

THE REZ GAZETTE

SPIN Residential Services Quarterly Newsletter

LIVING A LIFE OF POSSIBILITIES!



This past summer Stephanie's family planned a family reunion in Raleigh, NC and Stephanie wanted to make sure she could go with her mom. In order to make this happen, Stephanie knew she would need some extra money, so she and her staff Jen brainstormed some ways she could make extra money.

Stephanie's fundraising journey started in early April when she began to tie dye t-shirts and sell them around the SPIN offices, her job, and in the community. In June she had a pop-up shop at her house, where she added customized painted wine glasses.

Stephanie used the money she raised to buy sneakers, clothes and other personal items that she wanted in preparation for her trip. The remainder was used as spending money while she was away.

The trip started with Jen and Stephanie picking up Stephanie's mom to begin the long drive to North Carolina. Stopping a few times along the way for lunch and to stretch their legs.

Upon arriving in North Carolina Stephanie and her mom went to the family meet and greet and then checked into the hotel. The next day they met with their family for a karaoke brunch. Ending the evening at the family sneaker ball, where she danced the night away.

The last day, Stephanie and her mom spent the day at the park where they enjoyed the family dinner.

For all her efforts Stephanie was able to buy anything she wanted including souvenirs, healthy snacks and more clothes. Stephanie was very proud to accomplish her goal, and her team was proud that she committed to a plan and followed through.

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BIRTHDAY CELEBRATIONS



Alex celebrated his 76th birthday in style with a Limo ride to dinner at The Capital Grille with Bill.



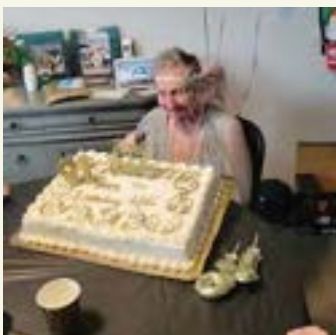
Fran celebrated his 77th birthday with a visit from the fire department as he loves fire trucks!



Mario celebrated his 63rd birthday!



Lorraine, 81, and Judy, 77, celebrated their birthdays with friends before Judy went to the shore with her brother!



Katie T celebrated her 91st birthday at home with friends



Monica celebrated her 70th birthday surrounded by family and friends



Kristen celebrated her 55th birthday with her housemates and wonderful support staff

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BIRTHDAYS!



June

June 1st – Charles S, Kathleen C
June 6th – Darrell M, Elsie P, Ken D
June 12th – Helen G
June 18th – William J
June 20th – Brian B
June 22nd – Bianca M
June 25th – Anthony D
June 26th – Cora B
June 28th – Melissa R
June 29th – Deborah S



July

July 1st – Barbara R,
Gary M, Kim E
July 4th – David A, John M
July 10th – Alex B, Tony F,
Tommy B
July 12th – Terrence G
July 14th – Katie T, Charlie A
July 15th – Mike F
July 16th – Maceo H
July 20th – Lisa H
July 21st – Sherry H

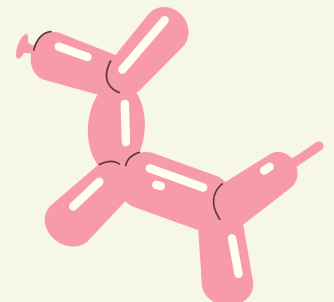
August

August 2nd – Patricia S, Kathy C,
Brian H
August 5th – Lorraine L
August 6th – Robert S
August 7th – Bernadette F
August 8th – Thomas S
August 9th – Judith H
August 12th – Charles D
August 13th – Arthur C
August 16th – Julian E, Tyesha M
August 17th – Natalie S
August 18th – Chi Kim L
August 19th – Jason B
August 20th – Diane J, Jason B
August 23rd – Mary H
August 31st – Tyrone C

September

September 1st – Willie H
September 3rd – Shawn K
September 4th – Renju M
September 6th – Mark M, John J
September 9th – John W
September 10th – Carole R
September 11th – Omega J
September 13th – Harriet L,
Keith L
September 14th – Michael C
September 16th – Ron W
September 18th – Robert W
September 19th – Francis K
September 20th – Regina C
September 29th – Desmond C

TIME TO
Celebrate



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BIRTHDAYS!



