

# LINCOLN SELF RELIANCE REVIEW

January 2009

## From the Director, Darrel Skinner

The new calendar year brings many exciting things for LSR. In October I reported that LSR had started construction on an enclosed wheelchair ramp at our 1038 South Washington building. The construction is progressing well and we are hoping for completion of the project within the first two weeks of January 2009. A nice bonus with the project is a fully enclosed storage room that will allow LSR to reduce rental payments for storage facilities at our Afton location. Our construction project at the Diamondville office is getting underway. There were some delays in starting the project due to questions on building

permits but everything has been worked through. The office remodel will greatly improve the working conditions for the case management and office manager staff. LSR has continued to look at available properties in the Kemmerer/Diamondville area to open our first 24-hr. residential home in South Lincoln County. Proposals will be presented to the board of directors in at our January meeting on possible homes that would be suitable for a residential home. LSR will need to hire approximately 4 to 5 new staff for the home when fully occupied. I am also excited to share that our



We have construction!

Diamondville Program Manager has decided to stay on for a couple more years. With the struggling economy and a deep passion for the work that she performs, Susan Park has decided to postpone her retirement from LSR. If you have any questions or concerns, please contact me at 307-885-1577 ext. 12, email [darrels@lrservices.org](mailto:darrels@lrservices.org), or stop by the office at 1038 South Washington, Afton, WY.

### Inside this issue:

A Sweet Lesson in Humility	2
Diamondville News	2
ISC Happenings	3
Afton CSI and Day Hab	3
Residential News	4
Clients of the Quarter	4
Company Information	5

### Lesson Plan Data

Persons served had the idea, wrote and presented **76**  
 Staff had the idea, wrote and presented **72**  
 Staff and persons served as team had the idea, wrote and presented: **68**  
**Total: 216**

**A Sweet Lesson in Humanity** Adapted from *A Life Time of Success*  
By Pat Williams and Fleming H. Revel

Years ago, a 10-year old boy with a disability, approached the counter of a soda shop and climbed up on a stool. "What does an ice cream sundae cost?" he asked the waitress. "Fifty cents," she answered. The boy reached deep in his pockets and pulled out an assortment of change, counting it carefully as the waitress grew impatient. She had "bigger" customers to wait on. "How much would just a plain ice cream be?" the boy asked.

The waitress responded with noticeable irritation in her voice, "Thirty-five cents." Again the boy slowly counted his money. Can I have some plain ice cream in dish then, please?" He gave the waitress the correct amount and she brought him the ice cream. Later, the waitress returned to clear the boy's dish and when she picked it up, she felt a lump in her throat. There on the counter the boy had left two nickels and five pennies. She realized he had had

enough money for the sundae but sacrificed it so he could leave her a tip.

**Moral:** Before passing judgment, first treat others with courtesy, dignity and respect.



**Ice cream, fifty-cents. Treating others with dignity and respect priceless.**

### Diamondville Program Manager, Susan Park

In October, the persons served went to Hogle Zoo in Salt Lake and went to the landfill to learn about recycling. We had our Annual Awards Banquet. The clients picked "sports" as the theme. In keeping with this theme, we served Sloppy Joes, a staple at tail gate parties. The director said he would have preferred the other staple, ribs. It was an enjoyable evening. Some staff from LSR attended MEGA conference in Casper. There is always a lot going on and things to learn. One of things we learned, and Shirley Deason, LDSP from Diamondville, followed through on is volunteering at community business sites so the businesses and people in the community can see the

client's capabilities. This may result in job placements for the persons served. They volunteer at Pizza Hut on Mondays and Arctic Circle Tuesdays through Fridays. We had another Osborne book sale as a fund raiser. The Public Health Nurse came and gave flu shots to all who wanted them. In November we hired two new staff, Lee Morris and Judy Nelson. We were fortunate to find these two. They have proved to be excellent staff. The clients went to the Rec Center. Lee is certified to do rock climbing and will be assisting four clients in this venture. We had our Thanksgiving dinner for the persons served, their families and providers.

The clients made special placemats, cup holders and turkeys to use as decorations.

The clients gave the decorations to whom they wanted.

In December, I was able to do one of my most favorite things: I got to play guitar while the clients sang Christmas carols. We caroled all over Kemmerer. We hit the Nursing Home, the Senior Center, Kemmerer Gazette, ACE, First Bank and all the businesses in the building where we hold Day Hab. The persons served had a pizza Christmas party to round out the holiday at Day Hab.

**ISC Assistant, Linda Osborne**

Ahhh a New Year and the excitement of new challenges! (Writing for this newsletter being one of them). For those of you who don't know me my name is Linda Osborne. I work in the Case Management department as an ISC assistant for the Afton and Kemmerer offices.

I was given the responsibility of being one of the Provider Administrators of our Therap Service program (another challenge) which we have been implementing, a little at a time, this past year. In October, Darrell, Valerie and I went to a

conference in Kansas City and came back with a lot of information on how to get the most out of the different areas of this program and how it will help us to better serve our clients. The really cool part is Parents/Guardians will also be able to go on Therap and see their individual(s) on the Therap program. They will be able to read T-logs that will have daily information on their individual instead of sending back and forth the communication book. This program is HIPPA compliant and will drastically cut down on

paperwork. I am looking forward to the time when I can help those of you who wish to access the Therap Program set up an account.

In the mean time I am still trying to connect faces to the names on the paperwork that comes in, so if you're ever in the building please stop in and say hello. If anyone has questions about Therap I would be glad to try and answer them.

