

# THE REZ GAZETTE

SPIN Residential Services Quarterly Newsletter

## Together Again, by Brian Edwards

After many years living as a family through SPIN's Lifesharing program, LaMark and Shawn had to move to other living arrangements in October 2023. LaMark moved into a SPIN Community Living Arrangement (CLA) and although he appreciated the support within the CLA, he deeply missed Shawn and their wonderful friendship. Shawn and LaMark communicated daily and LaMark would consistently express his desire to move back in with Shawn.

In December 2023, Shawn moved into a new two bedroom apartment and LaMark went to visit Shawn's new apartment, he loved it! LaMark was ready to move in that day, so his team worked quickly to make this reunion happen. We are happy to report that on February 2, 2024, LaMark and Shawn were reunited and are ecstatic to be back together again! Their connection is truly inspirational and deeply meaningful to both of them. Here's to many more years together LaMark and Shawn!

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## UPCOMING BIRTHDAYS!



### February

February 3rd – Fred Q  
February 6th – Bruce S, Priscilla C  
February 9th – Crystal R  
February 10th – Valerie W  
February 11th – Colleen D  
February 12th – Talib M, Sarah S  
February 13th – Raymond J, Arlon C  
February 14th – Lynne M  
February 21st – Alice R, Hannah M  
February 22nd – Dorothy L  
February 24th – Pamela F  
February 27th- Joan M

### March

March 2nd – Shronn Redmond  
March 3rd – Minerva P, Maya R  
March 5th – Rebecca F  
March 7th – Jinnell M  
March 8th – Azzher A  
March 11th – John H  
March 13th – Ken W  
March 16th – Donald R  
March 18th – Demetrius B  
March 19th – Michael B  
March 26th – Carol K  
March 27th – Brian B  
March 29th – Ryan M  
March 31st – Ken G

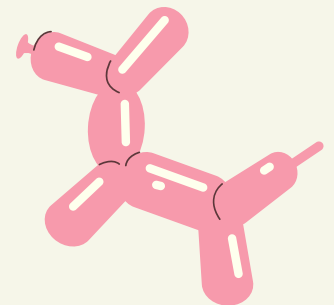
### April

April 1st – William K  
April 2nd – Dominick P  
April 4th – Jason W  
April 6th – Michael S  
April 9th – Richard H  
April 10th – Richard F  
April 12th – Mario G  
April 13th – Donna W  
April 15th – Eric C  
April 16th – LaMark H, Kristen F, Joe M  
April 17th – David S  
April 18th – Marc B  
April 19th – Janet G  
April 20th – Chris M  
April 23rd – Francis R, Stephen T  
April 25th – Anthony D  
April 26th – Darryl H  
April 27th – Wesley B  
April 28th – Larry B

### May

May 1st – Randee S  
May 2nd – Paul R  
May 5th – Carol A  
May 9th – Kevin B, Monica M  
May 13th – Wilbert H  
May 16th – Benjamin M  
May 18th – Timothy T  
May 19th – Gary R  
May 20th – Terry M  
May 21st – Corvette J  
May 25th – Tina N  
May 29th – Mitchel G  
May 31st – James B

TIME TO  
Celebrate



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## BIRTHDAY CELEBRATIONS



Celebrating Lynn and Alice's Birthday!



Valerie celebrated her birthday with her housemate, Carol, and team members at home with a pizzy party!



Joan turned 92 with her friends!

Joel turned 77 surrounded by friends at Ben and Irv's Deli.



Dwayne celebrated his 61st Birthday!



Pam celebrated her Big 50th at Cottage Green surrounded by family and friends (pictured left and bottom).



