



Golden Rule Review



To treat other people as we would like to be treated.

MOTHER'S DAY EDITION

MAY, 2017

Happy Mother's Day

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On May 8, 1914, President Woodrow Wilson signed a Joint Resolution designating the 2nd Sunday in May as Mother's Day.

This Holiday is meant to honor mothers and their influence in society. Today, it is celebrated in close to 50 countries worldwide.



The most popular Mother's Day flower is the carnation.

In the Huffington Post, M. Lin is quoted as saying, "Raising a child with any disorder, condition or special need, is both a blessing and a challenge. A challenge for obvious reasons, and a blessing because you don't know the depths of victory and joy until you see your child overcoming some of those challenges."

"All that I am, or hope to be, I owe to my angel mother"

-Abraham Lincoln (www.brainyquote.com)

Go Ahead and Laugh out Loud:

"Laughter reduces pain, increases job performance, connects people emotionally, and improves the flow of oxygen to the heart and brain." - Hara Estroff Marano; www.psychologytoday.com -April 5, 2005.

Sharing a little humor:

"It's ok if you disagree with me. I can't force you to be right."

"Cupcakes are muffins that believed in miracles."

"I'm just a girl, standing in front of a salad, asking it to be a donut."



-TheFunnyBeaver.com

Getting Ready for Summer:

Summer Camps:

With summer just around the corner, it is a great time to take a look at summer camp activities.

VerySpecialCamps.com is a specialized directory dedicated exclusively to camps which serve individuals with one or more of a wide range of special needs.



"You know you are a Mom when you are out for a romantic meal with your husband, enjoying some real adult conversation, when suddenly you realize that you've reached over and started to cut up his steak".

www.humormatters.com



Around Town:

Fiesta Taco Salad Dinner:

The Gulf Coast Self Advocates invite you to enjoy a Fiesta Taco Salad Dinner on Wednesday, May 10, 2017 from 6-8pm at the VFW Building, located at 812 S. Douglas Street in Alvin. Meals tickets are only \$7.00 per person.

Tickets are available at the door the day of the event, and at 204 W. Coombs Street in Alvin in advance. Call 281-388-1161.



Healthy Living Tips:

Breathe Deeply:

Did you know that many of us only take shallow breaths and breathe to 1/3 of our lung capacity?

Oxygen is a vital source of life. A full breath is one where your lungs are completely filled, your abdomen expands, and there's minimum movement in your shoulders.

-45 Tips to Live a Healthier Life by Celestine Chua at personalexcellence.com



TAKE A
DEEP
BREATH
THEN
CONTINUE

Introducing New Staff:

"Coming together is a beginning. Keeping together is progress. Working together is success."

- Henry Ford (www.inc.com)



Jennifer Spruill, RN

Golden Rule is delighted to introduce you to our new Director of Nursing, Jennifer Spruill. Jennifer joined Golden Rule on April 10, 2017.

Jennifer has a bachelor's degree in psychology and a masters degree in nursing administration. She has worked mostly in neonatal ICU's taking care of premature and ill infants. She has also worked in orthopedics and labor and delivery.

Jennifer is the mother of two daughters, both of whom are currently in college.

She shares, "I am super excited to be here".

Golden Rule is also delighted to introduce you to our new Texas Home Living Waiver Case Manager, Jennifer Moody. Jennifer joined Golden Rule on April 25, 2017.

Jennifer has a bachelor's degree in criminal justice with a minor in psychology. She has a masters degree in mid-management education. Jennifer also has her teaching certification in the areas of Special Education and Elementary Education. She spent 19 years working in the school system with at-risk kids and worked as a Service Coordinator for the TxHmL Program for 2 years.

She shares, "I am looking forward to great things at Golden Rule Services".



Jennifer Moody,
TxHmL Case Manager



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Golden Rule Services, Inc. was founded in 1995 by Daniel and Barbara Armond.

Our philosophy is "to treat people as we would like to be treated".

Our mission is to provide opportunities to individuals with intellectual and/or developmental disabilities for growth and independence in their community.

Individuals are treated with care and compassion - not pity. They are seen as people who want no less dignity, respect, or quality of life than we ourselves desire and, in most cases, are able to have with very little effort. Our task is one of discovery: discover what a person values and what things are hassles to them; their discovery will be the availability of desired choices. We strive to listen to each individual and let them create their own place based on specific dreams, desires, and needs.



GRSI

Staff:

Danny Armond, CEO/Founder
Barbara Armond, COO/Founder



Case Managers:

Ashley G., HCS
Jim I., HCS
Debbie S., HCS
Elizabeth S., HCS
Wendy W., HCS
Jennifer M., TxHmL

Nursing:

Jennifer S., RN
(Director of Nursing)
Terri K., LVN
Ellen M., LVN
Pamela M., LVN
Contract Staff:
Mary J., RN
Saran P., RN

Completing the Team:

Annette R., CFC/AA Claims
Cynthia C., HR
Jerry M., Information Technology
Debbie G., Payroll
Pam P., Receptionist/Waiver Billing
Nola G., Quality Assurance
Cliff L., Facilities/Vehicles Maint.
Cynthia T., Host Home Coordinator

Golden Rule Services, Inc. is a non-profit corporation under IRS 501(c)(3). Donations are welcomed and are tax-deductible.