

LINCOLN SELF RELIANCE REVIEW

January 2010

From the Director, Darrel Skinner

Some of you may have heard the news that Southwest Wyoming Rehabilitation Center (SWRC) in Rock Springs closed their doors as of January 15, 2010. SWRC provided services to Lincoln County prior to Lincoln Self Reliance opening for services in July 2000. With the closure of SWRC thirty-four individuals with developmental disabilities and/or acquired brain injuries were displaced and are having to find new residential and day habilitation services. Lincoln Self Reliance was able to assist with one individual in our Afton home and has offered additional services at our Kemmerer and Thayne homes for families who are looking for residential habilitation service options.

SWRC's closure is a result of numerous issues but a significant factor has been the reduction in State funding for services provided under the Wyoming Division of Developmental Disabilities. Wyoming providers have seen a reduction in funding over the past two years of 20 - 25%. These

reductions in funding are having a significant impact on HCBS providers across Wyoming. Three of the largest providers in Wyoming, RENEW in Sheridan, Magic City in Cheyenne, and MRSI in Evanston/Cheyenne, which account for services to over 300 adults with developmental disabilities, are all experiencing major funding shortages as a result of the decisions by Wyoming State Government to cut DDD waiver funding by 10% in July 2009 and reduce provider reimbursement rates through the Navigant Cost Study in July 2008.

The Wyoming Regional Service Providers Association, which Lincoln Self Reliance is a member of, is working with state legislatures to try and restore funding to the waivers to hopefully prevent any more persons with disabilities from having to be displaced as a result of funding cuts. I ask

Continued on Page 4

Inside this issue:

Diamondville News	2
Freedom Home News	2
Participant of the Quarter Diamondville	3
From Director Continued	4
Case Management	4
National Children's Study Article	5
Residential News	6
Afton News	7
Participant of the Quarter Afton	8
Company Information	9



Community Partner

Diamondville Program Manager, Susan Park

This quarter seemed a little more laid back. Maybe because of the snow and cold.

In October we had our awards banquet. I feel it was our best yet. Adam Gable and Bill Meacham played keyboard solos. Alisha Geller and Nathan Roberts sang karaoke style. The all did a fantastic job. A special award was given to the Eagles Aeries 2341 for all they did for us last year. Tommy Woolsey accepted the award as the state president. Lori Lowham received her five-year pin.

I have been attending United Way meetings in our community. United Way is asking for input as to our

community's needs and how United Way can help.

I am on the advisory board of the National Children's Study being conducted through the University of Utah. Please read my article in this newsletter explaining the project. It is titled "The National Children's Study and Your Community."

Most of the staff has now had the mandatory DDD medication training. This to insure the safe dispensing of medication to the participants.

Participants and staff took a trip to Rock Springs on an outing. This is the only time we have gone to Rock

Springs. We had fun so I am sure we will be heading that direction again.

We had our annual Thanksgiving dinner. Parents, family and providers were invited. The participants like having their families here and enjoy doing the cooking.

Of course, the highlight of the quarter was going Christmas caroling. As usual, we had a blast. All the participants got into the singing. We knew the songs so well it was almost scary.



Freedom Home

The residential participants continue to work on their independent living skills. One Participant has become quite the cook. He can follow several recipes with minimal assistance from staff. The other participant is working diligently on doing his laundry more independently.

We had their Christmas party at the Chinese Restaurant. They had their

pick and they decided they wanted to go there. I thought for sure it would be Arctic Circle but they surprised me.

Participants had the opportunity to spend time with others at Christmas. One was with his family and the other stayed with friends.

We took a trip to Evanston. It was Nathan's turn to pick the place to eat. He wanted McDonalds. Imagine his disappointment when he

couldn't get a hamburger because we were there too early. We took a vote and decided the next trip we would leave later so we could have hamburgers.

The residential home is running smoothly. The participants continue to get in the community often. Adam has done an awesome job this winter keeping the sidewalks clear.

Diamondville's Participant of the Quarter, Duane Ruddy

Diamondville's Participant of the Quarter is Duane Ruddy.

Duane's story is unique. He was not born with a disability. In 1983, Duane was 15 years old. He and his family were living in Hawaii. Duane started having severe headaches. The only relief he got was sleeping. It got to the point he was sleeping up to 22 hours a day. Duane went in for tests and the next day he was having surgery for a large, cancerous, brain tumor. It was close. The doctor said without the surgery he would have only had 72 hours to live. Duane probably had the tumor for a long time. The cancer was slow growing. This cancer is so rare, Duane's case was put in the medical books.

