NEWS FROM 22 PARKRIDGE

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

SUMMER 2024

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WWW.WAYSTONEHHS.ORG

WAYSTONE
Health & Human Services

Every Tuesday, Parkridge volunteers deliver meals for Meals on Wheels, which is based at the senior center in Haverhill. Staff support our participants as they distribute fresh cooked meals to people in our local community. Some of the various places they deliver to include nursing homes, the YMCA and to people's homes. The participants really enjoy helping people benefit from such an amazing program. They are rewarded by seeing the big smile on people's faces when they hand off the food. Most times, it seems, folks enjoy our conversations just as much as receiving the food! It is a privilege for us that we are are able to contribute to something that is helping out our community in this way.





SPOTLIGHT ON OUR NEW COMMUNITY CONNECTION WITH MEALS ON WHEELS



At Waystone we value

Integrity

We operate with strong principles, lead by example, ensure sound decision-making, and strive for high levels of accountability.



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

NEWS FROM DAYHAB





Spring started with a bang this year as we were delighted by a visit from our friends at Curious Creatures out of Groveland. Their experienced and professional presenters promote and teach respect and appreciation for exotic and unusual animals. We all gathered in the Green Room in a massive semi-circle so everyone would have a good view for what was to come. One by one, they brought in totes and cages that housed a fine assortment of unique creatures. While holding up an animal the presenter gave interesting facts and stories about each one, entertaining the curious crowd. First was a tortoise who walked around the entire room during the hour long presentation. Not shy at all, he weaved throughout the chairs and smiling people. Every time the presenter reached into one the cages you could see the anticipation build on our faces, waiting to see what the next one would be. There were tortoises, turtles, tree frogs, a baby alligator and snakes, to name just a few. Animals were carefully brought around the room, allowing those of us that were brave enough to touch them- surprisingly most everyone took a chance! Thank you, Curious Creatures, for providing this amazing interactive learning experience just for us!



Cheers to Mary Beth!



Mary Beth joined Waystone as a case manager in May, 2019 to find a job closer to home- needless to say, we are extremely lucky that she decided to join us! Due to her consistent professionalism and abundant experience, she is a natural fit for the program and especially the Day Hab team. Mary Beth immediately began to implement new and creative systems that we now use every day.

Her talents and strengths shined brightest during the pandemic years as she was instrumental in navigating the drastic changes, leading the charge to support our individuals as much as possible. Week after week she produced her ever-famous Simple Snack Group, making sure that all ingredients were delivered to each participant's home prior to the online meetup, and then conducting an interactive lesson where folks could follow along and visit through the video chat. She also made herself available to help at residences during this challenging time.

Marybeth was recently promoted to the position of Day Hab Coordinator for the Orange Room, allowing her the opportunity to have even more of an impact on the program by guiding and teaching staff with her intuitive leadership skills, as well as demonstrating a strong advocacy to increase community opportunities for the people she supports.

Mary Beth plans to retire in August and has made it a priority to guide her successor into becoming the best that they can be. It will be a tough "goodbye" when Mary Beth takes her final bow at Waystone. We wish her well as she enters the next phase of her life.

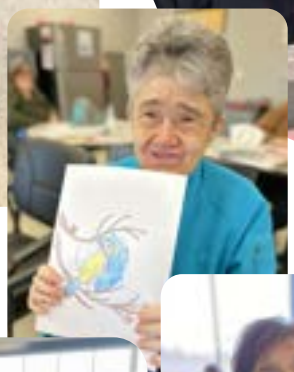
You will always have a special place in our hearts...

Pictures! Pictures! Pictures!

















Always something fun going on at Parkridge!











NEWS FROM CBDS

EMPLOYMENT SPOTLIGHT ON ERIC!



