking forward to all of the fall's events to come.

Florence went to Maine with the Chestnut Hill gang and enjoyed herself very much and wants to go back next year. Thank you to Chestnut Hill for the hospitality that you have shown to Charles. We are very grateful to you for letting him stay at Chestnut Hill in his time of need.

## Astro Travels Devastation Weapon

### Section Two

By Christopher Vecchia

"Mr. Sypek, you'll stay here and maintain Alert Gray." "Acknowledge," Sypek said. Aboard the Huntington, the lights were weak and flickering, and wreckage littered the deck. The three crewmen of the damage control team found the emanation level normal, the air pressure 12 pounds per square inch, the communique system shorted out, the filtration system dead. The quanta mark drive was a hopeless pile of junk. Surprisingly, the activator was intact—it had simply been shut down — and the impulsion drive was in fair shape. But there were no survivors—and no bodies. Ellis thought this over a moment, then called the Kursk. "Mr. Sypek, this ship appears abandoned. Could the crew have slipstreamed down to one of those two moons?" "Improbable, Captain," Sypek's voices replied. "The surface temperatures on the inner moon are roughly that of molten lead, and the other has a poisonous dense atmosphere resembling that of Yenzos." "All right, we'll keep looking. Ellis out." "The laser drives are almost exhausted," Green reported. "They didn't give him up without a war." "But where are they? I can't understand a man like Ryan Hawkins abandoning his ship as long as his bio support systems were operative." "The computer system is still intact. If the window on the engineers' bridge is still alive, we might get a playback of the Captain's cosmology." "Good idea. Let's go." The window on the engineers' bridge was in fact dead, but they forgot this almost the moment they noticed it; for seated before the console, staring at the useless instruments, was General Ryan Hawkins. His uniform was tattered, his hair mussed. "General Hawkins!" Hawkins looked up blankly. He seemed to have trouble focusing on Ellis. Marcus was quickly beside him. "General, what happened to your ship?" "Ship?" Hawkins said, "Attacked....that thing....fourth moon breaking up...." "Ellis, he's in a state of shock," Marcus said. "No pressure on him now, please." "Very well. Do what you can for him here. We've got to question him." "He mentioned the fourth moon," Green said. "There are only two left now." "Yes. Pull the last micro discs from the radar memory drive and slipstream them across to Sypek. I want .....

..... to be continued.

## Parkside Residence

Parkside welcomes Daiana Mercedes as new staff. We are happy to announce that Adelaide won Direct Support Professional of the year. Sandy got to visit with Sheila and also had lunch with her. The Parkside team expresses its deep condolences to Charly Mueller on the recent and tragic death of her sister, Doris. We also send our deepest regards to Cooke Drive for the recent passing of Lorraine. Last, but not least, congratulations to Sherry and Paul on their pregnancy!

Everyone enjoyed going to the agency picnic at Slater Park. Carmella and Sandy enjoyed getting their faces painted and being around their friends. Janice and Charly went on vacation recently to Mystic Aquarium and Foxwoods Casino as part of Charly's Dream Grant. Charly especially loved staying in the hotel where she got to relax and unwind. Janice loved the casino, especially the gambling part. She also liked Mystic Aquarium because she got to see all different types of animals.

## WAYS TO HAVE FUN AT WORK

### **Trinna (Bellevue)**

Take smiley stickers and stick them around the house. Whoever finds the most smiley faces wins a small gift. You can search for smiley faces for one month. Hide and Seek.

### **Sherry Clary**

I just love the day to day sense of humor and teamwork along with mutual respect of one another, fun times at meetings and Staff Appreciation Days. Re-Focus already does an excellent job.

### **Mary**

Take the time to tell a joke. Do the difficult job first and save the easier ones for less stress if possible. Pay someone a compliment.

### **Adelaide Jallah**

To go out to suitable parks and have fun playing games during good weather. Teamwork to carry out cleaning of the home involving residents and staff.

### **Evelyn Nieves**

Play games with the residents. Come to work in a good mood, be happy and you will have fun at work.

### **Kofua Kulah**

Visit other group homes.

### **Daiana Mercedes**

Scavenger hunt with the homes. Get together with other agencies like Avatar and Opportunities for "Interagencies."

### **Andrea Guerra**

Having different activities to do every day with the residents. Keeping the houses fully staffed so the every day things can be completed as well as some extra fun activities.

