During the past six months at RRHSF we have seen a whirlwind of new and exciting things going on. We have opened 2 new properties to further our mission and we are looking at another possible home in Wahpeton next year. We have seen new people enter our services and, unfortunately, we have lost some people in our services due to death and health issues.

Last fall, we opened a new apartment building in West Fargo to support up to 8 people. The people living in the apartment decided on the colors of their rooms and assisted in decorating their apartments. One day while at the apartment, I asked one of the people living there what the apartment meant to them and the response made all of our efforts worthwhile. The person said, “I love living here with only one other person and I never want to move out.” Wow!

We also opened a new home for 5 people in West Fargo. As of today, 3 out of 5 people are living in the home and we hope to have it fully occupied in the next several months. This was a big project and the support from the Board, staff and state employees was awesome. We had many inspections of the home prior to its opening, including staff from the DD Division, Department of Human Services, the City of West Fargo, Health Facilities and many more. All of the inspections came back extremely positive and is a reflection of the efforts that went into building the home.

We are also experiencing growth in our Fargo ISLA program. If you are not familiar with this term, it is an acronym for Individualized Supported Living Arrangement. This program allows staff to go into a person’s apartment or home to deliver services. The growth we are seeing is at 513, our new apartment building mentioned earlier, and very large contracts supporting people who have many challenges. This growth is expected to continue and offers people the opportunity to living more independently.

Thanks to the growth, Repeat Boutique, our Fargo thrift store, is seeing a lot of people we support coming to the store to help out. People are helping sort donations and keeping the store clean. One of the gentlemen that moved into the new home in West Fargo enjoys vacuuming the floor. He really enjoys vacuuming the dressing room because he sees himself in the mirror. When this happens, he gets the biggest smile on his face and this brings joy and smiles to everyone else.

Overall, the growth we have seen has taken a considerable amount of work, but it is worth it. We are improving lives and offering more opportunities to the people we support. I have seen amazing things happen and I have only given a glimpse of what we have accomplished because of the growth. Please share these and your own personal success stories with one another. These keep us on the right track and helps us deliver a better life to everyone we touch. Thank you to everyone for your service.

~TOM NEWBERGER, CEO~
ACTIVE SUPPORT by Rebecca Sestak-Miller, Residential Coordinator

What does Active support mean to me? I would describe it as a way to get the people we support involved with every aspect of their lives and to have consistency between all staff that work with them. The agency I work for always attempts to get the people we support involved with every aspect of their lives, to the best of their ability. Being a new supervisor, I saw a few things that could be changed in the home I work at. When our regional trainer gave a presentation on Active supports, I figured that it would be a good way to get to know the staff at the home and a way for all of us to learn and grow together. I brought the idea up to my staff and we all decided we would try to implement it. I’m not going to say it has gone smoothly, we have taken a step back quite a few times, but we are reminding each other, (almost daily) that the people we support can and will learn to do things for themselves.

We have spent most of our time teaching household chores, grocery shopping, and cooking. We weren’t surprised that the people we support could do a lot of things we asked them to do, we were surprised at all of the little things that were overlooked. One person enjoys assisting in meal prep, but didn’t know how to use a hand held can opener. Another person didn’t know where the remote control was kept, so couldn’t turn on the TV without assistance. Another person had never wound a vacuum cleaner cord. When we were first starting out, I approached a person supported and asked him to assist me in vacuuming. I did get resistance from him, even getting growled at, but we persisted and now he is more willing (most days) to assist with some of the vacuuming. The list can go on and on. Many of the little things we do every day without even thinking, the people we support have never done.

When I asked my staff at a meeting how to keep Active Supports going in the home their answer was so simple (Keep it out in front of us, Keep reminding us). Since then I have little reminders around the house to help staff remember they should always be teaching not doing. It is a work in progress and will always be that way, but we will continue to succeed together and that is what really matters.

One of the biggest differences we have seen since starting Active Support is with people’s behaviors. Some of it is tracked with Behavior Programs and some of it is not, but we see the difference. One person supported has down moods that used to last for a week or more and now they are lasting a day or two. One person has decreased destructive behavior from 80-90 items destroyed to 23 items in one month. I have had family members tell me that the whole home is much happier and running more smoothly since we started.