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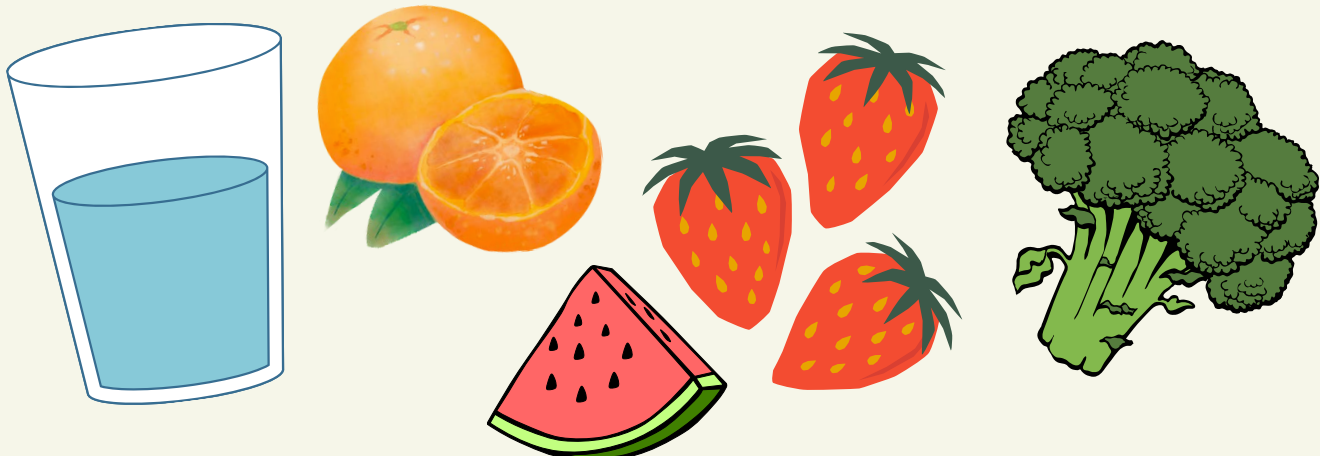
## 5 Tips for Healthy Eating

1. Eat the rainbow: The more color you add to your diet, the better it is for you. More color means you are getting different nutrients. So make it colorful.
2. Hydration hustle: Water is needed for all parts of your body, to support overall well-being. Start by replacing sports drinks and soda. If you don't like water, try adding some fruit or drinking an herbal tea. Keeping a pitcher of water on the counter will remind you to drink it.
3. Snack smart: Pick snacks that are both nutritious and tasty. Things like nuts, yogurt and fresh fruit are great choices.
4. Mindful meals: Take your time to enjoy meals. Chew slowly, savor the flavors and listen to your body. Pay attention to hunger and fullness cues. This will help build a healthy relationship with food and improve digestion.
5. Medications: Remember that certain medications do not play nicely with foods. Be sure to carefully read the insert provided with your medication and review any interactions. Also follow recommendations such as needing to take on an empty stomach, waiting one hour before eating or eating with food.

### Resources

<https://ablelight.org/blog/nutrition-tips-for-people-with-disabilities/>

<https://www.nchpad.org/1300/6056/20~Simple~Steps~to~Improving~Your~Diet>



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**D R E A M**

## SPIN'S DREAM TEAM

*Drink water • Relax and be mindful • Eat healthy food  
Awareness of health risks • Move your body*



The DREAM Team was developed to inclusively engage SPIN employees and those we support to create and maintain a healthy lifestyle. The DREAM team is helping everyone to be Healthier than Before in 2024.

We know that there are many different and unique ways this is demonstrated in SPIN homes. The DREAM team now showcases those creative ideas through recognizing Healthy Homes of the month.

Homes are selected to be represented on DREAM zoom sessions at 3pm on the 4th week of every month. Each home shares how they are living the DREAM by sharing how they are making sure they are staying hydrated, sharing ways to reduce stress and enjoying healthy meals together. They are making movement part of everyday by having kitchen dance parties or joining a local gym. The teams are also sharing how they are aware of health risks and sharing how they are choosing a healthy lifestyle to lower these risks.



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The Fatal Five (previously known as the Fatal Four) refers to the top five conditions linked to preventable deaths of persons in congregate care settings or in community-based residential settings.

ALL team members must be knowledgeable on the Fatal Five fundamentals in order to provide appropriate care and support.

The conditions most likely to result in death or health deterioration for persons with Intellectual and Developmental disabilities are: Dehydration, Aspiration, Constipation/ Bowel Obstruction, Seizures, Infection/Sepsis and GERD.



This quarter we are going to share information about **Seizures**

## What is a Seizure?

An alteration in behavior or consciousness due to excessive uncontrolled electrical activity in the Brain.

