

Your Best Summer Starts Here

Discover resources, tips, and opportunities to make the most of the sunny season.



Summer brings new chances to explore, connect, and build independence. Whether you're attending community events, trying a new activity, spending time outdoors, or working toward personal goals, self-direction gives you the flexibility to create a life that reflects what's important to you.

At ResilientSD, we're honored to support your journey and help make self-direction easier to navigate.

Thank you for being part of our community!



Sandra Woodward

ResilientSD Senior Account Manager

In Today's Email:

On the Calendar: Upcoming Dates & Observances

Summer Check-In

June is Elder Abuse Awareness Month

Self-Direction Resources

The ResilientSD Difference

How To Request Your VA Health Records

Participant Spotlight: Peter Paints A Life of His Own

The National Self-Direction Conference

6 Ways To Make The Most Of Your Summer

On the Calendar

Upcoming Dates & Observances

JULY

Disability Pride Month

US Independence Day | July 4

36th ADA Anniversary | July 26

AUGUST

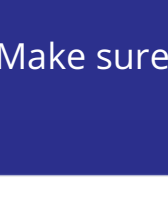
National Wellness Month

Senior Citizens Day | August 21

Summer Check-In

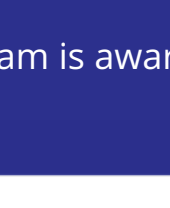
Summer often brings changes to routines and activities.

Taking a few minutes to plan ahead can help ensure your support continues running smoothly, so you can focus on enjoying the season.



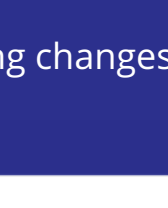
Review Your Schedule

Vacation plans, summer activities, and changing routines can impact support schedules.



Confirm Worker Availability

Summer is a popular travel season. Check in with your support team early and discuss any planned time off.



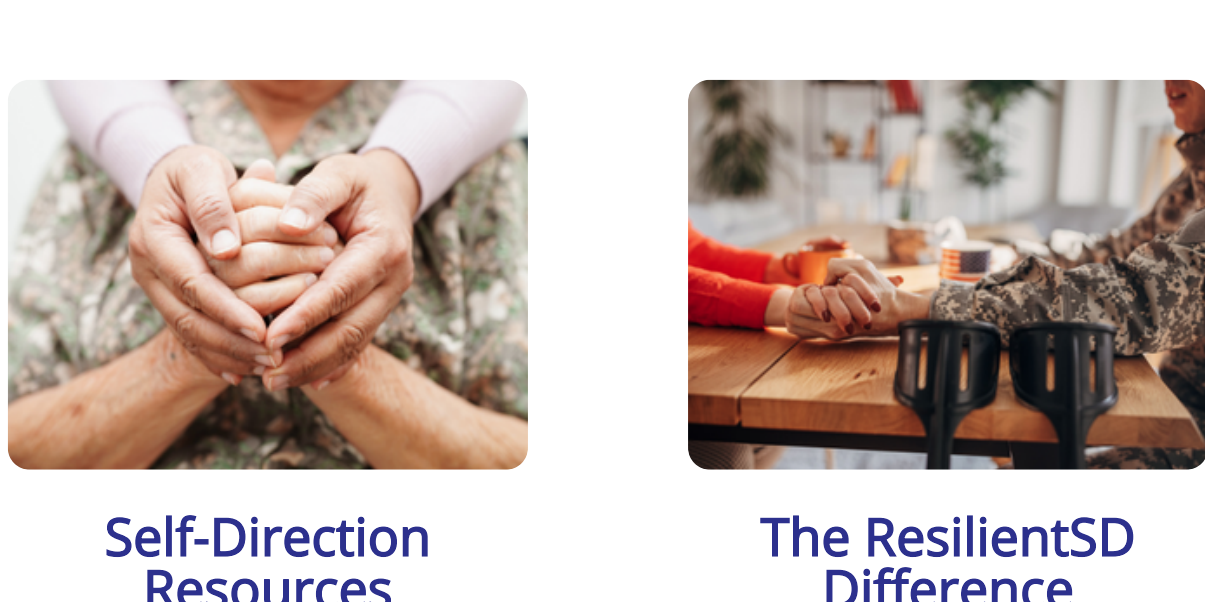
Update Important Information

Review emergency contacts, medication information, and backup support plans before summer activities begin.

