Great River Homes, Inc.

8th Street

March Newsletter

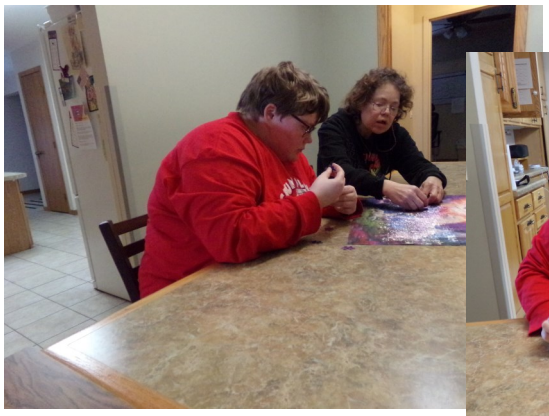
Another month has come and gone already, and it went by fast for the ladies at 8th street! All the ladies had a busy month going to the Fresh Start exercise program, spring cleaning, and Holiday shenanigans. The ladies can't wait for warmer days to start doing activities outside!

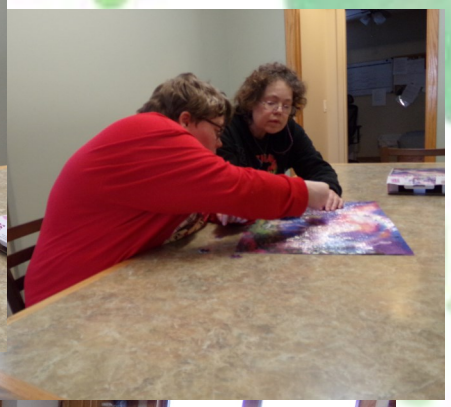
Kris has been continuing to be very active in the Fresh Start exercise program and puts her all into it every time. She has also gone on many outings this month to the mall, eating out, and the birthday parties of her peers. She has also been busy preparing to go to a wedding and visit family. She's looking forward to picking up her dress after the alterations are complete and can't wait to wear it. She is now almost ready to leave and couldn't be more excited!

Jenny has been her usual happy humorous self; she continues creating fun for the whole house. She has been busy this month with puzzles, game shows, cooking, and crafting. She goes to the Fresh Start exercise program and bowling with the house every week and has a smile while doing so! She also enjoyed celebrating Easter this month by decorating eggs with housemates. On the weekends Jenny stays busy at her family's house making their days brighter as well!

Jeanette is ready for the warm weather approaching, she can't wait to put her winter coat away! She has stayed busy this month by doing a lot of baking, she enjoys helping staff pour in the ingredients and mixing it all together. She has also been out to eat a couple times with staff and her housemates, enjoying getting out of the house and spending time with friends. Jeanette also participated in the Easter activities by dyeing eggs, eating a big dinner, and celebrating with her volunteer. Jeanette has also been enjoying seeing some animals this month. She went with a staff member to their house to pet their kitten and another staff brought in their bunny for Easter. Jeanette loved watching the bunny jump all around!

Emily has also been participating in fun this month! She has been going to her family's house for adventures and enjoys sharing about her weekend activities with staff when returning! Emily has been continuing to stay active with the Fresh Start exercise program and bowling with her peers. Emily loves to take advantage of the warm weather days to walk to these activities and soak in a bit of sunshine. Emily has a new puzzle table this month which she helped set up and is using it in her room. Emily is also excited about the new mattress that her and her mom picked out and put on her bed.





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 Kris, Jenny, Jeanette and Emily'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 Kris, Jenny, Jeanette and Emily.

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