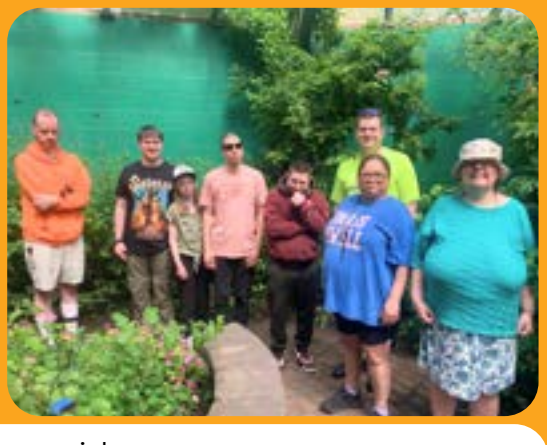
Eric has been working independently at BJ's Wholesale for ten years strong! His supervisors rave about his dependability, flexibility, and friendliness. Eric does many things at BJ's but you will most often find him maintaining the cleanliness of the store from the back room to the front end, as well as collecting carts and bringing product to the floor for stocking. Eric uses a variety of equipment in his work, most notably he's a pro at using the pallet jack! Eric loves his job and his pride is evident to anyone watching him work.
When not working, Eric likes to spend time with his peers back at program, going out into the community and is always up for pretty much any adventure! One thing that really shines through about Eric is his love of music and his amazing dance moves!

Warm, sunny weather has finally arrived in New England and we can't be happier! Nicer weather means more walks, more exploration of our local area, more opportunities to see nature in action, and more reasons to smile- like ice cream trips! We visit a variety of places to get out and about including the Boston Botanical Garden, Seacoast Science Center, Maudslay State Park Trails, Franklin Park Zoo, Plum Island, various Mass Audubon sites for bird watching, pick your own fruits, walks on the beach, golf range trips, basketball games, gardening- you get the picture, right? Have a favorite place to go to when the weather is nice- tell us about it so that we can explore it too!









Celebrating a fixture of our company! Marianne has been with Waystone for 11 years- her passion for the people we support has done nothing but grow and shine through all that she does. She manages the CBDS program room, providing people with a supportive and social environment every day. While we love being in the community, there are many skills that are best learned within smaller groups and focused environments- this is where Marianne excels! Every day she enthusiastically leads groups in exercise, social skill building, independent living skills, and opportunities for self-expression in all forms. A visitor looking into the Green Room will see Marianne 110% invested with energy- whether she's up dancing, working out, researching interesting facts, or communicating with families- she does it all with gusto! Marianne is a fierce advocate for the people she supports, and ensures that everyone who enters her room has an opportunity to laugh, share, and learn.
It's hard to put into words the value Marianne brings to not just the people we support, but to Waystone as a whole.
Thank you for everything you do, Marianne!



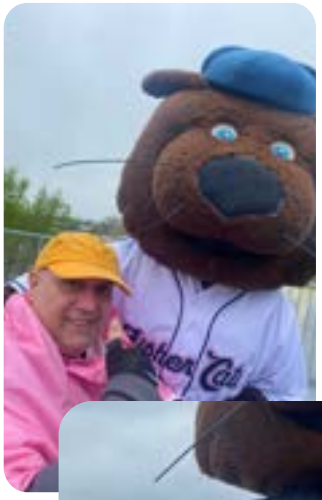
Cheers to Marianne!

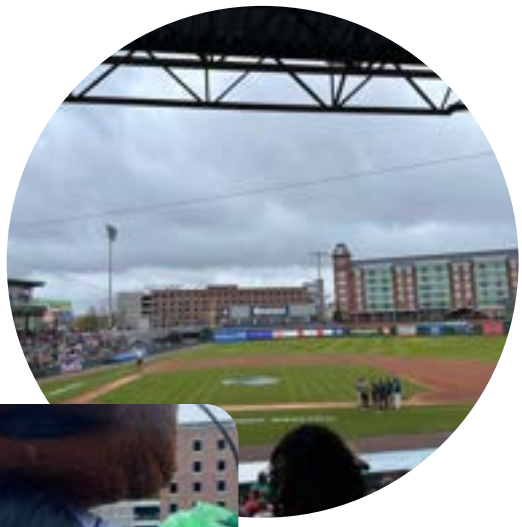
Take me out to the ballgame!

