

# A COMMUNITY OF WELLNESS

**NEWSLETTER 11**  
**COLBY DUDAL**

# UPLIFTING NEWS

In light of everything that is currently going on in the world, I wanted to make this newsletter specifically about uplifting news and photos.

One inspiration for this is John Krasinski's 'Some Good News' web series. On each show he talks about uplifting stories and keeps the show positive. In one of the episodes, the cast of The Office reunites for a Zoom wedding!

Check out the full web series here:

[https://www.youtube.com/channel/UCOe\\_y6KKvS3PdIfb9q9pGug](https://www.youtube.com/channel/UCOe_y6KKvS3PdIfb9q9pGug)



SomeGood  
News

2.59M...

14 videos

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Some Good News  
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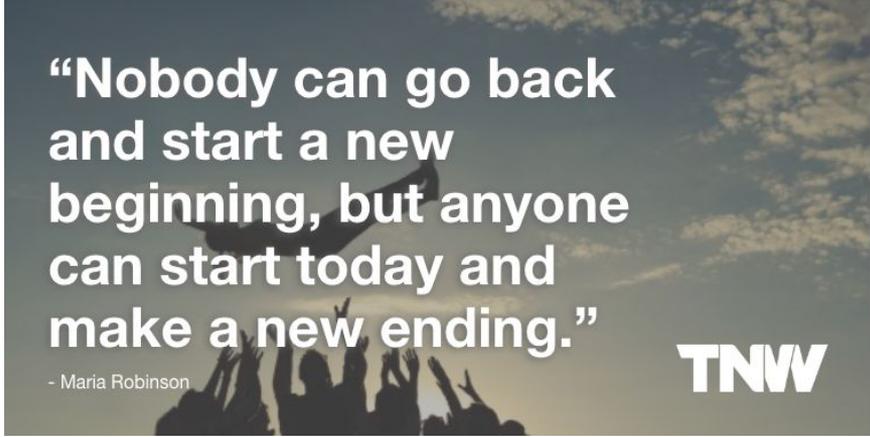
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The Office Cast  
Reunites for Zoo...

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**“Nobody can go back  
and start a new  
beginning, but anyone  
can start today and  
make a new ending.”**

- Maria Robinson

**TNW**



**An arrow can only be shot  
by pulling it backward. So when life is  
dragging you back with difficulties,  
it means that it's going to launch you  
into something great.**

- Paulo Coelho

# THANK YOU!

We greatly appreciated each and every person who donated during our NHGives virtual fundraiser on June 9th & 10th.

We received donations from families who show up to our events year after year, Board and Council members, employees, family and friends of people who are close with Community Crossroads and many within the local community. This would not have been possible without all of you. Your donation WILL help.



## NH Gives Community



# CREATIVITY CORNER

Here is some artwork from some who are helped by Community Crossroads! We hope that these pieces of art can help you have a better day.



**Hayley Watt - She has made multiple pillows and has gotten fast at making them.**



**Karen George creates sticker art portraits. She enjoys making these during her downtime. She uses this skill as a way of coping when she is frustrated or upset.**



## CREATIVITY CORNER



**Dumbo the Elephant!** If you are looking for a family movie to watch, check out the 2019 version of the film.



**Piglet!** In 2018, the film **Christopher Robin** was released. It is another good choice for those looking for a family movie.

# VISIT CARRIAGE SHACK FARM

Visit Carriage Shack Farm in Londonderry, NH. If you love ponies, pigs, sheep and other farm animals then this is the place for you! They have just reopened for the season.

Just this week, Rose and Mikayla volunteered at the farm for a couple hours!



Summer 2020

# RESPIRE - WHAT IT IS AND HOW IT IS USED

For longtime Community Crossroads supporter and former employee Karen Hatch, respite is used for her teenage daughter Mikayla. Karen makes sure she uses respite in a way that will help her daughter and in a way that her daughter will enjoy.

Mikayla and her respite providers go places such as Canobie Lake Park, out to restaurants/to get ice cream, places to volunteer in the community, cooking classes and more. Karen sees these places as ways for Mikayla to gain important life skills such as money management, cooking skills and social skills and it allows her to be out in the community. Even better is that Mikayla enjoys all of these activities!

## RESPITE - HOW IT IS USED

This is helpful for Karen as well as she is able to fulfill other duties around the house and run errands on her own.

Karen describes respite as “so important when it comes to giving opportunities” and something that shouldn’t be confused with babysitting in any way but rather having someone to give support and understanding towards her daughter.



Summer 2019

# RESPIRE - HOW IT IS USED



Summer 2019

Another aspect of this is Mikayla chooses where she wants to go, it isn't decided by Karen or her respite provider. This is important because it gives Mikayla the chance to make decisions on her own such as what to do on that day.

While each family or individual may utilize respite a little differently than another, the way respite is used for Mikayla is one that helps her greatly and that she enjoys!