There are as many as 40 types of seizures

### WHO IS VULNERABLE?

- 1% of the population with or without disability has a seizure disorder.
- The more severe the disability, the more likely that the person will have a seizure disorder and the more difficult it may be to control.

Most new onset seizures occur in those under 1 year of age and the elderly.

### WHAT DOES IT LOOK LIKE? *Focal or Generalized*

- Focal: affects one side of the brain and body.
- Generalized: affects both sides of the brain and body.
- Each person's seizure signs are specific to them and should be documented and understood by staff and team members.
- Persons often have more than one seizure type.

### HOW DO WE RESPOND?

- Protect the person by making sure there is nothing around them that could cause harm.
- Protect the head (to protect them) from injury.
- DO NOT put anything into their mouth.
- Turn them onto their side when the seizing has stopped if they are lying down.
- Note the time the seizure started and stopped.
- Observe and document what you saw.
- Know and follow individuals seizure protocol.

### HOW DO WE PREVENT IT?

- Make sure medication and treatments are given in a timely manner.
- Control lifestyle factors such as diet and hydration, etc.
- Provide records and seizure documentation to treating health care providers.
- Seizure report should be completed by staff. This is in Evolv.

### STATUS EPILEPTICUS

- This is always an emergency!!
- Call 911!
- It is defined as a seizure lasting longer than 5 minutes OR back-to-back seizures with no return to baseline OR a prolonged postictal phase usually lasting longer than 30 minutes.

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Carole and Mary painted bird houses.



Poem By Jim  
Come come and  
Sit with me  
By the fire  
Or by the  
Sea  
Come come  
And sit with  
Me  
I'm the  
Queen of  
England  
You See



Tommy and Ryan hosted a super bowl party for their friends Tom and Mike.

Mitch and Bill went to Game Gallery in Langhorne where they enjoyed all types of games and pinball machines.



Poem 2 By Jim  
My Friends My  
Friends  
I love them  
So much  
I feel their  
Love  
And their sweet  
Gentle  
Touch  
They will  
Always be  
There  
No matter  
What.



Jason went to Color me mine with his sister and aunt.

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## Meet Monica and Joe!



Monica loves to be around her friends and family! She is seen here, on the left, with her long time friend, Pam! If you are lucky enough to be part of Monica's circle, she will never forget you! She enjoys making jewelry for those she cares about for their birthday or just because you make her smile. Monica also loves watching music videos on her computer. She is somewhat of a fashionista and will always match her accessories to her outfits!

Some of her favorite things to do are to go on vacation to Cape May each summer with her friends from Compass Point and spending time with her family. Monica loves attending parties and special events where everyone knows her by name and by her beautiful smile!



Meet Joe! Joe is very well known throughout our SPIN community and beyond. He is active in so many aspects of his life that it is often hard to keep up with him! Joe is excited to share some of his amazing journey so far. He has worked with horses at a stable on Germantown Avenue, some of the schools in Philadelphia, SPIN, Inc. workshop with Chuck Catalano, and at APS (Associated Production Services) in Trevoze, PA .

These days, Joe can be found spending time at SCF (SPIN Community and Fitness Center) with his friends, of which he has many! He belongs to the SPIN Choir and has traveled all around the city and elsewhere representing the many talents of the on the Choir. He attends all of the events here at SPIN and can be found being the life of most parties. If you have not had the pleasure of meeting Joe, please introduce yourself the next time you see him. He will be more than happy to share some good conversation with you!





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## SPOTLIGHT ON STAFF

Kunbi, SPIN DSP



Kunbi has shown dedication and commitment to her role as a Direct Support Professional, DSP, with SPIN. She exemplifies the true meaning of the 4 Pillars (Professionalism, Productivity, People First and Performance Excellence) of SPIN in real time. As an example, one night in early February, Kunbi completed her first shift and gracefully volunteered to go to the hospital emergency room to support another individual from when Staff Deployment was in need of someone to cover the shift. After that individual was discharged, Kunbi returned to the home with the individual. While helping the individual settle in, another home was in need of additional to support and Kunbi graciously agreed to complete the rest of her shift at that home. Kunbi did all of this with grace and enthusiasm. Kunbi demonstrated her dedication to the individuals SPIN supports by ensuring their health and safety needs were met. SPIN appreciates Kunbi's willingness and flexibility to assure the health, safety and happiness of the individuals Thank you Kunbi!

