Drug and Alcohol Addiction Information

Because there is such an epidemic of drug and alcohol addiction in the state of NH, here is contact information for you to share with those who might have need:

- **Dial 211** – NH’s Statewide Referral and Information Services
- **NH Statewide Addiction Crisis Line** – 1-844-711-HELP (4357)
- **Online:** [http://nhtreatment.org](http://nhtreatment.org)

Have a Safe and Healthy Summer!

We Are Looking For Workers!

*Are YOU looking for hours or know someone who is? Our GSIL Registry and Refer a Friend Bonus Program might be for you! Call Maureen at 603-410-6512 or email mwhittemore@gsil.org for more information!*

Kudos Korner

This edition’s winner of the Kudos Korner Award is Susan Labbe. Susan was nominated because she helped her consumer make a smooth transition from agency directed to consumer directed. Thank you and congratulations to Susan for all you do!

**Nominations for this Edition:**

- Kristina Bishop
- Lisa Hannaford
- Cassandra Simoneau
- Donna Bessonett
- Christine Zimmerman
- Deana Boyd Martone
- Osvaldo Poncedeleon
- Samantha Champion
- Susan Labbe

*Thank You to all nominees for a job well done!*

**Do you have a worker who goes above and beyond?** Nominate that worker for the Kudos Korner Award. Send name and reason you want to nominate your worker to mwhittemore@gsil.org or call 410-6512.
Professional Development & Appreciation Event - April 2017

Another wonderful event took place on April 5th at the Colonial Center in Lancaster, NH and at New England College in Concord NH.

The trainings offered included Infection Control, Communication and Boundaries, as well as Hoyer Lift training.

Here are some of the fun comments we heard from you about the event:

• Meeting, talking and socializing with other attendant care workers and GSIL staff was great!
• The food was fantastic and the take home food containers were a great idea!
• The trainers and class information was very informative and you made it fun!
• T-shirt raffles were great and “The Grand Prize” gift basket raffle was fantastic!

Once again, thank you to all the attendant care workers who participated in this fun, informative and delicious event, and thank you once more for all that you do every day to help our consumers!

You are an amazing and kindhearted group of people and we are so happy to have you on our team!

And now on to the next event...

Health & Wellness

Summer is here and NH has an abundance of healthy farm stands! Even roadside stands may pop-up along your route. These are great opportunities to pick out fresh produce that is often picked locally that day. Grab your family and enjoy a day in the fresh air and sunshine picking your own fruits and veggies - Great to eat, cook and share. Eat healthy, be healthy and live long.

For a list of NH farm stands (by location) visit: www.agriculture.nh.gov/publications-forms/documents/farm-stand-directory.pdf.
GSIL Corporate Employees Bio’s

We have been asked to let workers know who is who in the corporate world at GSIL, and so we thought we would start at the top! In this edition, we recognize the Chief Executive Officer and Chief Operating Office of GSIL.

Clyde Terry  
Title: CEO  
How long with GSIL: 15 Years  
Passionate About: Building on the success of GSIL to improve the lives of those we support by advancing the goals of the Americans with Disability Act (ADA) of equality, opportunity, participation and independent living.

Debbie Krider  
Title: COO  
How long with GSIL: 11 Years  
Passionate About: Experiencing two family members with SCI, my husband breaking his neck over 20 years ago and his brother breaking his back over 30 years ago, impacted me to want to help individuals with disabilities and their families. I immediately fell in love with GSIL because of the philosophy of empowering individuals to achieve what they desire and consumers being the driver of their life’s path. It’s been an honor to be part of the GSIL experience to see and hear about the independence individuals are achieving every day.

10 Summer Health Tips

Sharing great summer experiences with your loves ones can create wonderful memories that last a lifetime. Here are 10 safety tips to ensure your summertime activities are free from injuries.

1. Drink plenty of liquids. Drink eight or more 8-ounce glasses per day of water or fruit juices to stay hydrated.
3. Stay indoors in EXTREME heat. In high heat & humidity, the body works harder to stay cool.
4. Air Conditioning. If you do not have air conditioning in your home, go somewhere that does. A neighbor, relative, the mall or a community senior center are all good options.
5. Take a cool shower or bath. If you are absolutely unable to leave the house and do not have air conditioning, take a cool bath or shower to lower your body temperature on extremely hot days.
6. Signs of heat stroke. Know the signs of heat stroke (flushed face, high body temperature, headache, nausea, rapid pulse, dizziness and confusion) and take immediate action if you feel them coming on.
7. Helmet safety. An appropriate helmet must be worn whenever you or your child is “on wheels”.
8. Water safety. There should be adult supervision of children 100% of the time. Practice “touch supervision” which means that at all times, the supervising adult is within an arm’s length of the child being watched, when near or in the water.
9. Sun Protection. Avoid sun exposure during peak hours of 10am to 6pm. Wear a wide brimmed hat, sunglasses with 99-100% UV protection and sunscreen with UVA and UVB protection/SPF of at least 15.
10. Ticks & Mosquitos. Ticks are everywhere: edges of paths, woods, trails. Wear light colored clothing. Wear a hat or pull your hair back. Tuck pants into socks, treat your clothing with insecticide. Do a full body check especially back of the knees, armpits, groin, bra area, head and neck. Mosquito bites are bothersome and risk the spread of disease. Apply insect repellants, dress appropriately & drain standing water to eliminate breeding.
Anniversary Congratulations
(May - August 2017)