**Afton Day Hab Supervisor, Misty Wilkes**

In October, clients were able to enjoy a Halloween party and fire suppression training. Their party included games, such as fishing pond, face painting and even a fortune teller. I think the highlight of the party was everyone's costumes.

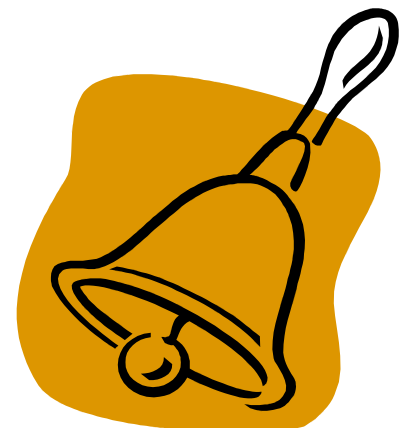
In November, both CSI and Day Hab were very busy with lesson plans. Some of the highlights for CSI include a day trip to Idaho Falls and a manicure and pedicure day. Day Hab completed many lesson plans including trips to see the turkeys and one to go see the elk. Both departments were able to go to the new Civic Center and to the Call Air Museum, which the clients really enjoyed. For Thanksgiving, the clients made a wonderful dinner which they were able to enjoy together.

In December client were busy with a lot of Christmas crafts and activities. A Christmas Party was planned for the 24<sup>th</sup>. Another highlight for December was a wonderful presentation about dental hygiene by Lori Taylor. We really appreciate the individuals who volunteer their time and talents with us. We are still having our weekly music class taught by Pam Mcken and an art class taught by Samantha Horthon.

We have recently started a new Sign Language class taught by Amber Eggleston. Some of the other trainings that are taking place each week are a Nutrition class taught by JoAnnah Rich and a Social Skills class taught by Cindy Keyfauber. The clients really look forward to these classes through out the week. Our staff

has really done a wonderful job making sure that these classes are happening . We appreciate the time that they have put into this.

Jerrilynn Taylor is the newest member of our team. She is doing a fantastic job, and the clients really enjoy her bubbly personality. She has been very busy planning activities for our weekly group activity.



## Residential Vocational Nursing Program Manger, Annette Eggleston

### Residential

In our Residential program things are going well. We have started a new nutritional menu program that seems to be working very well for all the persons served in helping them to eat better. I have been working with the dietitian in setting this up and the clients and staff seem to like it. We have been able to cut back on some medications for some clients just by making this change.

The residential clients enjoyed a trip to Idaho Falls to do some shopping. The clients enjoyed trying on new cloths and picking out things that they wanted to purchase. Everyone had a fun day.

We held a family Thanksgiving dinner. Each of the persons living at Oakwood invited two guests to dinner. They spent a lot of time planning and preparing the dinner. We had a great turnout. The families and persons served had a good time

### Vocational

In the vocational department, we have added supported employment for a few clients plans of care. This just means that our staff will work with the person served in their job everyday as needed and run a goal that is associated with their jobs.

We continue to work on building up our shredding business to assist a few clients

in having jobs that may not be able to work out in the community.

### Nursing

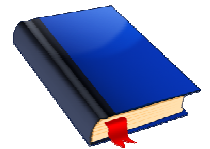
Our nursing department has been busy. The nursing department has done medication training with staff. They have been spending quite a bit of time working with the clients on medication identification and what their medication are for. We have been working on our nursing policies and have completed the nursing job descriptions. Staff in all of these departments have completed a number of trainings. We have had, MANDT, CPR, first aid, harassment, coping, incident reporting, abuse/neglect and learning the new Therap system as well.

## Client of the Quarter, Afton, Cheryl Sutor

Cheryl started at LSR several months ago and has fast become an exciting student. She gets very excited about learning new things. Cheryl is now learning computer skills. She started a new job a couple of months ago and is doing GREAT!  
Cheryl catches onto things

quickly. She loves to read and you will find her anytime with a good book in her hands. Cheryl likes to help out where she can be it with clients or staff. She is a great help to us all.  
Cheryl always has a smile on her face and is so cheerful and pleasant to be around. She

makes everyone happy and keeps the clients and staff in a great mood. It is wonderful to have Cheryl here at LSR.



## Client of the Quarter, Diamondville Scott Harris

Scott transitioned to our program from Kemmerer High School. From day one he fit right in. Scott loves to swim, use his sensory items, watch videos, go for rides, use his swing and walk, walk, walk and walk. He is a great weight control tool

for the staff. Because Scott has done so well in the program, he received the "Most Improved Adult Client" award at the Awards Banquet. He also received a "Perfect Attendance" award. Scott lives with Betty Chadwick

and another person served.



**Scott gets his award**

**Diamondville**

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*Lincoln Self Reliance, Inc. is a private, not-for profit community based provider for individuals with disabilities. We provide Adult, Child, and Acquired Brain Injury Waiver services as well as Vocational Training*

**MISSION STATEMENT**  
It is our mission to provide training and support to individuals with disabilities so they may achieve maximum potential for self reliance and active participation in the community.

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- MSDS Training
- GER Training
- CPR/First Aid Training
- Pizza Hut Fund Raiser in Diamondville
- Middle School Dance, Diamondville

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**Board Members**

<b>President</b>	<b>Margie Points</b>
<b>Vice President</b>	<b>Seth Jenkins</b>
<b>Secretary/Treasurer</b>	<b>Jill Larson</b>
<b>Chad Jensen</b>	
<b>Monica Glynn</b>	

**Next Board Meeting**  
**April 2009**  
**Diamondville Office**

Lincoln Self Reliance, Inc.

P.O. Box 1449

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