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## HOLIDAY HAPPENINGS



On Saturday, February 10th, Chinese New Year was celebrated at Chi's home with his housemates, staff and invited guests. Chi was so happy to celebrate the Year of the Dragon and share his culture with everyone in attendance. Chi's home was decorated in red, and there was food, games and prizes to learn about the history of Chinese New Year. Chi could not stop smiling and will always remember this day!



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## Celebrating SPIN's Members

The SPIN Community came together to celebrate the SPIN Member Appreciation Gala on Friday, March 15th at the Philadelphia Ballroom. Guests, who donated to the Annual Giving Campaign and became a SPIN Member were to an evening of food, dancing and good company as a thank you for all their support.

Everyone enjoyed great music, and only left the dance floor when it was time to leave. We are so grateful to all of SPIN's members, and were excited to celebrate their dedication to SPIN. If you would like to become a SPIN Member, or would like to find out more information about next year's Gala, please reach out to Caitlyn Diviny at [cdiviny@spininc.org](mailto:cdiviny@spininc.org).



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## Building Community Connections through CPS

Community Participation Supports (CPS) offer opportunities for adults with intellectual and developmental disability and autism to achieve his or her personally identified goals. Through individualized services customized to each person's unique skills and goals, SPIN's CPS team helps to identify talents and interests to strengthen employment skills; create opportunities for involvement, exploration and community inclusion, while developing and sustaining a network of positive natural supports.



Cora and Kristen enjoyed a day at Narrow Way Farm located in Newtown, PA, with their CPS group. The ladies enjoyed seeing and feeding the different farm animals. The goat bottle feeding station was definitely a hit! They learned about the different roles the animals have on the farm and how to take care of them. The ladies enjoyed walking around the farm on the many trails. Kristen took a minute to enjoy the beautiful day by sitting down to read a book. What a wonderful way to spend the day on the farm!



# Breaking News

↓ READ MORE ↓

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## Shaun Visits PBS

Shaun's passion for pursuing a career in the entertainment industry is truly inspiring. Joy, a SPIN DSP, has been guiding Shaun on his quest to pursue his dream career. Joy recently organized an unforgettable experience for him: an afternoon tour of the PBS television station.

Shaun immersed himself in the behind-the-scenes world of television production, even seizing the opportunity to sit behind the camera!

Joy and the HR manager of PBS are committed to maintaining open communication and exploring any potential job opportunities that may arise for Shaun in the future.



## Weather with Renzo

Renzo had the amazing opportunity to visit the PHL 17 TV Studio and meet Monica Cryan, his favorite Meteorologist. For several years, Renzo has been a huge fan of Monica and the PHL 17 team! He looks forward to watching the news every morning and his face lights up when Monica appears on the screen. Renzo, with the support of his DSP, wrote a letter to the studio expressing his admiration and interest in meeting the team and learning more about all that goes into a successful broadcast. To Renzo's delight, the team responded to his letter and arranged a date for Renzo to come to the PHL 17 studios!

On the visit, Renzo was given a tour of the main studio, control room, and green screen corner. He was able to get to know more about Monica, personally and professionally, and shared similar interests. He was also able to do his own weather forecast while cycling through different maps and graphics using a remote. Renzo ended his visit with agreeing to stay in touch with Monica and invited her to lunch in the Lehigh Valley.



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## Upcoming SPIN Events:

May 15, 2024 - 31st Annual Golf Tournament

Learn more at [spininc.org/events](http://spininc.org/events) or by contacting Caitlyn Diviny at [cdiviny@spininc.org](mailto:cdiviny@spininc.org)

Check out SPIN's updated website

[spininc.org](http://spininc.org)

General inquiries or suggestions?

Contact Jamie Garrity

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[Become a SPIN member](#)



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Judy Dotzman,  
President & CEO

## SPIN'S MISSION

SPIN provides the highest quality people-first services and supports for children and adults with intellectual developmental, and autism spectrum disabilities so that each may achieve and enjoy a life of possibilities.

[www.spininc.org](http://www.spininc.org)



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