

NEWS FROM 22 PARKRIDGE

A LITTLE BIT OF THIS AND THAT ABOUT WHAT'S BEEN HAPPENING HERE

FALL 2023

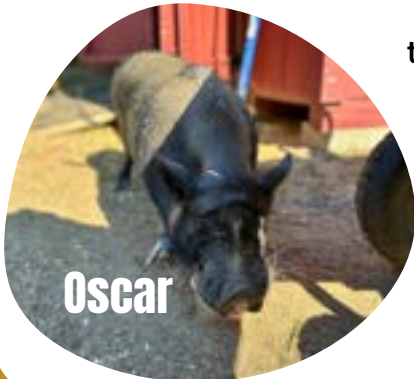
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WWW.WAYSTONEHHS.ORG



We recently teamed with Lifting Spirits Therapy, a non-profit miniature horse farm in Andover that provides therapeutic animal therapy. This collaboration has led to two onsite visits at Parkridge and three visits to their beautiful farm in Andover.

During the Parkridge visits, people were able to meet two of their most famous miniature horses, Peaches and Idaho (previously featured on Boston Fox 25 News!) The excitement began as soon as the trailer pulled up- everyone was delighted to see Idaho as he visited each program room, giving us all a turn to greet and pet him. The smile everyone had on their face was a clear indication of how happy and appreciative we all were. Even people that were initially intimidated at his presence seemed to warm up once they experienced how gentle and quiet he was. During the farm visits we were greeted by a pig named Oscar who gave us the grand tour! We learned about how to care for the animals, the importance of grooming, and how to maintain a barn. We are hoping for many more opportunities to see the horses again in the spring.



We would like to extend our heartfelt thanks to Toni Hadad, President/Founder of Lifting Spirits, for making this enriching experience happen.

Visit her website here:

<https://www.minitherapyhorses.net/>



SPOTLIGHT ON OUR NEW COMMUNITY CONNECTION WITH LIFTING SPIRITS THERAPY



The most important level of our Waystone Core Values is

Respect

We value the people we serve, our employees, and members of the community by acting with fairness, respect, and dignity within the organization and in all aspects of service provision.



"Alone, we can do so little; together, we can do so much" – Helen Keller

NEWS FROM DAYHAB



On August 21st, several members of the Orange room visited Zoo Creatures exotic pet shop in Plaistow. Everyone had an opportunity to hold (or lightly touch, or just quickly glance at) several exotic snakes, chameleons, and giant toads. It was decided that the nearly foot long centipede tickled like Velcro moving up their arms. The Zoo Creatures staff are all well-educated and shared many interesting facts with the group about natural habitats, eating habits, growth, etc. After the half hour presentation, everyone moved over to the goats and had a chance to feed them. Instructions were given on how to hold the paper cups but not how to stop the goats from eating the cups along with the food! The last stop was a visit to a very large alligator who had no interest in our group at all. He was comfortable in the shade, which gave everyone an opportunity to play I spy to find him- which they all did!



Ligia has been with Waystone as a Developmental Specialist for two years, primarily working in the Magenta Room. Although some days can be tough, Ligia consistently displays a great amount of care and patience for those she supports and is always ready to jump in to help with anything! From her dedication in the classrooms implementing curriculum to her involvement in her work and personal communities, Ligia continues to model our core values each day. Her positive attitude has made a strong impact on everyone around her. When Ligia isn't busy being a rock star at Parkridge, you can usually find her working alongside her husband at their church in Haverhill- United Pentecostal Church. We are truly lucky to have her on our team!

Cheers to Ligia!



**There's SO much going on here at Parkridge,
we needed an extra page to share these awesome photos!**



We have collaborated with yet another new partner in the community this fall!



Individuals from both CDBS and Day Hab have been attending a program called Expressive Arts at The Studio in Newburyport, focusing on a different project each week. The instructor, Michele, works wonderfully with us to provide a comfortable space to sip coffee, socialize, and enjoy each other's company.



We spend time learning about different art styles and techniques, and then have a chance to practice what we learn. We are taught to remember- There are no mistakes in art!



NEWS FROM CBDS



Congratulations Jose! Jose has accepted a position at Home Goods where he will be providing excellent customer service three days a week. This position came after several interviews and applications elsewhere, but Jose never lost his positive attitude and drive! We'd also like to extend a special thanks to Tyler Dube-Perez, one of our new career representatives, for helping Jose find and obtain this position! **Keep up the good work, Jose!**



EMPLOYMENT SPOTLIGHT

LATEST NEWS

Program Development

Waystone is excited to be piloting a new drop-in center. Modeled after "Clubhouses" funded by the Department of Mental Health, our drop-in center is designed to provide support to those who may not fit the typical day program model and need a program with more flexibility. The center will provide several skills-based groups that members are invited to join or run, as well as many recreational and social activities outside of groups. The model relies heavily on involvement in day-to-day programming with members creating the weekly and monthly schedules. As we expand, members will continue to shape the program into what each individual needs. Temporarily we are hosting this program at our administrative building but will be moving it to a permanent space where members will have input on how it is designed and used. An official name for the program will be revealed soon as it is still up for vote with our membership.

If you or someone you know is interested in this program, please reach out to your DDS service coordinator!

