Great River Homes

14th Street

January Newsletter

Everybody enjoyed a fantastic Christmas and were all excited to see family and friends! For the people who stayed home, they had an amazing ham lunch and watched football all day!

Jesse visited with his mom and sister to exchange gifts- Jesse even ordered himself gifts this year so he could get exactly what he wanted! Jesse said his favorite thing was his new packer sheets!

Kevin went out to eat with his volunteer Valerie for Christmas and said he had the best spaghetti ever! For Christmas Kevin enjoyed the shirts and posters his brother sent him, but most of all he loves his new chair and bed! He shows every staff and new person that walks through the door!

Robert has been talking a lot about his Christmas and was super excited that he got lots of money and gift cards for going out to eat. Robert spent Christmas with his family in the cities and was excited to tell staff about being able to go back to the cities again and how much it has changed.

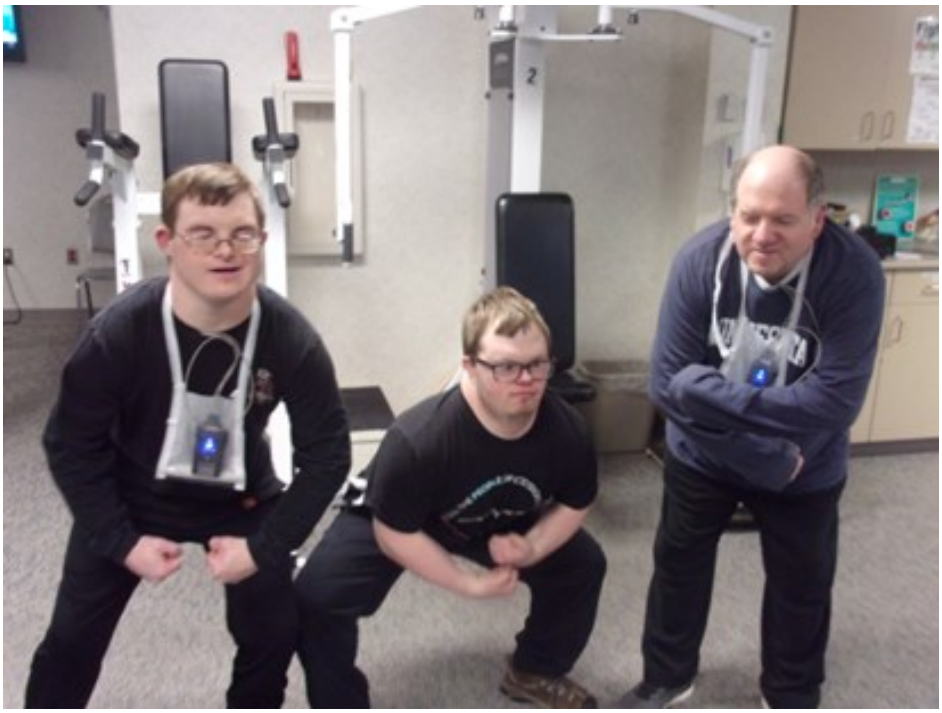
Ben got to enjoy a long weekend away with mom visiting family for Christmas. Ben got a lot of new clothes and socks and couldn't wait to show staff his new crazy socks.

Diego got to spend some time on Christmas with his great-aunt and his mom. Diego got a bunch of snacks and a new game that he loves to play with staff.

All the guys of 14th St have joined an exercise program at the Wellness Center at St. Elizabeth's called Fresh Start. This program consists of attending a group class on Mondays and Wednesdays from 3:30p-4:30p with other individuals from Great River Homes. So far, the class is up to 13 participants! The individuals are always excited to go and exercise with their friends! This program is individualized to what the person wants and what their exercise capability is. The first couple of weeks they have all gotten into a rhythm of using their preferred machines and will gradually try new machines as the program progresses.

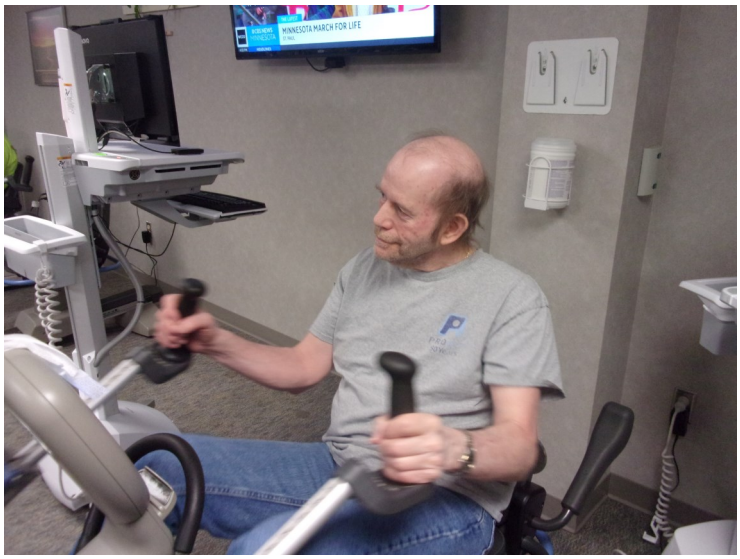
Ben has enjoyed walking the halls with their staff members, using the arm bike, and walking on the treadmill! Jesse enjoys walking on the treadmill, using pedal bikes to race his friends, and learning different free weight exercises! Kevin enjoys using the arm bike and nu-step machine! Diego enjoys walking on the treadmill and getting the Wellness Center staff to chase him around! Robert enjoys the pedal bikes and nu-step machines, especially if he has a Wellness Center staff close by to talk to!

Overall the guys at 14th St are having a great time at Fresh Start and learning new ways to exercise. This program has been a giant success and we are hopeful that what they are learning in this program they can use after it ends!



NuStep

SportsArt


MINNESOTA MARCH FOR LIFE

EXIT

ATRIX

NuStep

TO TEST
THE
JESUS
IN ME?

TAYLOR
LIETAR

TAYLOR
LIETAR

WABASHA
COUNTY
D'AC

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

To be effective and successful in whatever one does, a sustained and vigilant focus on the fundamentals is indispensable. One of the most famous quotes from the world of sports is attributed to Legendary Green Bay Packers coach, Vince Lombardi. After the Packers lost a key football game, Coach Lombardi started practice by sharing with the team of seasoned, professional football players: “Gentleman, this is a football.” An indispensable, vigilant focus on fundamentals helped the Packers achieve a championship season as they won the title game by the score of 37-0.

A sustained and vigilant focus on fundamentals is indispensable as the team at 14th seeks to support Jesse, Kevin, Robert, Ben, and Diego as they develop a wide spectrum of skills and seek to live their best life.

The vigilant focus on fundamentals starts very early in orientation as team members review the “Direct Support Professional Code of Ethics”. The Code of Ethics includes fundamental principles such as person-centered support, promoting physical and emotional well-being, integrity, confidentiality, justice, respect, relationships, self-determination, and advocacy. Upon completion of orientation, vigilant attention to fundamentals is sustained and serves as a foundation for the content of discussion at team meetings, during training sessions, and throughout daily life.

Even though some of us may be Vikings fans, through a sustained and vigilant focus on fundamentals, we seek to emulate the success of Coach Lombardi’s teams who went on to win five championships in seven years and never had a losing season.

Jerry McMillin

Development and Education Manger