

The Progressive

PROGRESSIVE
RESIDENTIAL
SERVICES OF NEW
MEXICO, INC.



OUR MISSION:

Our mission is to assist people with disabilities to discover their unique gifts and find ways to contribute those gifts to community.

OUR VISION:

Our vision is that people with disabilities live full, meaningful lives as valued members of their community.

www.prs-nm.org

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PRS-NM “Best Overall”

Fireworks, music, dance, and great tasting food! Fourth of July celebrations were in full swing and in Las Cruces NM, the annual light parade kicked off the holiday. The parade attracts hundreds of people every year. People come out to enjoy tailgating and with the hope to witness an awesome light parade without it raining. The theme for the 2017 Light Parade was “Celebrate Our Freedom, Our Patriots and America.” We decided to be brave and took the challenge to design a float for the first time. Our team brainstormed and finally agreed on an idea for our float. It would be a huge eagle made out of hundreds of plastic spoons and knives. We are extremely grateful to have such a diverse team of talented people, because this project required the use of artists, builders and hard working staff. On the day of the event



Picture of our winning float!



Here's our float all lit up.

we gathered early to put all the parts together. By midday, our New Mexico desert heat melted some of our decorations, but we kept positive and made some adjustments. It was around 5pm when the float was all completed and ready to go. We had one final mishap before leaving. Our eagle detached from its stand as the trailer was being pulled out of the driveway. After a stressful moment and some repairs we were off to the starting point of the parade. Our team was relieved when we heard that it wasn't going to rain. As we started to drive, hundreds of people cheered us on. We could hear the comments as we strolled by everyone, many



spectators marveled at the detail of our eagle. It was a long, but successful day. The next day at the fireworks celebration the winners for the best floats were announced for each category. Then the final overall winner was announced. The announcer read from his list, “And the winner is.... **P.R.S. of New Mexico!**” Our float had won! The crowd cheered for the winners. All the hard work paid off and our team earned the first place trophy. Out of 56 floats we stood on top. Our trophy proudly sits at the entrance of our office. Next year will be bigger and better. We'd like to thank Frank Juarez of All-Star Carpet Cleaning for donating the t-shirts our staff and individuals wore during the parade.



The PRS-NM team at the parade

By: Jose Solis

Ribbon Cutting Ceremony Hispanic Chamber of Commerce

The Las Cruces Hispanic Chamber of Commerce honored PRS-NM with a proclamation, supporting PRS-NM in providing the highest quality of service, convenience and quality for our community. The proclamation was presented during our Ribbon Cutting Ceremony celebrating our 2nd year at our new location. During the event, we viewed our marketing video, which was done by Naomi Trejo, who is an NMSU student. We also gave out Employee of the Quarter Awards which went to **Matthew Lujan for Customized Community Support Services** and **Kennedy Simmons for Supported Living Services**. Thanks to all who helped with the celebration and to the Hispanic Chamber of Commerce and all stakeholders for your support.



By: Melissa Alvarez-Ortega



Sensory Room PRS-NM continues to find creative ways to accommodate each individual's sensory needs. We have created a room that provides calming sounds, tactile and visual stimulation in a safe and controlled environment.

We have decorated our sensory room with an ocean theme. There is a giant octopus swimming, large jellyfish that light up and several coral reef made of pool noodles. You can also swim with the turtles and the sting



rays. There is also a fish tank that has glow in the dark fish. We made busy boxes that have different activities and others are filled with different items with various textures. All of the individuals enjoy sitting in this room to relax. We even get a few therapist who enjoy hanging out here. Our goal is to empower and create independence for people with disabilities while giving them a place to explore their sensory needs.

By: Elizabeth Flores



UPCOMING EVENTS

PRS-NM will be holding its first Harvest Fest Fundraiser Dinner and Dance at the VFW located at 2001 N. Mesquite Street! Tickets will be available for \$20 per person or \$35 per couple and will include entry to the dance and a taco plate. Music will be provided by DJ/MC Jose Solis, and there will also be a cash bar for guests 21 and over. In addition, there will be a silent auction of various donated items during the event, with proceeds benefiting our clients' activities. Come join us for a night of food, fun and so much more! Tickets are available at our office, and you may RSVP by calling (575) 523-8431.

By: Chance Barrett

PRS-NM Harvest Fest Fundraiser

TACO BAR, DANCE & SILENT AUCTION

SATURDAY, OCTOBER 14TH, 2017

VFW 2001 N. Mesquite St.
Las Cruces, NM 88001

Dinner & Silent Auction: 6pm-8pm
Dance: 8pm-12am

Tickets available at PRS-NM Office
1100 S. Main St. Suite A
Las Cruces, NM 88005
575-523-8431
\$20.00 per person

PRS-NM

*All proceeds benefit our individuals
Music provided by: DJ/MC Jose Solis

NMDOT 5310 Grant

Melissa Alvarez-Ortega and John Flores worked very hard on the 2017 NMDOT grant and were able to receive two new vans in July!