**Rebecca recently presented on Active Support at the Annual NDACP Conference in Bismarck. Way to go, Becky!**
Tamara Kraemer is pictured above tubing with her family, last summer. Tamara lives in Wahpeton and enjoys family time at the lake.

Scott Hagen’s favorite part of the trip was the subways and the Lake Michigan beach.

James Roe had many favorite parts including a White Sox game, the Science and Technology Museum, the Navy Pier and the Hershey Store. He also saw his dad who lives in the Windy City.

Chicago Trip
July 21st – July 27th 2013

BISON NATION! Bison Season Ticket holders; Scott, James, and Steven, pictured below, cheering at one of many exciting games last season. GO BISON!
Training Information
Training levels completed! Congratulations!

LEVEL II
Lindsey Keenan
Kayla Rovig
Alicia Kania
Tiffany Paquin
Jeena Schmit
Dallas Crandall
Meili Smith
Ashley Anderson
Amanda Rinnels
Kimberly Raguse
Tanya Richards
Stacy Joseph
Laurie Janssen
Cori Bennett
Lauren Berndt
Emily Czichotzki
Erika Kaufman
Kyle Rinnels
Sara Houselog
Ricky Holbrook
Dorian Frost
Madison Gigstead

LEVEL III
Sara Poppel
Jacquelyn Nygaard
Mindi Baker
Melissa Vasfaret

Festival of Trees at the Fargo Dome.
The tree was donated by the ISLA/SLA/FSS programs in Fargo. Pictured above are Amy, John, Pat, Lisa, Alissa, Noel, and

“Thankful Tree”
Staff and people living at 1348 in Wahpeton put together a Thankful Tree to display the many things they have to be thankful for.
Just FOR Fun!

JACK DANIELS FISHING STORY

I went fishing this morning, but after a short time I ran out of worms.

Then I saw a cottonmouth snake with a frog in its mouth.

Frogs are good bass bait.

Knowing the snake couldn’t bite me with the frog in its mouth; I grabbed it right behind the head, took the frog, and put it in my bait bucket.

Now the dilemma was how to release the snake without getting bit. So, I grabbed my bottle of Jack Daniels and poured a little whiskey in its mouth. Its eyes rolled back, and it went limp.

I released the snake into the lake without incident and carried on fishing, using the frog.

Not long after, I felt a nudge on my foot. It was the damn snake….with two more frogs.

Life is Good!!

Z103’s BIGGEST FAN!

Tamara Kraemer had a very special visitor recently. Greg Brady, radio personality from Z103 Lake Radio in Fergus Falls, was informed that his radio station was Tammy’s favorite and she was currently having trouble getting the station to tune in at her house. After hearing a request for a recording of the radio station to help Tammy sleep at night, Greg did one better. Greg stopped by Wahpeton to meet, in person, his stations #1 Fan! Not only did he bring a bunch of recordings for her, but he brought a bag of presents, including the teddy bear pictured. Thanks Greg and Z103!
CONGRATULATIONS!

E-mail us!

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We are dedicated to affirming human worth, rights, and dignity by providing services to people with disabilities which enhance the quality of their lives, and enable them to live, work, and develop relationships within their communities.

FINDERS FEE!!

Bryon Olson for referring Brittany Olson
Alex Hovde for referring Kyle Rinnels
Sara Poppel for referring Jenny Vigen
Nick Prchal and Sara Poppel for referring Kris Rinnels
Ricky Holbrook for referring Kelsie Holbrook
Cindy Roers and Stacy Neuman for referring Debra Stengrim
Deb Gehring for referring Anne Syvertson
Janice Winkles for referring Samantha Johnson
Courtney King for referring Justina Jeanotte
Dallas Crandall for referring Ashley Jordahl
Tasha Achter for referring Nicole Bratland
Jane Krump for referring Nicole Sikorski

Employees receive $50 for each referral hired and employed after 6 months.

CONGRATULATIONS Mike & Jennifer Dotzenrod!
Their son, Lee Dotzenrod was born on February 18th and weighed 8 lbs 15 oz and 20.5 inches long. He is welcomed home by big sister, Cheyenne. Jennifer is the ISLA Assistant Coordinator in Wahpeton.

Our very own CEO, celebrated another birthday. Happy Birthday Tom! Way to stay in touch with your feminine side!!