October

October 3rd – Michael V
October 4th – Sal
October 6th – Danielle
October 10th – Barbara W
October 13th – Michael O
October 15th – Paul T
October 17th – James K
October 18th – Michael K
October 19th – Sharon L
October 21st – Samuel
October 22nd – James C, Joshua P
October 23rd – Cynthia S
October 24th – Debra, Peter, Melvin
October 25th – Renzo
October 28th – Max
October 29th – Joey R

November

November 2nd – Michael S
November 3rd – Betty Ann, Lauren
November 5th – Lindsay
November 8th – Norman, William R
November 12th – Ronald Y
November 13th – Thomas F, Eric B
November 17th – Eileen
November 18th – Dianne G
November 20 – Steven
November 21st – David T
November 22nd – Sean W
November 23rd – Hampton
November 24th – Paul P
November 25th – Kimberly C

December

December 3rd – Rose
December 7th – Holly
December 8th – Coston
December 10th – David W,
Connie, Robert W
December 13th – Anthony C
December 17th – Will C, Gerry
December 18th – Martin
December 23 – Shante
December 26th – Christine L
December 27th – Pamela H
December 28th – Susan
December 29th – Johnny
December 30th – Ken M
December 31st – Christine H

Happy
Birthday!

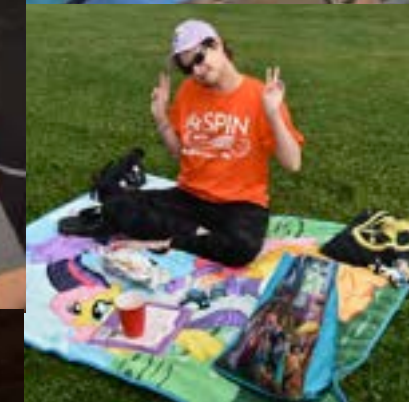
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On June 13, 2024 the SPIN Philadelphia Residential Program celebrated their annual Summer Bash back at the Neshaminy State Park!



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SPIN Lehigh celebrated with their Summer Bash on June 11, 2024 at the Bicentennial Park in Bethlehem.



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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*



Filling Healthy Snack Suggestions

Every snack listed below has protein and a majority also have fiber. Both of which are filling and satisfying.

CARBS

+

PROTEIN

- Apple
- Banana
- Peach
- Dried fruit
- Greek yogurt
- Berries
- Grapes
- Pear
- Baby carrots
- Edamame
- Whole wheat crackers
- Whole wheat crackers
- Milk
- Peanut butter
- String cheese
- Hardboiled egg
- Nuts
- Chopped nuts
- Greek yogurt
- Low-fat cottage cheese
- Premier Protein shake
- Hummus
- N/A
- Tuna packet/can
- Cheese
- Blended w/ protein powder



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The Fatal Five Fundamentals

Essential Knowledge on the
Fatal Five



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 Fatal Five include: Dehydration, Aspiration, constipation/ Bowel Obstruction, Seizures, Infection/Sepsis, and GERD SPIN is highlighting one condition each newsletter.

SEPSIS

WHO IS VULNERABLE?

- People who are very old or very young.
- Those with developmental disabilities who are medically fragile
- Persons who have become insensitive to antibiotics due to overuse
- Almost anyone if a drug insensitive bacteria invades the bloodstream.
- Persons with immune system disorders or are taking medications that weaken the immune system.

WHAT DOES IT LOOK LIKE?

- Either high temperature or subnormal temperature
- Rapid pulse
- Chills
- Low blood pressure
- Altered mental status such as confusion or lethargy
- Increased respirations

HOW DO WE RESPOND?

- When in doubt, send them out to the ER.
- Tell the treating health care provider if the person has had recent infection, has an immune disorder or is taking medications that weaken the immune system
- Tell treating health care provider that you are concerned about sepsis.

HOW DO WE PREVENT IT?

- Avoid antibiotics without evidence of a bacterial infection
- Protect and nurture the immune system
- Know the persons you serve well so that sepsis symptoms can be picked up as early as possible
- Prevent infection with immunizations, thoroughly cleansing and monitoring wounds and practicing good hygiene.

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**Tech
Corner**

SPIN is fortunate to receive another generous donation from Comcast NBCUniversal to support the Comcast Digital Literacy Lab at SPIN Community & Fitness!