### **Kisha**

Enjoy every moment even when it's a trying one. Never let them see you sweat – always keep a smiling face. Play tag.

### **KC**

Be there and celebrate accomplishments. We make a bad or good moment – fun with a smile, laugh or gesture. We play.

### **Mary Ann Grygiel**

Set up a "pets" Hall of Fame wall, where residents and staff can post photos of their furry or scaly friends (my dog is the cutest).

### **Heather Hoagland**

Sing! Dance! Dress up silly! Play pranks!

### **Pat Farley**

Laugh at Marie's jokes and e-mails. Pass around good books. Try somebody else's lunch!

## Willow Street/Chestnut Hill Residences

William Stutts and Michael Marseglia recently enjoyed a Silver Screen Classic starring Betty Davis. Phil Di-Donato, Chris Vecchia, William and Michael continue to visit local car shows, theatre and parks with staff Warren Green and Austin Thomas! Phil and Chris enjoyed a B101 radio station sponsored car show at the RI Training Center for Boys to raise money for at risk youth in which there was a free lunch and drinks.

Denise Johnson, Judy Wood and Phil along with William and Michael enjoyed the Bay Queen cruise with a delicious lunch, music and dancing. Michael, Ann Marie Stigalt, Chris and Phil enjoyed a glorious day at the Re-Focus annual picnic at Slater Park with food, fun, activities and music. Michael and William enjoyed another fun filled day at Father Sabourin's picnic. It was wonderful weather with a great turnout and great food! International Day at Olney Arnold was great this year. Alex's potato salad is one of the best we ever had! A wonderful 4<sup>th</sup> of July cookout took place at Willow Street with delicious homemade food by Willow Street Manager Angel Madera.

Michael recently attended Gloria's PSP at Eastside with lunch. The two enjoyed each other's company and Gloria gave Michael a nice watch that he likes to keep on him all the time. Michael just recently had his bathroom newly renovated, and his porch is currently being renovated for better handicap accessibility.

Judy and Denise recently enjoyed a day at the Crowne Plaza regarding information on programs that support seniors and people with disabilities. The girls especially enjoyed the free souvenirs! Judy, Denise, Phil and Chris always look forward to their weekly excursions with MaryAnn to local restaurants, car shows, yard sales and local shops. Judy just celebrated her birthday with food and fun with all her close friends at Willow Street. Judy's son, Cory, just graduated from High School and will be attending college in the fall. Judy is very proud of him.

Ann Marie Stigalt celebrated her birthday party celebration at Chestnut Hill on September 23<sup>rd</sup> with a delicious spread and fixings made by Donna Walton. What a wonderful turnout with staff and residents enjoying the festivities. Ann Marie received a beautiful cake layout with a picture of her and her friend Chris on top of the cake and beautiful gifts from all of the staff. Thank you to the staff for your generosity.

Chris had his birthday party cookout reserved at Colt State Park on October 13<sup>th</sup>, 11:00 a.m. to 2:00 p.m. Everyone was invited!

Ann Marie just started her new job working at the Johnston Police barracks. She transports herself by bus to and from her new job and she absolutely loves it! Ronald Brittain recently signed up for a new job on Fridays, and he is currently making adjustments in his new schedule.

Weekly bingo at Willow Street on Tuesday afternoons is still going strong. New Re-Focus residents and staff are encouraged to join us. We have wonderful new prizes!

We would like to express our deepest sympathy for the loss of Mr. Selby, a very good friend of William's. William misses him very much.

Congratulations to Janet Barber, now Janet Vessella, for being nominated by her Chestnut Hill and Willow Street coworkers as Outstanding Support Professional of the Year 2005. Congratulations on your recent wedding, too!

Welcome to our new staff Marianne (nicknamed Nukie) Lince, Funmi Akindede, Cara Ruzzano and Krystal Zuleta. We are happy that you are a part of our team! Happy July Birthdays to Judy Wood, Nukie Lince and Austin Thomas. Happy September Birthday to Ann Marie Stigalt, Krystal Zuleta and Renee Hanley.

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### Mission Statement

Re-Focus, Inc. is a non-profit human service agency which serves adults with differing physical and developmental needs. We are an organization of dedicated people offering opportunities for growth in a loving, trusting and challenging environment.