In 1987, Duane again had to have surgery. This time he had blisters that were filling with fluid causing his head to swell. The blisters were drained. Doctors thought Duane might have to have a shunt put in to minimize the fluid but this proved unnecessary. Duane hit the medical books again because the shunt wasn't inserted. Duane said the toughest part about his second surgery was the scab on his head. It wasn't from the surgery; it was from him banging his head a lot.

Duane was asked what changes he noticed after his

surgeries. He said he has no side vision in one eye, his balance and coordination have been affected, he has seizure activity, and it takes him longer to process information. Duane stated, " If I tried to walk a straight line, I'd look like I was drunk."

Duane lived at home until his mother passed away eight years ago. The family then helped Duane move into a home his dad owned so he could be more independent. Duane pays rent to his dad and pays his own utilities.

Duane was struggling with living independently, so LSR started assisting Duane with independent living skills three years ago. He receives Supported Living to assist in his home and Day Hab to help with money management.

Duane writes great lesson plans. He is a history buff. He researched and presented lesson plans on the local history of our area.

Duane likes to read. He reported sometimes he has to reread things to comprehend it fully but it doesn't stop him from this enjoyment.

In his leisure time, Duane likes "outdoor stuff" like hiking, fishing, hunting, camping, He said he just has to have someone with him because of his seizure activity.

Duane has worked for Jubilee for the past 14 years. Duane stated Jubilee managers and staff have been very good to him. They held his job even when he had to miss work twice for a month each time. Duane figures he will be at Jubilee many more years. He feels he couldn't find another job where he was treated as well.

Duane has a daughter, Mariah. She is twelve years old. Duane is a responsible father and makes sure he supports his daughter financially.

Duane has two sisters, Donna and Kelly and several nieces and nephews. Duane's older brother passed away following a car accident. His father lives in Mesquite. Duane's family looks out for him to ensure his safety. They are very much a part of his life.

Duane is Duane and it is with great pleasure we present him with the participant of the quarter.



From the Director Continued

that any families or stakeholders who have an interest with the impact persons with disabilities either already are experiencing or may be facing in the future, to contact their local legislatures and ask what can be done to restore the funding cuts in the upcoming legislative session.

I am comfortable to report that at the current time Lincoln Self Reliance is operating on a positive financial level. I

strongly believe this is attributed to the decisions of LSR management staff and Board of Directors to open new residential habilitation homes in Kemmerer and Thayne and add additional waiver services such as skilled nursing. We also attribute a great deal of our success to the families and persons served who choose to have LSR provide services for themselves or their family members. We as staff at LSR

look forward to the start of a new year and to work with all the great people in our communities.

If you have any questions regarding funding cuts or upcoming waiver changes, please contact me at 307-885-1577 ext. 12,

darrels@lsrservices.org, or stop by the office at 1038 South Washington, Afton, WY.

Case Management, Valerie Anglesey

The Case Management Department would like to stress to families and providers the importance of accurate documentation of services. Families should be aware of the significance of their providers for this documentation. Sometimes we tend to minimize the importance of documentation or providing accurate records for waiver services. In reviewing a training from the DDD website, (April 2008) we learned that the paperwork that providers keep become legal documents. Sometimes for one reason or another, a family or a provider may think about altering this documentation by changing the date, times or location of services. Families should be aware that if they are asking a provider to do this, the

provider may be held accountable by Medicaid and could be asked to pay back funding or even be referred to the Medicaid Fraud Unit. Families that misuse waiver services could be affected and possibly lose their services.

As a Case Manager, I always appreciate paperwork that is accurate, concise, professional, and organized. It is a Case Manager's responsibility to the state and the participant to watch for misappropriated and/or misused units, inaccurate information, and fraudulent activity and report as needed.

Another area that Case Managers try to monitor is the provider's unit usage.

Families try to be aware of unit usage, it is the provider's responsibility to know how many units they have been allotted and how many they have remaining. There have been a few instances where a provider has used more units than were allotted in the plan of care. The DDD states, "Bottom line is if you provide services or units that are not on an approved plan of care then you are donating your services."

Thank you for being aware of the extreme importance that providers face concerning documentation. We may as Case Managers take a few minutes this year at annual and six month staffings to review this information with providers.

**The National Children’s Study and Your Community
From the National Institute Publication No. 05-5764**

Most Children born today are growing up healthy and living longer than ever before. But the rates of asthma, diabetes, autism, and other health problems in children are on the rise. We still have many questions about how children’s environments—the air they breathe, the water they drink, and the communities they live in—affect their health and well being.”