To all Attendant Care Workers celebrating a 5+ Year Anniversary!

Name | Years
--- | ---
Grace Junkins | 27
Joel Look | 19
Brenda Boucher | 19
Maria Isotti | 18
Jessica DiVincenzo | 16
Lucy Wyman | 16
Shannon Hanscom-Martello | 15
John Hoar Jr | 15
Kathryn Benda | 15
David Daigle | 15
Michael Welch | 15
Blaze Raber | 15
Louise Boucher | 15
Christy Frazier | 15
Margaret Walker | 15
Brenda Roach | 15
Asli Yussuf | 15
David Gray | 15
Usen Wareagle | 15
Elaine Demmons | 15
Kelly Meunier-Currier | 15
Wayne Dailey | 15
Matthew Seacord | 15
Elizabeth Carroll | 15
Graceanne Discenzo | 15
Sheryl Pereira | 15
Colin Isotti | 15
Rochelle Foglietta | 15
Lauralyn Cross | 15
Tina Buck | 8
Casey West | 8
Kimberly Goddu | 8
Jennifer Eisold | 8
Evelyn Cormier | 8
Melany LaFond | 8
Tina Savage | 7
Dawn Thornton | 7
Kimberly Clos | 7
Rena Call | 7
Carol Labrie | 7
Joyce Varney | 7
Rayann Brown | 6
Cynthia Kenney | 6
Lori McKearney | 6
Krystal Stockwell | 6
Lisa Pirttiaho | 6
Wendy Hancock | 6
Kim Rooney | 6
Karen MacFarlane | 6
Jennifer Dougherty | 6
Anne Mason | 6
Paula Stark | 6
Patricia Michaud | 6
Russell Howard | 6
Cindy Hardy | 5
Jessica Bugbee | 5
Susan Godbois | 5
Heather Cavanaugh | 5
Becky Broussard | 5
Catherine Squires | 5
Calvin Conover | 5
Jami Cooney | 5
Margaret Dauphinais | 5
Faith Jay | 5
Todd Dion | 5
Madin Arsakhanova | 5
Elise Rich | 5
Yvonne Godwin | 5
Melanie Silvano | 5
Roberta Beaton | 5
Kevin Whitfield | 5

Samantha Champion is a true caregiver! She has been recognized by her supervisors and by case managers as one who goes above and beyond in her work and so we asked Samantha what it means to be a caregiver.

Here is what she wrote:

Why I Am A Caregiver...

The biggest thing that drives me to do the work that I do is the rewarding feeling you get by helping someone who really needs it. I have worked with many clients that wouldn’t be able to live on their own if it weren’t for the workers who went in to see them daily.

I have seen clients who are unable do things on their own; like cook, clean, or even do their own personal care. Not only is it rewarding to help someone it’s a need for the person you are caring for. It’s difficult going into five or six different homes in the same day and doing the same exact task over and over again, often working long hours or days. Some days can be frustrating, some days you may consider giving up, but other days you get that one client, who never interacts with the workers to start talking to you and get them to smile. You get a client who is in a bad mood and all it took was for you to sit down and ask them what’s going on to make the bad mood disappear.

I know that they get to go to bed with full stomachs, a clean house and so much more!

I have heard people say that the job I do is one of the easiest jobs, they are wrong, my job isn’t always easy. On these long days I’ve seen multiple people, done all the laundry, swept floors, did dishes, cleaned all their houses, cooked multiple meals, but haven’t eaten for myself never mind cleaning my own house. But at the end of the day while my house is still a mess I know that I have made every one of the clients I saw that day happy, I know that they get to go to bed with full stomachs, a clean house and so much more!!!

-Samantha Champion

So thank you to Samantha for all you do for your consumers. Your work is invaluable in their lives and you really do make a BIG difference to everyone you help!

Samantha (right) receiving her award.

Samantha Champion is a true caregiver!