Great River Homes, Inc.
River Drive
March Newsletter

River Drive was glowing green thanks to Christina and Amy decorating the house for St. Patrick's Day! Jerry even made our garage door festive for the occasion. Christina was also excited to buy a new spring flag for the front yard. Everyone is ready for Spring to be here and enjoy the sun, flowers, green grass, and birds singing. The house has continued to attend the Fresh Start program and it has been going well for all. Everyone's getting tons of exercise and great education on eating healthy. Christina and Trevor have been walking in their community for exercise also. Community Education classes have been going well, everyone learned how to make Chicken Pot Pie and Cherry Pies for Pi (3.14) Day. And they're all looking forward to the dance at the end of the month. The house was able to attend the play "Shrek the Musical" and it was divine! They all told the staff all about the actors and how much they enjoyed the music.

The weather was so nice this month we went to the park in Winona. Mike went down a super tall slide and scared us all including himself! We were all pleasantly surprised by his expert landing. Of course, while we were in Winona we had to celebrate the 100th anniversary of Bloedow's Bakery with yummy donut treats. Trevor invited everyone to St. Joachim's in Plainview for Mass and a pancake breakfast. Trevor was volunteering for Knights of Columbus serving his congregation. He did a wonderful job! After church, we all had a fun karaoke party with our friends at 701 Circle Drive! We sang and danced and had a great time. Trevor also had fun this month helping his dad celebrate his birthday. Christina was able to go on spring break vacation on a cruise with her sisters! She soaked up the sun and water and enjoyed everything vacation offers! Mike went to the VFW with his brother and sister-in-law in Cochrane, WI for Chicken and German potato salad and then Bingo in Cottage Grove, MN. Amy had a wonderful night out on a date with her boyfriend Ben. She also had a great time going to the capital along with Mike and Trevor to help advocate for disability rights. Mike and Trevor finished up the month by going to a movie in Winona.

Mike's Birthday Celebration!

BLOEDOW'S
little BAKE SHOP on BROADWAY
FAMOUS FOR...
PASTRIES
DONUTS
RYE BREADS
HOME MADE LOAF
SINCE 1924
PICK U
Pre-Order
Pick Up
Only

SHREK
THE MUSICAL
KEEP OUT
NO FREAKS ALLOWED
UNLABELED THEATRE CO
www.unlabeledtheatre.org

Christina's Vacation!

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 Christina, Amy, Trevor and Mike'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 Christina, Amy, Trevor and Mike.

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