“With the help of communities across the country, the National Children’s Study hopes to find the answers to these questions, and to use the answers to improve the health of children for years to come. “

When I first heard about the children’s study, my first reaction was, “What an astronomical undertaking this is.” When you hear how the study is to be conducted, I am sure you will agree with me.

Teams consisting of doctors, nurses, community leaders and public health officials all over America will be observing 100,000 children from before birth to age 21

The teams will visits the chosen children’s homes, schools, and neighborhoods. They will collect samples from their environments such

as water, air, dust, soil, etc. The teams will determine if there are medical, public and social services available in children’s areas. Blood and urine samples will be periodically taken and questionnaires will collect other information. The participants will not be asked to take medications or get a specific treatment. It is an observational study. All information will be kept confidential.

This is the largest environmental study ever undertaken. Environment includes air, water, dust, dirt, factors of how children are cared for, safety of the neighborhood, how often a doctor is visited. It will even examine what the long-term effects video games have on a child’s development.

The most important issues of our time to be examined are: birth defects and other pregnancy related problems; injuries; asthma; obesity and diabetes; behavior, learning and mental health.

Lincoln County is part of a tri-county study including Uinta and Bear Lake counties. A total of 1,000 children will be observed in these counties.

If you have questions, contact Wendi Bell, Community Liaison, Lincoln County, at

307-885-8446 or
wendibell@hsc.utah.edu

or the National Children’s Study at
www.NationalChildrensStudy.gov

“The National Children’s Study will be the richest information resource for questions about child health ever. It will guide us in preventing and treating childhood asthma, cancers, neuro-development disorders (like autism), obesity, diabetes, and birth defects. The study will not provide health care or directly affect the health of the children who participate. However, in the future, it will save the lives and improve the health of millions of American children.”

**Minds are like a
parachute—they only
function when open**

Annette Eggleston Residential/Vocational/Nursing

Residential

Over the last few months things have been busy as they are every year during the holidays. The participants have enjoyed visiting family and friends, having parties and going shopping.

The participants at Wright Place (Thayne Home) have been volunteering at the Star Valley Animal Shelter every Saturday for an hour or two and are really enjoying that project.

We have had one new client join our residential family at Oakwood (Afton Home) in January. She is adjusting to our programs and the major changes in her life. With a new client has come a new part time position. We are in the process of hiring one more part time staff.

Vocational

Over the last three months things have been quite slow in

our vocational department. We are starting to see some pick up in work experiences for some of the persons served. We were able to get two clients placed in the community at least temporarily.

We are still working on our shredding project and hope to start employing a few more clients soon. We are looking for new contracts from the community.

Nursing

We have some new changes in our nursing department. We have accepted Louise Hughes letter requesting to move to "As Needed" employment. We have hired two new nurses that will give us three part time nurses and two on call nurses. We expect this will better meet the needs we have in our nursing department.

Our new nurses are Judy Trelease and Kim Kinman. We

are excited to have them with us and are looking forward to working with both of them.

Trainings

All of our staff has completed the state mandated Medication Administration Training.

We have just started a MANDT training for new staff that have not had this training yet. MANDT is a state approved de-escalation training to assist staff in dealing with persons served in crisis.

Fund Raisers

Our Pizza Hut fund raiser was once again a success we raised about \$780.00. We appreciate our staff and their willingness to donate their time and talents to the project.



When you reach for the stars, you may not get one but you will not get a handful of mud either.

Joe Park, Afton Day Hab Supervisor

The Afton Day Hab program has had the opportunity since September for change and to participate in many different activities.

First

I would like to re-introduce myself as the program manager. I came to LSR in September with little knowledge of how the program LSR had in place worked.

The first opportunity available for myself that helped me better understand LSR business, was going to MEGA in Casper. This conference was a benefit for me by putting me in the daily routines at LSR immediately. This also helped me better understand the larger picture within the DD community. Therefore, it has been a time consuming undertaking on my part, from learning how the program works as well as understanding how we are so closely intertwined with the state.

We as a company must work so closely with the state. I have to learn and understand how state decisions effects how we operate. It has proved to be very frustrating to say the least. However, LSR as a whole and a team always moves forward, even with the restrictions that we are faced with.

Second

Again for me, working with such a diverse group of individuals has been a challenge. Understanding each and every one of our participant's behaviors has been a different step for me, but with each day a rewarding step.

I have watched our participants interactions with me grow from my first day at LSR to the present. I have seen how this change has affected their daily lives. Their initial feeling was, of course, to put up a caution barrier saying: there is no trust for a new team member. Then to lowering that barrier, and trusting me to help them in their daily lives. This is a reward that one can only feel while gaining the trust of our participants.

