



Golden Rule Review

Golden Rule Services, Inc.

Spring 2018



Increasing Communication:

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2017 brought with it several weather events that resulted in office and day program closures. In an effort to ensure we are communicating with everyone as efficiently as possible, we are going to begin using

an Alert Messaging System.

Would you be interested in receiving text messages from GRSI about office/day program closures due to inclement weather, or other types of emergencies?

Would you find it helpful if alerts were also shared on our Webpage?



Please provide feedback to:

Nola Graham at 281-997-2295, ext 313

ngraham@grsi.org.



Also, please let me know if you would like to receive a copy of our Newsletter and Information Sheets by e-mail. Thank you.

A Little Spring Humor



Why is the letter A like a flower? A bee (B) comes after it.

What did the tree say to spring? What a re-leaf.

Laughter
is an
instant
vacation.
- Milton Berle

Satisfaction Surveys



Golden Rule mails out Satisfaction Surveys each year. For your convenience we also provide a self-addressed postage paid envelope. Just complete the Survey, place it in the enclosed envelope and drop it in the mail to us. Your feedback is valuable and it helps us with providing quality services.



For 2017:

In our HCS Program:

On average, we received back 50% of the surveys we mailed out.

In our TxHmL Program:

On average, we received back 30% of the surveys we mailed out.



What time of the year you receive your survey is based on the Begin Date of your Individual Plan of Care (IPC).

Our mail out schedule is:

IPC Begin Date: Jan, Feb, March
Mail out: April

IPC Begin Date: April, May, June
Mail out: July

IPC Begin Date: July, Aug, Sept
Mail out: October

IPC Begin Date: Oct, Nov, Dec
Mail out: January



We appreciate your feedback.

Meet our Newest Case Manager



Bianca Contreras joined the Case Management Team at GRSI on January 9, 2018.

Bianca has over 10 years of experience in the HCS Program. She is fluent in both English and Spanish, which makes her a valuable addition to the Team for those in our HCS and TxHmL Programs for whom Spanish is their first language.

Bianca shares that she is “very blessed to be able to work with individuals and families with special needs” and feels that it is important we assist “in giving them a voice”.



You Can Help: Shop to Donate

Like to shop? Want to support Golden Rule Services, Inc.? You can do both at the same time.

AmazonSmile

When you shop at AmazonSmile, Amazon will donate to Golden Rule Services, Inc.

To support us every time you shop, go to: smile.amazon.com/ch/76-0470067

Kroger Community Rewards Program

Golden Rule Services, Inc. is participating in the Kroger Community Rewards Program for non-profit organizations.

Through this program, a percentage of your eligible purchases are donated to Golden Rule Services, Inc.

To link your Kroger Plus card to Golden Rule Services, Inc., please go to: www.KrogerCommunityRewards.com. Our organization number is #83307.

This process must be renewed annually, even if your Kroger Plus Card is already linked to Golden Rule Services, Inc.



Tips for Healthy Living



Getting a **good night's sleep** can make a positive difference in your health and quality of life.

Did you know that melatonin is a naturally occurring hormone controlled by light exposure that helps regulate your sleep—wake cycle. Your brain secretes more melatonin when it's dark, making you sleepy and less when its light, making you more alert.

Consider these few simple tips to help you get those much needed zzzzzzz's.

-Avoid bright screens several hours before bedtime. The blue light emitted by your phone, tablet, computer, or TV can be especially disruptive.

Try instead to dim the lights and listen to soft music or an audio book.

If you must use technology within a few hours of bedtime:

- Use smaller screens
- Turn the brightness down
- Try light altering software

-www.helpguide.org "How to Sleep Better"



"Early to bed and early to rise, makes a man healthy, wealthy, and wise."- Benjamin Franklin



“To treat people as we would like to be treated”.

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You can also visit us on the web at:
www.goldenruleservices.org



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.