# *Great River Homes, Inc.*
# *14th Street*
# *March Newsletter*

14th Street had a very exciting March with the Easter Holiday! All of the guys got out into the community with either friends, family, or a volunteer. They even hosted Easter Dinner for the ladies of 8th street making ham, cheesy hashbrowns, and homemade blueberry pie. It was YUMMY! The guys also had the privilege of making and delivering the dessert of the month. They decided on homemade chocolate chip cookies. Of course, they made a few extra to keep for themselves! Bowling at Riverboat Lanes, working out with the Fresh Start program at the hospital, and going out for dinner were some other fun activities the men planned and carried out!

Ben took volunteering seriously this month by volunteering for Meals on Wheels delivering meals and cleaning the Wabasha Food Share. Great Job Ben! Ben picked a day to drive over to Pepin for lunch, he reported that it was, "really good". Ben has been enjoying his daily games of Trouble with staff, and putting puzzles together. Ben takes initiative and pride in completing the weekly grocery shopping and Kwik Trip runs. Many people dread these tasks but staff and roommates are very thankful for Ben's help in this area. Ben also made time to spend time with his family, by going home every weekend in March. He thoroughly enjoyed the Easter season but is ready for golf season to start anytime.

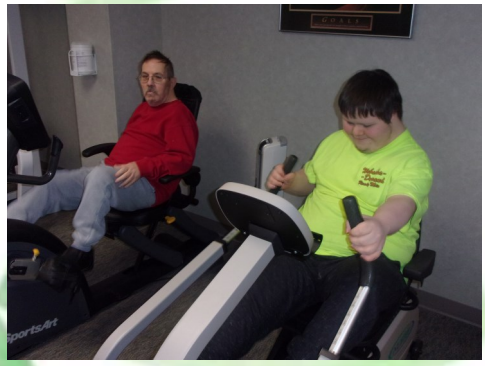
Nothing slows Jesse down. He has been busy with work, Easter Festivities, and going home to visit family. Because of Jesse amazing work ethic, he has accrued Paid Time Off (PTO). We were so thankful he chose to take some time for himself to relax over Easter! Jesse went home with family to enjoy the holiday, but came home in time to share Easter Dinner with his friends. He said the Blueberry Pie was his favorite. Jesse has kept his competitive spirit alive by bowling at Riverboat lanes with his friends on Tuesdays. He has enjoyed being the assistant facilitator for the Jesus Cares Group that he organized here in Wabasha.

Kevin wants all to feel loved and welcome in his home, he takes great pride in greeting people with a smile and hug when they come to visit. Kevin has enjoyed being a part of the Fresh Start program at Gundersen Health Systems in Wabasha. When not in the community, Kevin spends his time cranking his country music (the louder the better), watching game shows, and playing on his slot machine. He always wins! On one beautiful day, Kevin went out with his volunteer to Dairy Queen, and chose to spend the damp Easter Sunday cozy at home with his friends.

Diego really enjoyed his long holiday weekend off from school. Diego went with family, and a friend to Dairy Queen. There were so many good new releases at the movie theaters he caught two new movies this month. He is on his way to being the area's best movie critic. He saw Kung Fu Panda and Arthur the King and he rated them both two thumbs up. Diego is an expert when it comes to staying in touch with his friends and family using all types of social media apps, some favorites are face time and Snapchat. He is excited about the weather warming up so he can play basketball outside, he is always looking for someone to play one on one with him, so if you are ever looking for a game of HORSE swing on by.

Robert is also ready for the weather to warm up so he can sit outside and talk to the neighbors. Robert would love to be the neighborhood watch reporter. He would be able to tell you how many birds, squirrels, and other critters entered this yard each warm day! He enjoyed time with his family at his brother's house on Easter. Of course he brought home an Easter basket filled with treats, that would make any sweet tooth swell! He thoroughly enjoys directing tours around the community, especially to people who are new to this area, and always has a story to tell! Robert too is a movie buff and has watched many classics this month. His sense of humor never fails as has enjoyed joking around with all.

14th street is hoping that the days will warm back up soon so they can get outside and do the fun things that they enjoy. Going for walks, playing basketball, and riding bike. You can be sure to see them around town participating in all of the fun activities! A few things coming up that you might spot them at are the spring formal, the athletic complex grand opening in Wabasha, and the Twins game. We will see you there!



**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**.

While most humans have excellent hearing, many members of the animal kingdom have a far superior capacity for hearing. A dog can distinguish specific sounds originating from ½ mile away and thus be at the door to greet you as you pull into the driveway. In a relatively quiet room, a dog can hear your heartbeat. While having a superior hearing capacity is great, as we all know, there is a vital difference between merely hearing and actively listening.

It has been said: "Listening liberates energy." Team members continually strive to develop active listening skills knowing that doing so will liberate Ben, Jesse, Kevin, Diego and Robert's energy to share what is fun and important to each of them and help each person live their best life.

It has been said: "Listen with the intensity most people reserve for speaking." Another one of the goals of team members is to learn to listen with intensity. Team members need to decode body language, mannerisms, actions, and seemingly meaningless comments that communicate the needs and desires of Ben, Jesse, Kevin, Diego and Robert.

A guiding principle for team members is: "To know the heart of a person and imagine the world to be a better place for them." Team members seek to develop their listening skills and associated empathy to the point where they can, in a sense, hear the heartbeat of the individual they are interacting with.

**Jerry McMillin**

**Development and Education Manger**