

SPRINGWELL NEWS

Springwell Network Newsletter

Quarter 1 2017

Happy New Year!

Happy New Year to all employees, students, family and friends of Group Homes of Forsyth. We are heading into a spectacular year of growth and accomplishments. With all departments and units working together we can and will do some amazing things. The page of tomorrow is clean and ready. May we face what we must, celebrate every triumph we can, and make the changes we need. Let's get this party started! And now let's us celebrate to the fullest this whistle-blowing, toast raising moment, for it is the threshold between the old and new us.

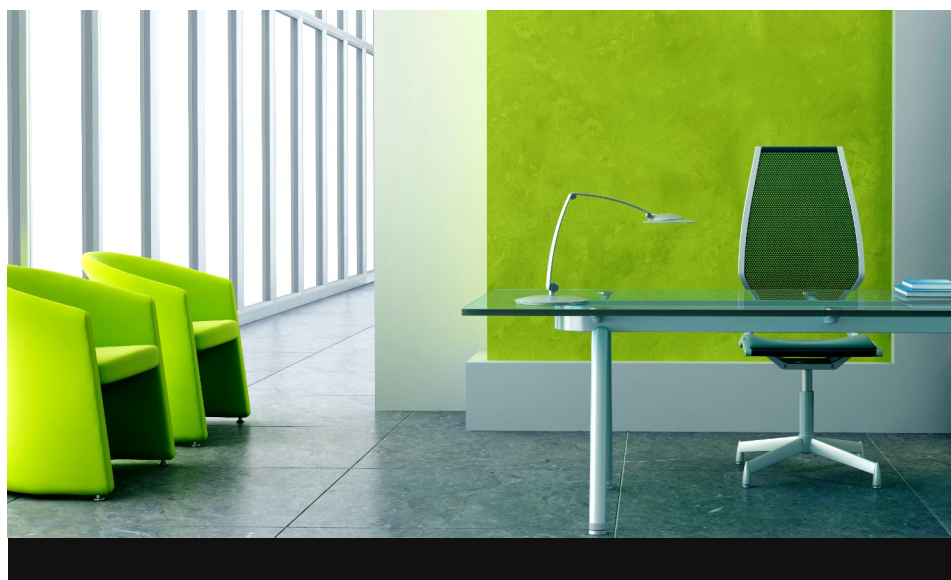


"Announcements

GHF Board Meeting – Jan. 17,
Mar. 21, May 16, July 18

Students enter the building at
8:15am Mon-Fri.

Parents please provide the
instructional department an
email



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Fundraiser Activities:

Group Homes of Forsyth would like to thank all employees family members and our faithful board members who volunteered for all the football and basketball games at Wake Forest University. Each and everyone worked the concessions stand with great endurance and professionalism. Without you we could not have accomplished our goal. Your efforts are so greatly appreciated. We ask that all employees make an effort to participate in future fundraiser events. *Team work makes a dream work.*

Agency Yard Sale: April 29, 2017

Table Rental \$20—Brandie 336-831-1300

bvaught@grphms.com



Employees needing to obtain continuing education credit hours can access Direct Course, an online training resource provided by Cardinal Innovations. CEU's: To obtain CEU credit; completion of all lessons within a course with a test score of 80% or higher is required. Please check with your supervisor if you require assistance.

Website address: <http://login.elsevierperformancemanager.com/systemlogin.aspx?virtualname=NCPProviders>

Login: First Initial + Last Name2016 (example jsmith2016)

Password: hello (Please change your password)

Cultural Diversity:



Diversity is the presence of people from a wide range of backgrounds and possessing different traits. Differences in age, race, ethnic origin, culture, physical abilities, religion and sexual orientation are a few examples that contribute to diversity.

Diversity in the workplace allows for people to grow along with each individual of the team. Employees are more likely to feel comfortable and happy in an environment where inclusivity is a priority. Equality in the workplace is important for encouraging workers from all backgrounds to feel confident in their ability and achieve their best.

A primary goal of a culturally responsive education is to help everyone become respectful of the multitudes of cultures and people that we interact with every day of our lives. Another important goal of culturally responsive education is to teach employees and students to respect and appreciate their own culture and heritage, genders and ethnicities.

Food For Thought!



Put Action before Thoughts – Are you someone who likes to count the pages of a book before you even start reading it; or, someone who is more into designing a study routine rather than following one; or, someone who starts thinking about the results and consequences thereafter even before taking a test? If yes, then it is high time that you stopped procrastinating and get involved into some hardcore action. Write that essay that you have kept pending for a while, start researching for the submission that is next week – the idea is to get as much work done as possible now, so that you don't have to panic at the eleventh hour. Also doing your work ahead of time keeps you covered in case you have some serious problem (health issues, family problems etc) later on just before the deadline.

Welcome New Students:

The Instructional Department would like to welcome all our new students to the FTTC Program. It is a joy and a privilege to have you in our program. We work hard to ensure that you, the students reach your highest potential and strive to teach each individual to become as independent as possible. Our goal is to use all tools to develop and enhance higher education, social skills, volunteerism and daily living skills on an individualized basis.



*Birthdays are Special
Birthdays should be a special time
as everyone should know.
It means living another year,
another year to grow.*

*Birthdays should be a special time
For each to reflect,
On the past and on the present
and what the future might expect.*

*Birthdays should be a special time
to start anew,
Setting goals and working to make
each and every dream come true.*



Wellness:

HEALTHSMART WELLNESS ADVOCATE NEWSLETTERS

Note: Monthly health topics are available in each group home facility and at the Administrative Office.

