

Quarterly Newsletter

March 2026

March 23, 2025

Spring is here and it brings new opportunities for growth, connection, and community. At ResilientSD, we remain committed to supporting you every step of the way on your self-direction journey.

Self-direction is built on choice, collaboration, and the shared goal of helping individuals live meaningful and independent lives. Whether you're managing supports, building your team, or working toward personal goals, access to the right information and resources can make a meaningful difference.

We're grateful for the trust you place in us and for the opportunity to support this community. Thank you for being part of the ResilientSD family.

— Sandra Woodward, ResilientSD Account Manager

In today's email:

- Upcoming Awareness Days/Months
- Planning for Warmer Weather & Outdoor Accessibility
- Power Your Day With Nutrition
- Participant Spotlight: Benjamin Marches to His Own Beat
- March is Developmental Disabilities Awareness Month
- "Existing as a Disabled Woman Is a Radical Act"
- Self-Direction Resources for Veterans and Direct Care Workers
- Share Your Story

Upcoming Awareness Days/Months

March 2026 — Developmental Disabilities Awareness Month

March 2026 — Women's History Month

April 2026 — Autism Acceptance Month

April 2 — World Autism Awareness Day

April 5 — Easter Sunday

April 22 — Earth Day

May 2026 — Mental Health Awareness Month

May 5 — Cinco de Mayo

May 10 — Mother's Day

May 21 — Global Accessibility Awareness Day (GAAD)

May 25 — Memorial Day

Planning for Warmer Weather & Outdoor Accessibility

As the weather gets warmer, many people look forward to spending more time outside. Outdoor activities can support physical health, social connection, and overall well-being.

1. Check Accessibility Ahead of Time

Before heading out, consider:

- Are paths paved or smooth enough for mobility devices?
- Are accessible restrooms available?
- Is there shaded seating?
- How far is parking from the entrance?

Many parks and community spaces list accessibility features online. A quick check can help avoid surprises.

2. Prepare for Heat and Sun

Warmer weather can increase health risks, especially for individuals with medical conditions.

Plan to:

- Bring water and stay hydrated
- Use sunscreen and wear hats
- Take breaks in shaded or cool areas
- Avoid the hottest part of the day

3. Check Equipment

Before heading out:

- Make sure wheelchairs, walkers, or adaptive equipment are in good working order
- Charge batteries for powered devices
- Bring any needed supports or backup supplies

Small checks ahead of time can prevent bigger problems later.

4. Have a Backup Plan

Weather can change quickly. Have an alternative plan in case of:

- Extreme heat
- Storms
- Transportation issues

Indoor community spaces, libraries, or accessible recreation centers can be great options.

Power Your Day With Nutrition

March is National Nutrition Month, a time to focus on how the foods we eat impact our health and well-being. This VA article shares simple, practical tips for building healthier habits, from adding more fruits and vegetables to making small, sustainable changes over time.

It's a helpful reminder that even small steps can lead to big benefits for your overall health.

[Read more](#)

The ResilientSD Difference

Respectful and empathetic team with extensive experience in self-direction

At ResilientSD, we understand that self-direction is about more than just services. It's about dignity, independence, and choice.

Our team brings years of hands-on experience supporting Veterans who self-direct, and we approach every interaction with respect, empathy, and a commitment to listening.

Highly efficient and accurate payroll services

You can count on us to handle the details with precision and speed. From processing timesheets to managing tax filings, ResilientSD ensures payroll is handled correctly and on time, every time.

Our reliable and efficient systems give you peace of mind, so you can stay focused on living your life while we take care of the paperwork.

Supporting Veterans and their families in their self-direction journey

We are proud to stand beside Veterans and their families as they take control of their support. Whether you're just getting started or have been self-directing for years, ResilientSD is here to support you at every step.

We help make self-direction easier by providing the tools, guidance, and administrative support needed to successfully hire and manage the Direct Care Workers you choose.

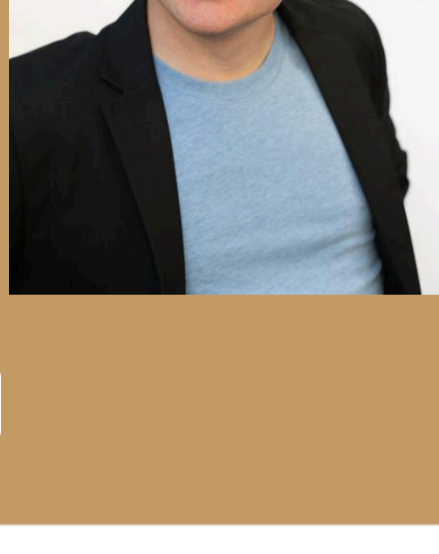
Participant Spotlight

Benjamin Marches to His Own Beat

Some people follow the crowd. Others create their own rhythm.

When you meet Benjamin Golden, you quickly learn he isn't interested in fitting into anyone else's mold. As his mom Kristi says, "He definitely has his own drumbeat going."

And in Benjamin's case, that's true in more ways than one—he literally plays the drums.



[Read Benjamin's story](#)

March is Developmental Disabilities Awareness Month

This year's national theme, "We're Here: Then, Now, Always," highlights a simple but powerful truth: people with developmental disabilities have always been part of our communities and will continue to shape them in the future.

[Learn more](#)

"Existing as a Disabled Woman Is a Radical Act"

March is Women's History Month. In this powerful essay, disability rights activist Emily Ladau reflects on the expectations, stereotypes, and resilience that shape her experience, writing that existing as a disabled woman can itself be an act of resistance.

[Read the full essay](#)

Self-Direction Resources for Veterans and Direct Care Workers

Find more information and additional support for every aspect of your self-direction journey, including enrollment, payroll, and government resources. For Direct Care Workers, we provide links to required training.

[Stay informed](#)

Share Your Story

If you know someone who has used self-direction to build a life of independence, whether through employment, community engagement, or personal growth, we'd love to share it. Your story could be the next spotlight that inspires others to dream big.

[Share your story](#)



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