



## SEMI-INDEPENDENT LIVING PROGRAM (SILP)

### OUR MISSION:

It is the mission of Rumford Group Homes, Inc. Semi-Independent Living Program to provide a safe, therapeutic, home-like environment, in a community-based setting; to teach the necessary skills to become successful in education, vocational skills, mental health and prepare youth for independence.

### PHILOSOPHY:

The goal of the program is to provide a continuity of care, a safe environment, and the opportunity to live a semi-independent life while developing life skills. We believe:

- Youth are fully responsible for their behavior and must be held accountable for their behaviors, and
- That no one person is to blame for the youth needing an out-of-home placement.

The Semi-Independent Living Program (SILP), developed in 1987, is a program emphasizing the acquisition of life skills. Clients will learn the necessary skills for a successful transition to live in a community setting. The SILP Program serves adolescents ages 16—21 and can accommodate four clients. The clients are involved in an educational program, receive counseling, and are offered a wide array of adventure-based activities. The environment is positive and the belief is that through trusting relationships, residents can feel safe and work on issues that they may have. The SILP Coordinator will help the youth in this program by giving advice, information, guidance and hands-on experience throughout their stay. A resident's cooperation and acceptance of the responsibilities to comply with these guidelines is key to their success in the transition to independent living.

The Semi-Independent Living program is a two story building with 2 apartments and staff offices in the basement. Each apartment is furnished and has a kitchen, living room, bedroom, and bathroom. The bedrooms are shared between 2 clients.

**Staffing:** The Greenleaf House is staffed by professional Child and Youth Care Workers who are available to work with the Semi-Independent Living Program clients.

## STRAFFORD AVENUE INDEPENDENT LIVING PROGRAM (SAIL)

The Strafford Avenue Independent Living Program (SAIL) is a program emphasizing the acquisition of life skills. The SAIL Program serves adolescents ages 18—22. The program located on Strafford Avenue is a 2 story house with 4 bedrooms, laundry area, kitchen and living room. Each resident has an Individual Service Plan to meet their needs and to best serve them. The purpose of the program is to transition a client who has successfully completed a Semi-Independent Living or structured group home program to a more independent living arrangement that requires less supervision.

Residents will learn the necessary skills for a successful transition to live independently in a community setting. The SAIL Coordinator will help the resident in this program by giving advice, information, guidance and hands-on experience throughout their stay. A resident's cooperation and acceptance of the responsibilities to comply with these guidelines is



key to their success in the transition to independent living. The goal is for the client to complete their education while learning independent living skills, i.e., cooking, banking, living with roommates, job search, resume writing, driver's education, etc.

Residents at SAIL will be given the opportunity to participate in activities. Rumford Group Homes, Inc., staff members and administration work together to offer an array of social, cultural, and recreational activities. These are designed to expand life experiences, develop social skills, entertain, and teach. During these activities residents will be encouraged to meet and interact with others in small and large groups and to participate in peer support and community service programs, as desired. The staff members of the Rumford Group Homes, Inc. are available to the residents 24 hours a day, 365 days a year to help support the idea of safety and belonging. The SAIL coordinator devotes time, energy, and talents

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See SAIL

## PEOPLE HELPING PEOPLE

By Christine Hmieleski  
Homeless Youth Outreach Coordinator

My husband, Rob, was given the opportunity to go to Gulf Port, Mississippi, to participate in a large Katrina Relief effort. He, along with 8 other volunteers from the Farmington Kingdom Hall of Jehovah's Witnesses, left on Dec 31, 2005 and spent one week re-constructing homes for other Jehovah's Witnesses in the Gulf Port area.

Rob flew out of Boston MA. around 8:30 am after a short delay due to weather. When he landed in Mississippi, he and the group he was traveling with rented a van and drove to the Gulf Port Kingdom Hall where they met other groups of volunteers. Rob describes this first ride through Mississippi as completely emotionally overwhelming. He had never seen such destruction before. It would be like imagining the city of Lewiston/Auburn having all the windows blown out of every building, 2/3 of the buildings that should have been standing completely in rubble, and the rest that are left standing would have walls gone, roofs ripped and covered with trash and debris. The most unsettling thing was the spray painted code on most of the building that the military and other rescuers had left that noted the amount of bodies found in the building and whether they were evacuated or not.

