

# LINCOLN SELF RELIANCE REVIEW

April 2009

## From the Director, Darrel Skinner

The past three months have been very busy here at LSR.

I am excited to report that LSR has opened two new residential habilitation homes.

The home in Kemmerer is located at 1660 Nations. The five bedroom home will be a huge asset to the Kemmerer and Diamondville communities. We have hired three new staff to assist persons served in the home. LSR plans on using one of the bedrooms as a staff office. At the current time, there are two individuals living in the home and LSR is hoping to have two more move in within the year.

At the same time arrangements were

being made for the home in Kemmerer, LSR was also looking to open another home in the northern end of Lincoln County. After many hours of phone calls and looking at properties, a location was found in Thayne. LSR has entered into a lease with Preston Land Trust on a duplex located at 130 and 140 Wright Street. LSR currently has four individuals residing at this location with the possibility of additional bedrooms being added in unfinished basements under both apartments. Three new staff have also been hired to assist persons served at this location.

I am happy to report that the new



Freedom Home



wheelchair ramp located at our 1038 Washington building has been completed and is in use by persons served and staff. The new structure also provides for a nice heated storage room that will be a greatly appreciated space for the main office location.

If you have questions on services offered through LSR, please contact Darrel Skinner at 307-885-1577 ext. 12.

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### Lesson Plan Data

Persons served had the idea, wrote and presented **65**

Staff had the idea, wrote and presented **114**

Staff and persons served as team had the idea, wrote and presented: **59**

**Total: 216**

### Diamondville Program Manager, Susan Park

Things never get slower. We continue to move along at about Mach 5.

Our remodeling is done. Cindy Wardell, ISC, and I are enjoying the privacy inherent to having our own offices.

Shirley Deason, Lead Direct Support Professional, and I attended an ABI Board meeting in Casper. It was very informative.

The residential home is up and running. We had some difficulties, but I am happy to report, most have been resolved. The individuals currently living there are excited about their new home. It still amazes me to realize Kemmerer has a much needed residential home.

Shirley Deason, LDSP and I attended the Acquired Brain Injury Conference in Lander. I was impressed with the

there. They gave new insight into brain injury and the problems associated with it. Brian Gillard, person served from Afton, also attended. We enjoyed the time we spent with him. He is an exceptional young man.

Shirley and I had a table at the Health Fair to give out information about LSR and brain injuries . Alisha Geller and Adam Gable, persons served, helped us.

Our Pizza Hut fund raiser was a big success. We would like to thank all the individuals who supported us.

I was contacted by an employee from the school district about some equipment they were giving away. We will receive a ball pit , a stander, a quad, positioning pillows and a cart on wheels containing separated boxes. What we can't use, we will see if Afton

need, we will donate to the Marie Weston lending library

The shredding business in Diamondville is flourishing. The papers wrote articles about Billy Meacham and his shredding business. It had a snowball effect. He now has many new shredding jobs.

Some of the activities the client's were involved in included: a Super Bowl party; attending the dog sled races; a Life Skills training where clients had to work as a team and plan and prepare food for a pot luck. Cindy Wardell, ISC, and I were the lucky recipients of their hard work.

The activity making the biggest impression on the clients was the rock climbing wall at the Rec Center. Lee Morris, DSP, went on his own time and got certified to help the clients learn how to use the wall. It was the topic of conversation for rest of the week

### Lead ISC, Valerie Anglesey

This past quarter the ISC's have participated in six sessions of teleconferences dealing with upcoming waiver changes. The final changes will go into effect on July 1, 2009. If you missed these sessions or if you have questions, your case manager will be available to give you the information.

Case mangers also had Therap training on Behavior Tracking. This program will make it easier for staff to enter documentation and for the case managers to pull information and reports together. This will allow better understanding of the individuals we serve so more comprehensive help can be provided.

Our services continue to expand to accommodate more individuals with disabilities. We have two residents in the Freedom Home in Diamondville, Four residents in the Wright Home in Thayne, and five residents in Oakwood Home in Afton. That's a total of eleven clients living in our residential homes.

### Statistics about Acquired Brain Injury

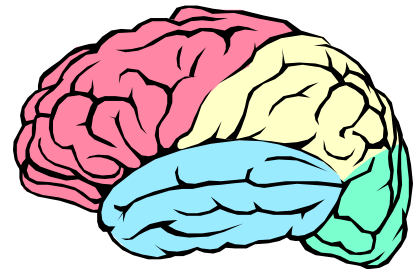
Information learned at the Acquired Brain Injury Conference in March

Acquired brain injuries are on the rise yet the Federal Government funds a mere \$2.55 per person for services needed. The following statistics will give you pause:

- Every twenty-one seconds someone sustains a brain injury.
- A person with a brain injury is three times more likely to sustain a second injury and eight times more likely to sustain a third injury.
- Eighty-two percent of the inmates of the Wyoming State Penitentiary and the Women's Center have brain

- injuries.
- Two thirds of military personnel who have been in combat have brain injuries.
- There are more deaths from brain injuries than in all the wars up to the Gulf War
- The highest rate of brain injuries occur in 15-24 year olds.
- Every year 10 million people sustain a brain injury world wide. In the US there are 1.5 million a year and 50,000 die.
- Medical costs reached sixty

- billion in 2000.
  - Sixty percent of people who sustain a brain injury test positive for alcohol.
  - Fremont County has the highest brain injury rate in Wyoming.
- These are sobering statistics.