COMCAST  NBCUNIVERSAL



Stay tuned for more details on digital literacy and technology related workshops. These seven, 60 minute workshops meet the unique needs of people with intellectual disability and autism and their families in a variety of areas including:

- Basic Digital Literacy Skills
- Voting resources/advocacy
- Entrepreneurship
- Creative Technology
- Gaming to increase digital literacy
- Social Media Safety
- Careers in Tech
- Make yourself stand out in online applications/ visual resumes
- Assistive Technology for computer – related jobs
- Accessibility features on computers/smart phones/tablets

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HIGHLIGHTS



During late Spring/early Summer, all were welcomed to join in a weekly set your-own-pace walk at Pennypack Park. A nice way to make friends and get/stay healthy!



**CAROLE
SHOWCASING HER
CANVAS AND WATER
COLOR ART**



Josh, aka DJ Hot Sauce, showing some love to our wonderful nurses for Nurses Week in May!

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" Nice to meet you! "

GETTING TO KNOW YOU

Meet Joe

Joe is well known to many of us at SPIN, as his brother, Adam, resided with us for many years. Joe is a hard working young man, who enjoys working at Stein's Deli. Joe also enjoys spending time with his family and friends. Joe is a great conversationalist and enjoys sharing his interests with others.

It is hard to think of sports and not think of Joe! Joe is a fan of such a variety of sports that it is difficult for him to decide which is favorite! Joe attends so many sporting events throughout the year including baseball and football games as well as wrestling matches. Of course, he loves the Phillies and Eagles but enjoys attending college games as well.

So, if you are looking to talk sports or watch a game with Joe and some friends, please let us know! We are sure Joe would love to meet you and hang out some time!



Meet John

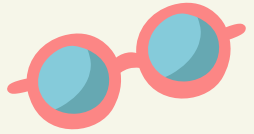
John lights up every room he enters with his infectious smile, fist bumps, and Marvel or Disney shirts. If you're lucky, he will even throw out his Spiderman web! John enjoys volunteering at a local library where he is able to utilize his strong organizational skills. Every Tuesday, he also attends dance class with his friends where he shows off his dance moves!

Exploring new places is also something John loves to do. From horse farms, Aquariums, and new libraries, he is always up for an adventure. He also visits different parks to play his favorite sport, basketball. He even has an indoor basketball hoop! John always knows how to have a good time and his enthusiasm is contagious! It's not a party unless John is there!

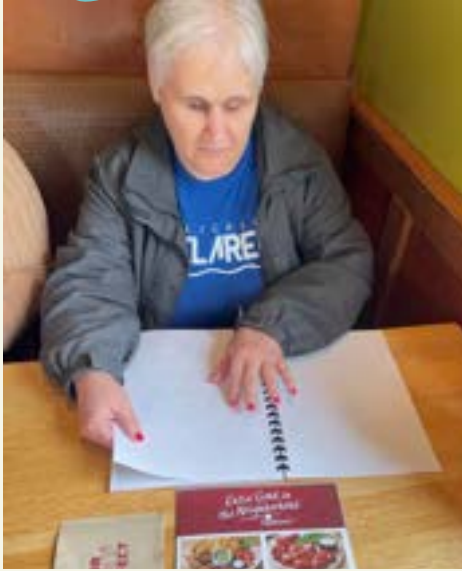




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SUMMER FUN



Alice reading the braille menu at Applebees.



Sheila, Harriet, Kim and Pam enjoyed a day trip to Atlantic City, New Jersey.



Charlie enjoying an afternoon at Shady Brook Farm.



Freddie and Michael at the Adventure Aquarium in Camden, New Jersey.



Richie enjoying a vacation in Disney World!



Val had a "taste of summer" peach picking at Styer Orchards in Langhorne, PA.



Tom explored the City of Philadelphia.



Gary and Darryl enjoying a day in Atlantic City, New Jersey.