Once Rob and the others arrived at the Kingdom Hall or Work HUB, as it had been labeled, they joined around 250 other Witness volunteers from all over the United States who were also participating in the volunteer work. The volunteers were given places to sleep with area families or in the Kingdom Hall. Rob, along with 10 others, stayed with a family in Gulf Port who had already had their home rebuilt from the storm. This family had been able to supply space for volunteers since the end of September and every week their house had been full with volunteers from all over the United States.

Every morning the volunteers would meet at the Work Hub for breakfast, morning worship, and work assignments. Rob's main assignment was to put up sheetrock, mud, tape, and finish work. Other groups would do ground clean up; focus on replacing roofs, demolition, painting, or whatever else was needed. The spirit of the volunteers was positive with people happy to give of their time to help out. In the short time that Rob was there he was able to work on the completion of 2 homes; one of which the water had reached over 9 feet high and the owners had to swim out of the 2<sup>nd</sup> floor windows.

One evening Rob and a group of other volunteers from Saco, Maine, went out and toured the area. The devastation was amazing. He saw a beer truck stuck up in a tree, and a Casino barge perched on top of a hotel. Another thing he found interesting was the amount of signs that lined the roads with names and phone numbers of contractors. The contractors down there are getting \$3000 to put a blue tarp on a roof. So when you look down the streets you see blue tarps everywhere.

Area businesses seem very impressed with the volunteers as they are seeing so many of them. Not many other groups are sending down the amount of volunteers as the Witnesses are and all the supplies and materials are being donated through the World Wide Work or funded through the Regional Building Committee of Jehovah Witnesses so as there is no cost to the Katrina victims. Some of the local businesses are so impressed by this that it is not uncommon that when volunteers go to pick up supplies at local stores that the supplies will get donated.

Rob feels this was an experience of a life time; he met others from all over the United States that happily pulled together to help out others in need, which he feels gave him as much if not more then what he feels he did for them. He plans to go back down in the spring for another week and hopes to bring some of his family with him.

Rob Hmieleski is the husband of Christine Hmieleski, HYO Coordinator.

**Wanted**

**Articles for Group Scoop Review!!!**

**Human Interest  
Your favorite recipe  
Special talent  
See your Program Director or Pat Morse**

**SAIL** (Continued from page 1)

assisting residents to gain the life skills necessary to be self-sufficient and to live independently in the community. SAIL emphasizes learning the emotional, intellectual, and physical life skills. This enables the individual to move on to independent living and self-sufficiency.





**New Full Time Employees**

Christine Hmielesk	HYO
David Saphier	THP
Daryl Jamison	Roy
Paula Paladino	Admin
Danielle Tortorich	TFSC
Jackie Duguay	Greenleaf
Lee Farrar	Greenleaf
Erik Verdeyen	Roy
Nathan Miller	TFSC

**Relief Employees**

Ryan Palmer	THP
Justin Gilbert	Greenleaf
Stacy Laflin	TFSC
Erica Jeneral	Roy
Kayla Staires	Roy
Michele Therriault	Roy
Angel Pelletier	TFSC
Melissa McEntee	THP
Randy Palmer	Greenleaf

**MANDT**

March 21	Day I	Leeds
March 28	Day II	Leeds
April 27	Recert	Dixfield
May 19	Day I	Leeds
May 26	Day II	Leeds
June 15	Recert	Dixfield
June 22	Recert	Leeds
July 6	Day I	Dixfield
July 13	Day II	Dixfield
August 10	Recert	Leeds
*September 7	Day I	Dixfield
September 14	Day II	Dixfield
October 11	Day I	Greenleaf
November 2	Day I	Leeds
November 9	Day II	Leeds

RECERT: Previously certified within the last 12 months.

Day I: Nonphysical, programs without restraints.

Day II: Must have attended Day I.

Please remember to complete Training Request Forms prior to attending these trainings.