Our annual Fisher Cats game this year was quite the adventure! It was a very cool, very rainy day but that didn't slow us down- we prepared ourselves with ponchos and extra clothes and we kept on keepin' on! Although the game got rained out we made the best of it and created some awesome memories together. It was a day full of laughter and joy as we sat in the rain, cracking jokes and eating hot dogs. We did get to see the first pitch!

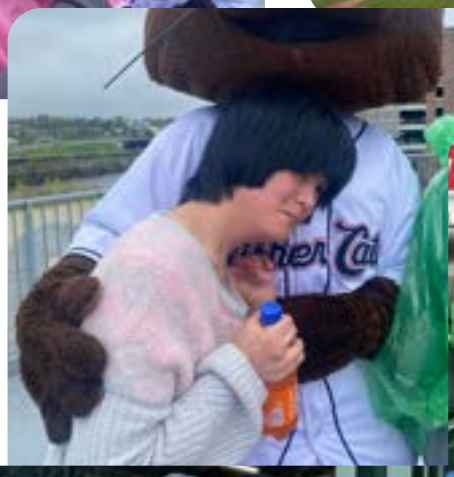
A smaller group went to a different game, this time without wearing ponchos. This group enjoyed watching the game, eating hot dogs and cheering on the Fisher Cats on a very warm, very sunny day.





















THIS SEASON AT PARKRIDGE

HELPING EVERY STEP OF THE WAY

- Taekwondo Testing
- PYO fruit and baking
- Parkridge Annual Cookout
- Topsfield Fair and outdoor adventures
- Palace Theatre

Use this QR code to receive an email of this newsletter.

SAFETY CARE

Have you ever wondered what strategies the staff uses here to effectively assist the people that we support? One practice that the Waystone agency utilizes is a competency-based crisis program called Safety Care, based on Applied Behavioral Analysis (ABA) and Positive Behavior Interventions & Supports (PBIS.)
All Waystone Staff receive regular Safety Care training where they learn to facilitate an atmosphere of respectful interventions during challenging situations, designed to respectfully preserve everyone's dignity. An important component of this strategy is to also model and teach practical communication and coping skills. Safety Care puts a strong emphasis on verbal de-escalation and preventative interactions to stop a challenging behavior before it happens and to reduce the severity of behaviors in any situation. Safety Care encourages a reinforcement-based approach to developing new skills, maintaining safety, and reducing restrictive interventions such as restraint. Safety Care embraces a holistic approach that aligns with our Waystone values as we all strive to support the people that we serve to have consistent success in their day to day lives. If you would like to know more about what this model is all about, we have several Safety Care trainers at our day program- feel free to reach out!



The more we share, the more we have.
-Leonard Nimoy

If you have a talent or interest that you would like to share with us, please do! Come in and show us your hobby, collection, travel videos- we are always looking for new ways to enrich ourselves here at Parkridge.



This and That

Developments are happening daily at our drop-in center, officially named "Keystone." Design is complete and construction will soon begin, giving the space a modern, inviting look that will host a variety of trainings and events. There are areas dedicated to art therapy and expression, a sensory area for decompression, lounge areas for social interaction and relaxation, and a fully functioning kitchen, reception area and daily snack stand to promote skill building in real-life time. Through Keystone, members will have access to tools that boost independent living and employment skills while interacting with their own supportive peers who are collectively dedicated to helping each other reach their goals. It is a thrill to see this space come together to fulfill a need within our community. Currently, programming remains in our temporary space M-F from 9-3. If you or someone you know might be a good fit for this program, please reach out to your service coordinator for a referral!