

Great River Homes, Inc.
12th Street
July Newsletter

July was a wonderful month filled with summer fun, community activities, outings, and time spent with friends and housemates. Everyone had opportunities to enjoy their favorite activities, try new experiences, and make special memories. From celebrating the Fourth of July and attending Riverboat Days to movies, music, and time outdoors, there was plenty to keep everyone busy throughout the month.

Suzanne had a very active July! She spent time in the kitchen and helped make breakfast, lunch, and dinner, along with doing some baking. She enjoyed celebrating at a Fourth of July party and went to a movie in Red Wing with her boyfriend. She also saw *Moana* in Winona with a housemate and enjoyed going out to lunch. Other highlights included attending a Honkers game, working on a diamond painting for the fair, participating in Jesus Cares and Fresh Start, attending Badger Camp, going to church, bowling, and participating in the Riverboat Days parade. It was a busy month filled with many different experiences!

Jo also enjoyed a fun-filled July. She participated in Fresh Start, listened to Music Under the Bridge, and celebrated at the Fourth of July party. She enjoyed spending time with others by inviting friends over and attending a picnic in Lake City. She visited the Anderson Center to view the sculptures and went to see *Moana* with a housemate. She also enjoyed going out to lunch, bowling, visiting food trucks, and attending the Riverboat Days parade. These activities provided many opportunities to enjoy the summer weather and spend time with friends.

Mary enjoyed getting out of the house and taking part in some favorite summer activities. She attended Fresh Start, enjoyed the Riverboat Days parade, and listened to Music Under the Bridge. These outings gave her a chance to enjoy local events, music, and the excitement of summer in the community.

Vicki had a nice variety of activities throughout the month as well. She participated in Fresh Start, made a trip to the bank, and enjoyed a walk at Pine Creek. She also went to see the *Minions* movie and used her own personal money to purchase popcorn, making the movie outing an extra-special treat.

Overall, July was a busy and enjoyable month for everyone. Between community events, movies, meals, celebrations, outdoor activities, and time with friends and housemates, there were many opportunities to have fun and stay involved. We are thankful for all the wonderful summer memories made during July and look forward to more adventures, activities, and special moments in the month ahead!











This newsletter segment will hopefully help you learn more about Great River Homes, Inc. Here we will discuss agency processes, things that affect us, and ways you can help.

Albert Einstein, an incredibly brilliant physicist, commented that, “The laws of physics should be simple; if they were not, I would not be interested in them.” Though Einstein understood areas of physics that most of us can’t even begin to fathom, he also understood the power of profound simplicity.

Profound simplicity occurs when our thought process moves past immature and simplistic thinking; profound simplicity occurs when our thought process moves past overly complex thinking and topics which would distract us from focusing on critical areas. Profound simplicity occurs when a person sifts through information about the area in question and then thinks long and deep enough to distill what is invaluable important; distracting and less significant information is then discarded.

The concept of profound simplicity is a valuable tool in the process of supporting Suzanne, Jo, Mary, and Vicki in living their best lives. Profound simplicity is best achieved when a wide cross-section of team members assesses questions about what is most important for each individual in areas such as daily skills and leisure activities. Profound simplicity is best achieved when the entire team creatively explores simple but effective ways to support individuals in managing their stress and associated behavior. Profound simplicity is best achieved when team members and medical personnel are able to precisely identify health concerns as well as the vital area to focus on which will maintain or improve the health of individuals.

In part due to his prioritization of profound simplicity and his determined effort to achieve it, Albert Einstein was one of the most creative, influential, and impactful men of the twentieth century. Starting today, how can each of us prioritize and cultivate profound simplicity as we seek to more effectively support Suzanne, Jo, Mary, and Vicki?

Jerry McMillin
Development and Education Manager