**Save These Dates**

**CPR/First Aid**

March 23	CPR	Rumford
April 13	CPR & First Aid	Leeds
May 18	CPR	Rumford
May 23	CPR	Rumford
July 20	CPR & First Aid	Leeds
August 17	CPR	Leeds
September 21	CPR	Rumford
October 19	CPR & First Aid	Leeds
November 14	CPR	Rumford
November 16	CPR	Rumford

**Agency Days**

June 22—23	Two Day Training	TBA
July 14	Kids Picnic	TBA
July (TBA)	H'Olympics	TBA
July (TBA)	Canoe Trek	TBA
July/August	BOD Dinner	TBA
August 18	Staff Picnic	Kineowatha
September 22	Agency Training	Madison
December 1	Holiday Party	TBA



**REMINDERS:**

- \* Your workday begins at the site that is indicated.
- \* Agency Training Days are 8:00 am—4:00 pm
- \* Additional information regarding events will be provided to employees prior to the dates of the events.

**MEDICATION ADMINISTRATION**

April 11	Leeds
July 11	Leeds
October 17	Leeds

**Your active and positive participation is anticipated and welcomed at all of these events.**



# Your Health

## Don't Worry, Be Happy

You may be asking yourself, how can I stay happy and healthy in the workplace when chaos is swirling all around me? With workers increasingly being asked to do more with less, diminishing job security, downsizing and a multitude of other worries, job burnout and stress are real dangers.

Enhance your work life by de-stressing, dealing with change, and practicing time management. The following are tips on how to improve all three areas:

### De-stressing: The Art of Relaxing

There are ways to relax at work, even when disorder surrounds you. Marie Claire magazine recommends these tips:

- ♦ **Don't let work rule your life.** You must shoehorn in social engagements, family, exercise and hobby time. Remember— life shouldn't be all work and no play.
- ♦ **Take a lunch break.** Depriving your body of food is a recipe for disaster— your body needs fuel to function.
- ♦ **Take little breaks .** Every hour or so, get away from your workstation and walk or stretch. People who take breaks are more productive and satisfied with their jobs.
- ♦ **Delegate.** Stop being a control freak and let people help you.
- ♦ **Don't strive to be a perfectionist.** Nothing will ever be perfect. There are times when you need to stop working on a project and take the pressure off yourself.

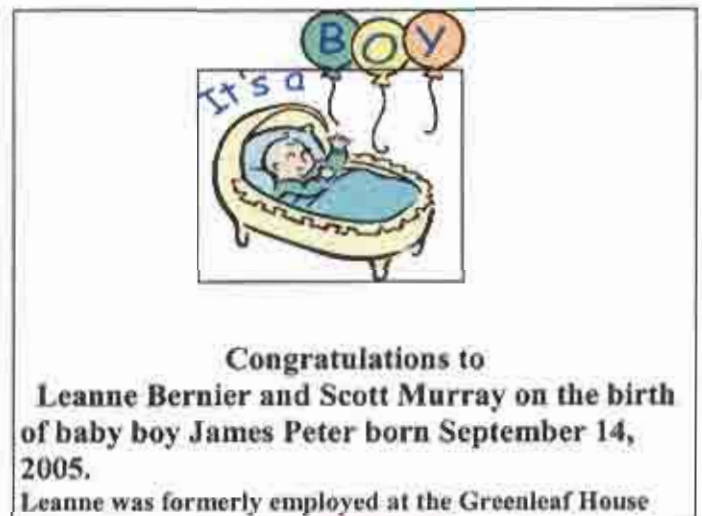
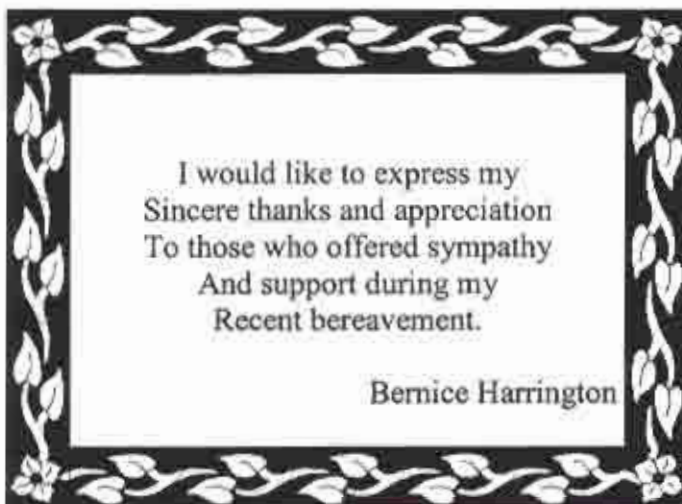
### Time Management

Once you learn how to de-stress and deal with change, then check on your time management. Are there better ways you could be managing your time?