New Look- here's a short preview our new Life Skills room! While there is still some work to be done, this room will serve as an additional daily choice for the people we support. Within the room will be a multitude of skill-based activities for people to take advantage of, such as typing workshops, faux grocery check-out line, budgeting materials, task boxes, and resume writing assistance. Additionally this room will house our virtual reality equipment that teaches communication skills, job task practices, and sensory opportunities. The Life Skills room also has a career representative available for any additional job searching, resume development, and interview practice. We're very excited to get this room up and running!



We are so very lucky to have someone like Diskarlyn on our team! Beginning as a Developmental Specialist in dayhab, she switched to CBDS where she is a natural fit as an Employment Specialist. In the community Diskarlyn is dedicated to ensuring that everyone she supports is safe and satisfied with their experiences. She exemplifies all of Waystone's core values, the biggest one being Growth. She is aware of client goals and strives to help achieve them. She suggests creative solutions for increasing independence at work and while navigating the community. Diskarlyn is also committed to her own growth. She currently attends night classes for a degree in Human Services, shadows other employees to learn about different professional roles, and runs her own moving company with her husband. Her ability to take initiative during challenging situations shows that she is always working as part of the team. We appreciate Diskaryln for all of her hard work and dedication- she is an extremely valued member here at Parkridge!



Cheers to Diskarlyn!

WELCOME COMMUNITY LIVING SERVICES

**Our building
is growing!**

Some changes have happened at 22 Parkridge over the last year, the most exciting change is that our entire Community Living department now resides in the building on the second floor. Having these departments together in the building provides more thorough in-person services for individuals as well as increases opportunity for interdisciplinary teamwork.



Waystone is using the One Love Foundation's online education tools to enhance staff's understanding of the impact of domestic violence.



In celebration of Women's Equality Day we had the privilege to attend LeadHumano's Women's Equality Empowerment Breakfast at Salvatore's restaurant in Lawrence, led by Luz Frazier. As part of our DEIB initiatives within Waystone, we feel it is necessary to continue to work closely with our community to improve the quality of the services we provide, especially around the issues of equity and inclusion.



Waystone Community Living services include Group Homes, Adult Family Care, Shared Living, Individualized Support Services, and Individualized Home Supports.

Here are some folks representing those fantastic programs at a recent Resources, Health & Disability Expo held at the Campagnone Park in Lawrence. Fun was had by all!

THIS FALL AT PARKRIDGE

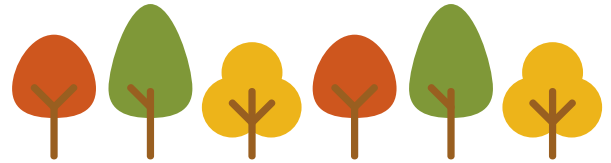
HELPING EVERY STEP OF THE WAY

Painting With A Purpose 10.20.2023

Parkridge Halloween Party 10.31.2023

Thanksgiving 11.23/24.2023

Polar Express Chunky's Cinema 12.11.2023



DEMENTIA GRANT COLLABORATION

Waystone, Bridgewell, The Shriver Center, and Agespan come together to create a learning tool.

We are very excited to share that we have finalized our three year grant project in collaboration with AgeSpan, The Shriver Center, and Bridgewell. This project provided us the opportunity to assist in creating a variety of training modules for caregivers, providers, and staff to better understand how to help someone with Dementia and all of the things that come along as a result of the diagnosis. We focused on identifying and understanding dementia, recognizing and adapting to related behaviors, improving communication techniques, and adapting services and personal care.

It was a lot of work but well worth it!

Because of everyone's help 1,314 people were trained, of which 1,257 were strictly staff and 57 were solely Waystone families. We accomplished this during the Covid pandemic and exceeded our goal of training 800 people in total- well done!

The Shriver Center will now work to upload completed modules onto their website, the Providers Council website, and the DDS website to allow access to all. We will follow up soon with a link to the final version which can be utilized by staff, caregivers or simply to use as curriculum to train on. We will also upload the final training modules onto our Relias database for everyone to have access to.



Stay tuned for more information!



The more we share, the more we have.

-Leonard Nimoy

If you have a special talent or interest that you would like to share with us, please do!

Come in and share your hobby, collection, travel videos- we are always looking for new ways to enrich ourselves here at Parkridge.



This and That

Massachusetts' new Behavioral Health Help Line (BHHL) offers direct connection to mental health and substance use care for anyone in the Commonwealth - no insurance needed. Available 24/7, in more than 200 languages, the BHHL is a phone, text, and online chat line whose clinically trained staff will work with you to determine the care that best fits your needs and directly connect you to outpatient treatment, urgent care, and crisis care.

If you're interested in mental health help or substance use help, but not sure where to start, call or text the Mass BHHL at 833-773-2445 or chat online at masshelpline.com.

PAINTING WITH A PURPOSE AT 22 PARKRIDGE

FRIDAY OCTOBER 20TH 5:00PM



IN HONOR OF
NATIONAL FIRST RESPONDERS DAY

As a salute to our local **Haverhill First Responders**,
let's come together for a night of fun and recognition
(and do some painting and eat some pizza!)

Thank You!



**FIRST
RESPONDERS**

Tickets are \$25 cash at the door and include pizza, light refreshments, instruction by well-known local artist and motivational speaker Jefe Santos, and all supplies necessary to paint your own take-home canvas creation!

Tickets are limited to the first 20 lucky people who sign up here
<https://www.signupgenius.com/go/10C0945ABA922A4FDC07-painting>
or by calling Wanda 978/374-9122 ext. 211.