Federal Transit Administration (FTA) Section 5310 Program (Enhanced Mobility of Seniors and Individuals with Disabilities) provides capital grants to assist private non-profit organizations and, under certain conditions, public agencies, to provide safe, efficient, and coordinated transportation services for seniors and individuals with disabilities for whom public transportation is otherwise unavailable, insufficient, or inappropriate .

PRS-NM has been awarded the grant every year since 2015, has received 6 vans in the past three years and has just been awarded the 2018 grant which will enable us to add 2 more vans to our fleet. Melissa and John are also working on the 2019 grant where PRS-NM will be asking for funding for a larger ramp vehicle.

Thank you for all your hard work, dedication and continued support that allows PRS-NM to provide the best care possible!

By: Elizabeth Flores



CLIENT SPOTLIGHT— Andrea

Caffeine Fix!

I would like you to meet Andrea N. Andrea holds the title as the oldest client with PRS-NM having recently celebrated her 90th birthday! She has been able to lead this long life with remarkably consistent health and staff. Andrea has had the same day services staff for more than 20 years. Anna and Andrea have become inseparable over the years with Andrea many times treating Anna like a daughter.

Andrea is not seen much at the PRS-NM offices as she enjoys spending her time at the Munson Center visiting with her friends and drinking her cup of coffee. When Andrea does come to the office she can be seen sitting in her wheelchair and greeting people with a shy smile and a demure wave. One of her favorite pastimes is to ask young men if they are married. If their response was yes, she will either ask about children or dismiss them outright. She doesn't really have time for married men! If their answer was no, she may ask for their name and "flirt" a little.

Besides single men the other main interest of Andrea's is her coffee. Over the last two years Andrea has purchased a fancy Keurig® coffee maker and has become very proficient at using it. If one is lucky enough to arrive at Andrea's home while she is up and in the dining area she may offer to make you a cup of coffee and have you sit with her. She's quite the hostess; she will ask if you want cream or sugar and then direct staff to add them to your cup. Andrea also holds the title as PRS-NM's only nonagenarian barista.

By: Mark Jenkins



Day Hab & Customized Community Supports

Community Garden

At PRS-NM our individuals come first, we care for them and help them to grow, just like our community garden. The garden started with an empty lot and has now become a very beautiful and fruitful project. Many hands, including individuals and staff, have helped create this beautiful garden. They visited the garden a few times a week to pitch in. We have seen that with a little hard work, patience, guidance and positive support we can make great things happen. Just a few of the items we have grown are pumpkins, watermelon, sunflowers and squash. All of our fruits and vegetables are used in our cooking class.

By: Alonso Magallanes



Getting an annual flu vaccine is the first and best way to protect yourself and your family from the flu. Flu vaccination can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations. The more people who get vaccinated, the more people will be protected from flu.

Preventing the Flu: Good Health Habits Can Help Stop Germs

The **single best way to prevent seasonal flu is to get vaccinated** each year, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu.

1. **Avoid close contact.** Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
2. **Stay home when you are sick.** If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.
3. **Cover your mouth and nose.** Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
4. **Clean your hands.** Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.
5. **Avoid touching your eyes, nose or mouth.** Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
6. **Practice other good health habits.** Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

By: Irene Gonzales

CLIENT SPOTLIGHT— Mary Lou and Kathy

Oasis found on Neptune

There are a few times in life when you are matched up with the perfect housemate and your interests can dovetail to create something wonderful. One of these instances has occurred at the Neptune house with Kathy and Mary Lou. These young ladies have been living together for over 5 years and they have become ideal housemates for each other. Over the last year or so, both ladies have developed an interest in gardening and updating their backyard.

The changes they have made are fantastic! Mary Lou has started a garden in the front of their home as well as caring for plants and gorgeous flowers in the backyard. Kathy has been able to make some substantial additions to the backyard including water misting system, a fire pit, a fountain, and a wheelchair accessible walkway to the park bench with an expandable awning.

The work that both of these ladies and their staff have put into this home is remarkable and truly has created an oasis for the ladies to enjoy and share with their friends.

By: Mark Jenkins



Farmer's Market

The marketing committee works very hard in promoting PRS-NM throughout our community. One of our many events included participating in the Las Cruces Farmer's Market. We were able to promote our business and provide more education on the services we provide, as well as market for our fundraiser coming up in October. This is also an opportunity for us to show all the various arts and crafts the individuals do in some of their Day-Hab activities. This was our first time having a booth at the Farmer's Market but it was definitely a great success for PRS and we will continue to do this once a month to help market our company. Go marketing committee!

By: Miraya Pacheco Balderrama





1100 S. Main Street, Suite A

Las Cruces, NM 88005

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Our **MISSION** is to assist people with disabilities to discover their unique gifts and find ways to contribute those gifts to the community.

PRs-NM offers a variety of residential and community-based services to adults with developmental disabilities.

PRs-NM is a non-profit organization.

We would like to thank all of our supporters for their gifts over the years. Charitable donations including cash, stocks and professional services assist in our continuing efforts to promote personal growth and enrich the lives of the people we serve. All donations are Tax-Deductible. If you would like to discuss a donation with a member of our staff, please contact our office at:

6001 N. Adams Road | Suite 165 | Bloomfield Hills, MI 48304 | 248.641.7200



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Healthcare Management and Consulting