- ♦ **Spend time planning and organizing.** You know the saying: if you fail to plan, you plan to fail.
- ♦ **Set goals.** Goals give your life, and the way you spend your time, direction.
- ♦ **Prioritize.** Use the 80-20 rule originally stated by the Italian economist Vilfredo Pareto who noted that 80 percent of the reward comes from 20 percent of the effort.
- ♦ **Use a to-do list.**
- ♦ **Consider your biological prime time.** Doing the right thing is effectiveness; doing things right is efficiency. Focus first on effectiveness (identifying what is the right thing to do), then concentrate on efficiency (doing it right).
- ♦ **Practice the art of intelligent neglect.** Eliminate trivial tasks or those tasks which don't have long-term consequences.
- ♦ **Conquer procrastination.** Instead of avoiding something, break it into smaller tasks and do just one of the smaller tasks or set a timer and work on the big task for 15 minutes. By doing a little at a time, eventually you'll reach a point where you'll want to finish.
- ♦ **Reward yourself.** Even for small successes, celebrate achievement of goals. Promise yourself a reward for completing each task, or finishing the total job.

In order to have a happy, healthy work life, you need to strive to find balance in all that you do. Stop losing your day to poor time management and workplace changes. Start gaining control and enjoyment in your daily activities.

Corporate Express— Around the Office-Focal Point



# Employee Spotlight

Gerlofke Weljman

So here I am. According to my passport I am now a legal alien. Only not an Englishman in New York, but rather a little Dutch girl in big America, all the way up in Maine. Considering my country is half the size of Maine with 17 million people living there, and 1 million people living in the whole state of Maine, I was quite overwhelmed by the wide space and all the trees. And not only by the space and trees. Everything is big here in America. The roads, the stores, the houses, the big amounts of food and drinks you get everywhere, and of course the trucks, with which I immediately fell in love. So I decided that should be my first priority: to get one of those trucks. And I did. Driving around with some sand in



the back for extra weight and my Dunkin' Donut coffee mug next to me, I was starting to feel quite American. Until the moment when people tried to pronounce my name. I guess trying to hide my identity is not possible in my case. Turner Family Support Center is my working place for this year. A lot of paperwork (Turner sure likes to cut trees), but working with so many different families and kids is a great challenge. And as I learn and grow and struggle with the language, I happily go skiing at Sunday River twice a week. Because we don't really get snow in The Netherlands I consider this a luxury and enjoy it to the full. Despite all the warnings about reserved, stubborn and unfriendly Mainers, I decided to dive into the Maine culture through the church to get to know people. And so far this has been a very pleasant experience. So overall, I am very satisfied and happy to be here. Or, as the kids taught me: wicked cool dude!

## SIMPLE LASAGNA

- 1 Lb. Ground Beef
- 2-1/2 cups shredded Mozzarella Cheese (divided)
- 1 (15oz) container of Ricotta Cheese
- 1/2 cup Grated Parmesan Cheese (divided)
- 1/4 cup chopped fresh parsley
- 1 egg, lightly beaten
- 1 jar (26 oz.) spaghetti sauce
- 1 1/2 cup water
- 12 Lasagna Noodles, uncooked (regular noodles)



Preheat oven to 350 F. Brown meat in large skillet on medium-high heat. Measure 1 1/2 cups mozzarella cheese, the ricotta cheese, 1/4 cup of the Parmesan, the parsley and egg, mix until well blended; set aside. Drain meat; return to skillet, Stir in spaghetti sauce. Pour water in to empty sauce jar; cover and shake well. Add ground beef, mix until well blended. (You should have about 5 cups sauce).

Spread 1 cup of the meat sauce onto bottom of 13x9 inch baking dish; top with lasagna noodles, 1/3 of the ricotta cheese mixture and 1 cup meat sauce. Repeat layers two more times. Top with remaining 3 noodles and the remaining sauce. Spread remaining 1 1/4 cups mozzarella cheese and remaining 1/4 cup Parmesan Cheese. Cover tightly with greased foil.

Bake 45 minutes. Remove foil; continue baking 15 minutes or until center is heated through. Let stand 15 minutes before serving.

Prep time: 20 minutes  
Total time: 1 hour, 20 minutes  
Makes: 12 Servings

*Submitted by Pat Morse  
Really good and easy!!*