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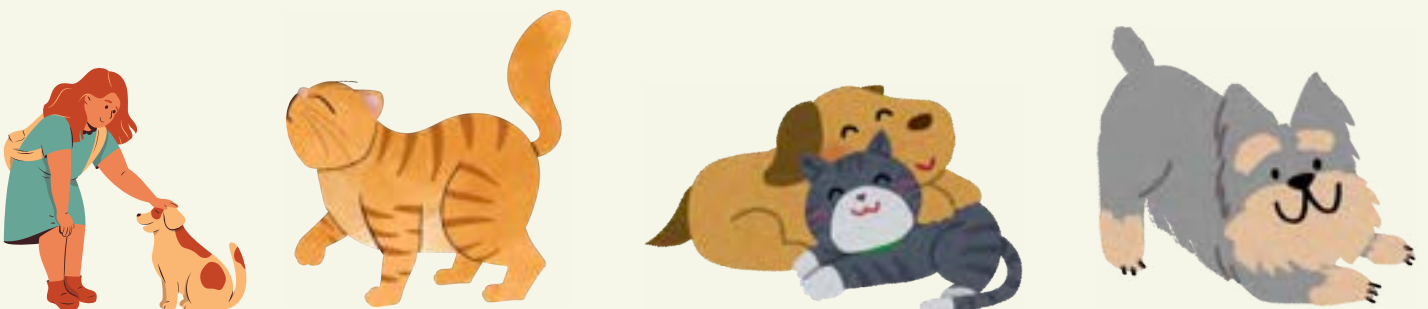
Building Community Connections through CPS



Natalie recently visited the Women's Animal Center in Bensalem. Women's Animal Center is one of the 15% of animal hospitals in North America to be accredited by the American Animal Hospital Association. Walk-in visits are allowed to their adoption center, where Natalie enjoyed spending time with cats, dogs, and rabbits.

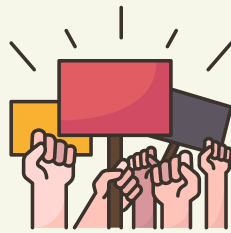
Known as America's First Animal Shelter, the Center provides high quality care and offers community programs such as educational workshops, service learning, children's reading programs, and responsible pet ownership classes.

Natalie also discovered that the Center accepts handmade enrichment toys for its animals, so she looks forward to making and donating some. On the website, you can find instructions to make toys for animals in addition to an "Adopt Me" letter writing guide. The Center is the perfect place to build relationships, volunteer and give-back, and spend time with animals.



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ADVOCACY



SPIN's President & CEO Judy Dotzman was invited by Rep. Stephen Kinsey to provide testimony in front of the Human Services Committee's meeting on The Pennsylvania Office of Developmental Programs' proposal for Performance-Based Contracting Waiver. Judy shared testimony and answered questions about this new proposal, advocating for a living wage for Direct Support Professionals



SPIN Direct Support Professional Nick Smith was in Harrisburg this summer advocating for the General Assembly to pass the Governor's budget and for a living wage for Direct Support Professionals. Thank you to Rep. Stephen Kinsey and PA State Rep. Doyle Heffley for your ongoing support.



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SPOTLIGHT ON STAFF

Happy Retirement Susie!

A small celebration was held for Susie White who retired after an amazing 23 year career supporting many individuals at SPIN. Thank you for your dedication and support of all the individuals you have worked with. You will be missed, Enjoy your retirement!



Employment Spotlight

Congratulations to Paul on his new job at Sesame Place!



Paul has demonstrated incredible dedication and perseverance in his job search, and his hard work has paid off! At Sesame Place, Paul takes pride in keeping the Sesame streets clean and ensuring a welcoming environment for all guests.

His willingness to go above and beyond for guests, his co-workers, and managers make him a valuable asset to the team.

Keep up the great work, Paul!



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JUNETEENTH

SPIN's Juneteenth Celebration gave employees and the people we support the chance to learn more about the history of Juneteenth, dance to music by DJ Hot Sauce and the SPIN Choir, and enjoy water ice and pretzels while trying to stay cool. The SPIN Community loved having this chance to come together to celebrate this important day!



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Upcoming SPIN Events:

SPIN Live - February 28, 2025

SPINGO - March 28, 2025

Learn more at spininc.org/events or by contacting Caitlyn Diviny at cdiviny@spininc.org

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Judy Dotzman,
President & CEO

Check out SPIN's updated website

spininc.org

General inquiries or suggestions?

Contact Jamie Garrity

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[Become a SPIN member](#)



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



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