**Wyoming is number one per capita in the United States for Acquired Brain Injuries**

### Afton Day Hab Supervisor, Misty Wilkes

We have had such a fun filled winter, but we are sure looking forward to some nice spring weather.

Clients have enjoyed many fun lesson plans this last quarter. Some of these include a trip to Idaho Falls, soap carving, movies, flower pot pen holders, and a cup-cake walk. There are just too many to mention them all. Some clients have reported that a dance put on by a youth group from Star Valley High school and a April Fools Day salad bar were some of their favorite activities this quarter.

Clients are still participating in

art, client/staff meetings and a weekly social skills and nutrition class. On Fridays, both Day Hab and CSI combine for a group activity. Jerrilynn Taylor has done an outstanding job in planning some really fun activities for the clients. Some of these activities have included a Mountain Man Day, where clients learned the history of the mountain man. Jerri had brought in skins and traps and numerous other mountain men items for a display.

Clients have also had an opportunity to participate in "Cowboy Day." We had Lew Lamb as a special guest.

Clients had a really fun time learning about cowboys and dressing up.

Clients have started training for the Special Olympics. They go to the Annex three days a week to train and practice. They are really looking forward to going to Cheyenne this May.

We have several new additions here at the center. Amy Olsen, Angie Bagley, and Kimber Skiles are our new staff and we also have three new clients and they are doing great.



## Residential Vocational Manger, Annette Eggleston

### Residential

The last three months we have really started to grow. We now have 3 residential homes, our five-bedroom home here in Afton (Oakwood), a five bedroom home in Kemmerer (Freedom Home) and a duplex in Thayne (Wright Place). With the opening of the new homes we have had six new residential clients move in. We have had two new clients get funding to have residential services and four moved to LSR from other services providers. We opened one side of the duplex in at the Wright Place on March 9, the Freedom Home on March 16 and the second side of the Wright Place on April 2, 2009. All of the clients seem to be enjoying their new homes.



We have had to hire nine additional employees to staff all of these changes. We have also been spending a lot of time training these last few months.

### Vocational

This has been going pretty well. We have been a little slower the last few months as money for funding has been tight. DVR did get some stimulus money that will allow us to start working with some of our new clients.

Chantell has been working on getting more shredding projects going and is doing a great job in keeping the clients we have employed busy.

### Fundraisers

Oh yes, it is that time of year as well. We will be having our LSR

Hut on April 21<sup>st</sup>. Pizza hut will donate 20% of all sales between 4pm – 9pm. Our staff will donate their time to wait tables during that time and donate their tips as well. So bring the family for a fun filled night.

We are working on the golf tournament the tentative dates are June 26<sup>th</sup> or July 10<sup>th</sup>. We hope to have a great turnout this year. Make sure you plan to put a team together. Lastly Fair booth August 1– 8, 2009. Any help we can get with this project will be greatly appreciated.

*Thanks to each of our board members for all they do to help keep LSR a great company for clients/staff.*

### Geena Hoopes, Afton Client of the Quarter

Geena Hoopes came to us last April. She lives in one of our residential homes. She loves to listen to music where ever she is. She is a very happy person to be around. We are very excited to have Geena with us. She has a very contagious laugh. She will always make you laugh and smile when you are around her.

She likes to be with the group and be outside. She loves to have her staff take her outside for walks and hit all of the bumps that they can. She loves to go for rides and feel the sun.

William (Bill) Meacham was transitioned to our program from the Kemmerer High School. Bill has been a big part of Day Habilitation ever since. Bill is musically inclined. He plays the piano and guitar. The last two years, Bill has played his keyboard at the Awards Banquets while people are coming in.

Bill can devise the most interesting lesson plans. He invented his own take on the game show Jeopardy.

Bill's big achievement this year was starting his own shredding business. With the help of DVR and Lori Thornock his job coach, his business has grown. After both newspapers ran articles about his , shredding jobs have been flying in. Bill is very conscientious about his work.

### Bill Meacham Diamondville Client of the Quarter



<b>Diamondville</b>	<b>Afton</b>	
P.O. Box 367	P.O. Box 1449	<a href="http://www.lsrservices.org">www.lsrservices.org</a>
20 Adaville	1038 South Washington	
Diamondville, WY 83116	Afton, WY 83110	
Phone: 307-877-1321	Phone: 307-885-1577	
Fax: 307-877-5774	Fax: 307-885-2577	



**MISSION STATEMENT**  
 It is our mission to provide training and support to individuals with disabilities so they may achieve maximum potential for self reliance and active participation in the community.

*Lincoln Self Reliance, Inc. is a private, not-for profit community based provider for individuals with disabilities. We provide Adult, Child, and Acquired Brain Injury Waiver services as well as Vocational Training*

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- Pizza Hut in Diamondville
- Silver Star awarded a grant in the amount of \$1,400
- The last quarter, LSR has received donations from Chevron Humankind Matching Gift Program from employees Daniel G Bunner, Janet L. Rode, and an anonymous donor
- Darrel and Susan will be going to Casper in June to accept a check from the Eagles Aeries FOE 2341. Tommy Woolsey, State President, is donating all money raised in the last year by the Eagles to LSR.
- United Way campaigns in both offices
- Valley Market in Thayne
- United Way of Southwest Wyoming

**Board Members**

<b>President</b>	<b>Margie Points</b>
<b>Vice President</b>	<b>Seth Jenkins</b>
<b>Secretary/Treasurer</b>	<b>Jill Larson</b>

**Chad Jensen**  
**Monica Glynn**

**Next Board Meeting**  
**July 2009**