January 2017

Birth Defect Affect Us All

Drugs: Shatter the Myths

Recipe: Flavorful Turkey Meatloaf

February 2017

Heart Healthy for Life

National Eating Disorders Awareness
Week: Feb 26-Mar 4

Socca: a Healthy Alternative to Pizza

March 2017

It's Save Your Vision Month

Put Your Best Fork Forward

Recipe: Make Your Day Burritos



Mexican Culture:

Food:

Mexican culinary norms includes staples such as corn or wheat tortillas, along with beans, rice, tomatoes, chili peppers and chorizo, a type of pork sausage. Empanadas, which are handheld pasty pockets, can contain savory or sweet fillings. Many Mexicans love spicy foods full of heat.



Music:

Mariachi music is originally comes from the state of Jalisco, Mexico. Seen in cultural shows at local theatres, festivals, parties, birthdays, or even during *serenatas* – paid performances for moms, girlfriends, and wives often played on the street outside their bedroom window. Traditional mariachi songs are about *machismo*, love and romance (or lost loves), betrayal, death, politics, or revolutionary heroes. Stemming from its rural origins, some songs feature animals and life in the country (*el campo*).



Planting:

It's spring again! It's planting time. In March, the students along with staff participated in an agency wide planting party. Thank you for all the volunteers' students and staff who participated. Bulbs were donated from the city. *A special Thanks to George Stephanai who graciously donated bulbs.* The students also planted seeds in the raised garden and will be able to experience their garden from seeds to harvest, which improves the students' knowledge of vegetables and their importance.



April 11, 2017

Ms. Edwards
Volunteer Opportunities

This semester we have focused on our reading skills. Literacy and comprehension are goals we continue to improve on each day. Our class has participated in Choral Readings, Poetry and early Phonics books. This activity has brought out an interest in wanting to learn and participate, as well as an increase in vocal communication. As a class, we use technology to read lyrics off a media device for choral readings. In addition, our students made great independent progress by filling out an application with assistance, and understanding the rules of obtaining a library card. This proved to be a great self-motivator for students and an immense accomplishment.

Library Card Holders



Choral Reading



Senior Services, Meal on Wheels Class Volunteers

Adult Living Skills Class began volunteering at Senior Services of Winston-Salem, Meals on Wheels Program. We have a local route near the school, where we count and deliver hot nutritious meals to homebound adults and seniors that are enrolled in the program. Our students enjoyed this experience with an increase in social skills, eye contact, task and time management, as well as math and reading skills. Volunteering is a part of our program here at Springwell Network day program. It gives our students a chance to gain new experiences, meet new performance criterion, and give back to the community.



Senior Services, Meal on Wheels Class Volunteers

The Adult Basic Education participants led by Sharon Lloyd and Deborah Warren are volunteers at The Triad Dream center at the Agape Faith Church Care and Share food pantry. Agape Care and Share Ministry is spread across an area of more than 4,000 square feet. The ministry has a partnership with Second Harvest Food Bank and the students practice all the skills of the curriculum in the class room with varied materials in multiple formats from the adult basic education. The activity provides opportunities for them to practice all those skills in a classroom setting where we can assist them. The students did a really good job on learning to write their personal information and improving listening skills to demonstrate comprehension and collaboration of oral and aural information.

While riding the bus, the student develop and apply knowledge of the basic written English Language. They are responsible for recognizing numbers and letters to be able to get on the correct bus. We have practiced these skills in the classroom and we will continue to strive to master these concepts while volunteering. We continue to be a very valuable part of this organization.



Springwell Volunteers

Volunteers are the seeds for continued growth and success. We are looking for individuals who are dependable, articulate, people-oriented, and will to promote the mission of Springwell Network.

(Opportunities)

Board Members

Marketing

Fundraising

Landscaping

Peer to Peer

For additional information contact:

Charlene Warren @ 336-31-1300 ext. 301

cwarren@rphms.com

No-Bake Carrot Cake Bites

Ingredients

3 medium – carrot
 6 medium – dates, Medjool
 1/2 cup – pecans, chopped
 1 tablespoon – almond butter
 1 cup – oats, dry
 1 teaspoon – cinnamon
 1/2 teaspoon – nutmeg
 1/2 teaspoon – ginger, ground
 1/8 teaspoon – sea salt

Directions

1. Add the carrots to the bowl of a food processor and process until finely ground. Transfer to a plate or bowl and return the bowl to the food processor base.
2. Add in dates and pecans and process until combined. Return the carrots to the food processor and add in the remaining ingredients.
3. Process until a dough forms and you can roll them easily into balls. If the mixture is too wet, add in a tablespoon or two of flaxseed meal (or more oats). Roll the mixture into balls and store in an airtight container in the fridge for up to one week.



What is Cultural Competency

Cultural Competency is the willingness and ability of a system to value the importance of culture in the delivery of services to all segments of the population. It is the use of a systems perspective which values differences and is responsive to diversity at all levels of an organization, i.e., policy, governance, administrative, workforce, provider, and consumer/client. Cultural Competency is developmental and community focused.

Also, it helps with development and continued promotion of skills and practices important in cross-cultural interactions and systems practices among providers and staff to ensure that services are delivered in a culturally competent manner. Cultural Competency evolves through changes in behaviors, attitudes, knowledge and skills. It is a process of continuous quality improvement. It requires all levels of the organization to adhere to the ethical codes of conduct established, and reflect that the values of

SPRINGWELL NETWORK, INC. based upon the principles of honesty, sincerity, understanding and integrity with regard to: age, sexual orientation, race etc.

Northwind Traders brings you the world

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