Third

Within the last few months, our clients traveled to Rexburg to visit Bear World. They spent the day driving through the bear compound which enables you to get closer to the wild life. One of the vehicles was even chased by a bear. The clients had a fantastic time being able to see such a variety of animals at such a close range. At the end of the tour they were able to get close to the new cubs that were just a few months old.

Fourth

For Thanksgiving we all had a feast at LSR where the clients were all able to participate in the preparation of the dinner. The turkey was prepared here in the LSR kitchen, while the clients were encouraged to bring in what they enjoyed for Thanksgiving.

In December, all of the clients were able to go to Jackson to buy Christmas gifts for one another and family members. Then they all participated in a party at Oakwood where they shared gifts with each other.

Last

We had the opportunity to have a few clients participate in Therapeutic riding that was sponsored by Ann Wright. Star Valley Therapeutic Activities and Riding (STAR) is owned and operated by Ann. Ann was able to donate an hour of her time once a week for five weeks with her horses which she was keeping at the riding arena in Alpine. The clients that were able to participate are looking forward to spring when Ann will be able to start her program up again.

All in all, the clients and I have had a great time learning with and from each other, and I look forward to the months ahead of us.

You take participants as far as they will go, not as far as you want them to go.

Afton Participant of the Quarter, Darrell Bullock
--

Darrell Bullock was born in South Carolina in 1966. Darrell attended school at the Charles Lee center until graduation and then he joined a work program. Darrell worked at a facility that manufactured plastic utensil, and Darrell's job was inserting the utensils into plastic bags and then they were sealed. Darrell loved this job since they paid him a penny for every bag of utensils that he completed, it made him feel like dad since he made a paycheck.

Darrel has had a passion for balloons his whole life. He loves spending time blowing air into the balloons and then letting them deflate. When he was 15, he ate a complete package of balloons. Darrell's startled mother called the pharmacist for instructions, and he calmly informed her that they would pass, just give it time.

When Darrell was around nine years old his family had a standing joke that Darrell did not have a disability, that Darrell was just taking them all for a ride. One example, Darrell was a little angry one day and he took a screw driver and removed a closet door, when his father came home he asked the family why the door was removed, and the family stated Darrel had removed the door. Darrell father told him, "put it back on" and Darrell without hesitation re-installed the door, so the family started realizing that Darrell

was understanding more than they were giving him credit for.

Whenever the children would get into trouble within their home, Darrell's sister stated, that the wooden paddle would disappear whenever Darrell was the trouble maker. Darrell wouldn't carelessly hide the paddle—no one could find it.

Darrell's family started having family difficulties and this resulted in Darrell and his mother moving to Star Valley. Darrell's family moved from South Carolina to Star Valley Wyoming in 2001.

When they first arrived in Star Valley there was a program for Darrell that was just getting started and Darrell has been with LSR every since.

Darrell is now getting ready to turn 43 in February. Since Darrell has been with LSR he has overcome many different obstacles. A few years ago Darrell weighed around 260 pounds and had high blood pressure. Therefore, his team decided that a good goal for Darrel would be to exercise, keeping in mind being overweight there were obstacles to overcome first. The goal of losing weight was presented to Darrell and he had no intention or desire to start losing

weight at all.

However, in 2003, Darrell had the opportunity to move in with a new provider and a new roommate. Darrell's new living situation gave team members the opportunity to assist Darrell to start losing weight. Since his new goal, Darrell now weighs 60 pounds less than before, and whenever he is asked to exercise, he immediately will go to the treadmill or ask to go outside and start walking through the community.

This has enabled Darrell to have the opportunity to participate in therapeutic riding. Darrell enjoyed the time so much riding Casper that he said he looks forward to when he can go ride again.

Darrell's sister stated that since Darrell has been with LSR, "this is the happiest he has ever been in his entire life".



Diamondville

P.O. Box 367
20 Adaville
Diamondville, WY 83116
Phone: 307-877-1321
Fax: 307-877-5774

Afton

P.O. Box 1449
1038 South Washington
Afton, WY 83110
Phone: 307-885-1577
Fax: 307-885-2577

www.lsrservices.org

We're on the web!
www.lsrservices.org

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

Board Members

President Chad Jensen
Vice President Seth Jenkins
Secretary/Treasurer Jill Larson

Kirk Smith
Monica Glynn
Anita Edsell

Next Board Meeting
April 2010

Lincoln Self Reliance, Inc.
P.O. Box 1449
Afton, WY 83110