



May Calendar

May 9 - GMSS

Board Meeting
(GMSS, 5:30 pm —
7:00 pm)

May 23- Employee

In-service After-
noon (GMSS, 2:00
pm – 4:00 pm)

May 28 —

Memorial Day
(Office Closed)

GMSS Welcomes Two New Board Members

GMSS is very excited to welcome two new board members. It has been over five years since we have had the opportunity to bring new members to the board.

Heidi Baker: She is from the Northeast Kingdom and works for the Council on Aging in St. Johnsbury as a case manager. She is a rising star in elder care services, and has worked with GMSS in the past as we have been making inroads in the NEK with our Adult Family Care (AFC) program. She will also be a good representative of that geographic area, where we currently serve over forty clients.



Steve Peterson: He is the Security Coordinator at Tetra Tech ARD out of Burlington. Compassionate and pragmatic, Steve has extensive experience in government, nonprofit, and private sector work, with strengths in business development and finance. That Steve wants to bring his expertise to GMSS is a great reflection on the positive and person-centered direction we are heading. We also have a few clients in the Northwestern part of the state, and it will be useful to have board representation from that area.



Person Centered Thinking (by Brenda Donley)

Skill of the Month (May): Routines and Rituals

A discovery skill to identify the personal preferences, related to regular days as well as special events, that must be present for the individual to feel contentment, comfort, and satisfaction. Routines and rituals contribute to balance and structure in a person's life.

Purpose

To learn what parts of rituals/routines are important to a person to keep or change.

To learn more about what is important to and important for a person.

To learn more about daily supports the person appreciates.

Instructions

Pay particular attention to the beginning and end-of-the-day rituals. Each of us has specific activities that we do every day. The more support the person needs, the more details should be included in the tool.

List the person's major daily rituals. As a ritual is selected, ask the person how their ritual starts. What are the "must haves" or "must do's" to make this ritual a positive experience? Also ask "Does the sequence matter?"

"Who else needs to be a part of it for you? and "What do you do next?"

Use the information to gain a deeper understanding of what is important to and important for the person, and how to best support the person.

Discovery/ Listening Skills	Everyday Learning Skills	Manage- ment Skills
Relationship Map	Learning Logs	Donut Sort
Routines & Rituals	Working / Not Working	Matching
Good Day / Bad Day	4 + 1	
2- Minute Drill		
Communica- tion		
Reputation		

May's Shared Living Provider & Employee Anniversaries

Employees:

Alex Lanpher – 5/25/17 (1 year)
Van Fryman – 5/24/17 (1 year)
Jason Metcalf – 5/19/14 (4 years)
Gina Brown – 5/23/01 (17 years)

Shared Living Providers:

No Shared Living Provider anniversaries in May

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Empowering Neighbors With
Disabilities to Be At Home in the
Community

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