Make sure your support team is aware of any upcoming changes.

June is Elder Abuse Awareness Month

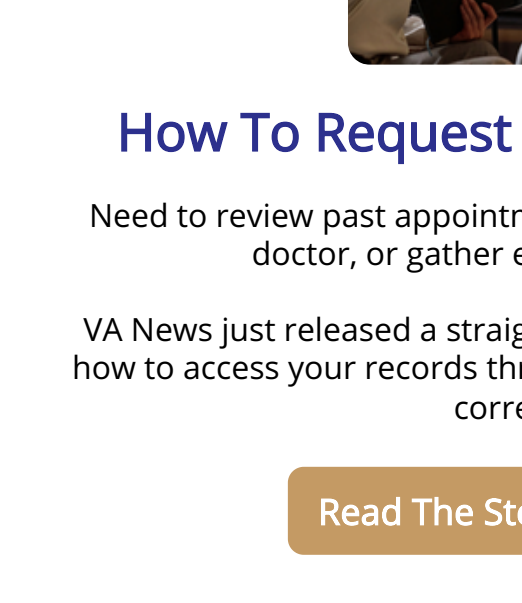
It's a time to raise awareness about the mistreatment, neglect, and exploitation older adults may face.



According to the National Council on Aging (NCOA), about 1 in 10 Americans age 60 and older has experienced some form of elder abuse.

Preventing elder abuse takes all of us. Families, Direct Care Workers, neighbors, healthcare providers, and community members all have a role in protecting older adults and promoting dignity and safety.

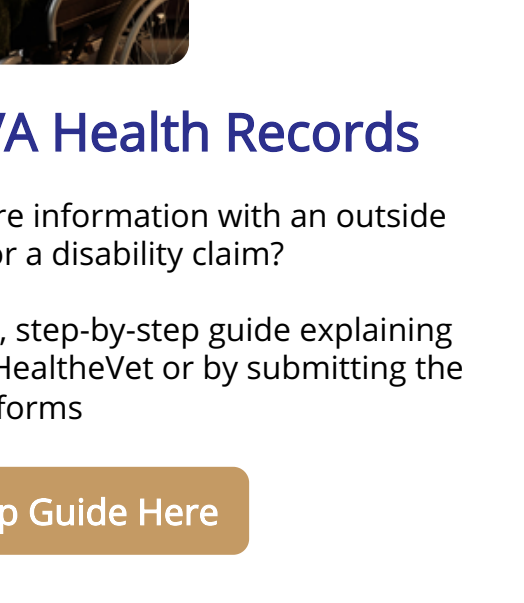
[Read More](#)



Self-Direction Resources

Find more information and additional support for every aspect of your self-direction journey, including enrollment and payroll resources on our website.

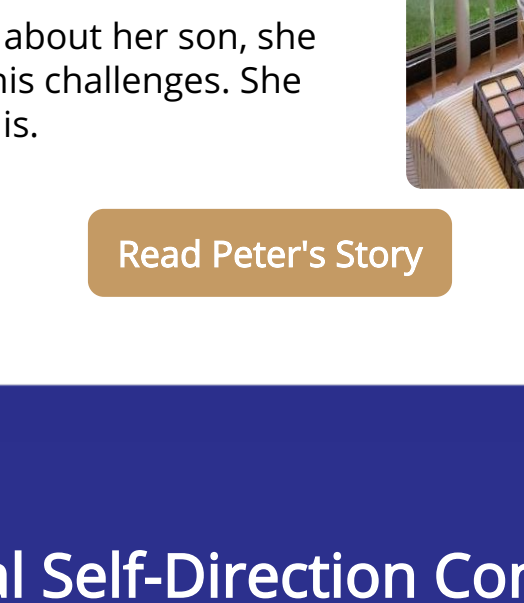
[Stay Informed](#)



The ResilientSD Difference

At ResilientSD, we understand that self-direction is about more than just services. It's about dignity, independence, and choice. We approach every interaction with respect, empathy, and a commitment to listening.

[Learn More](#)



How To Request Your VA Health Records

Need to review past appointments, share information with an outside doctor, or gather evidence for a disability claim?

VA News just released a straightforward, step-by-step guide explaining how to access your records through My HealtheVet or by submitting the correct official forms

[Read The Step-By-Step Guide Here](#)

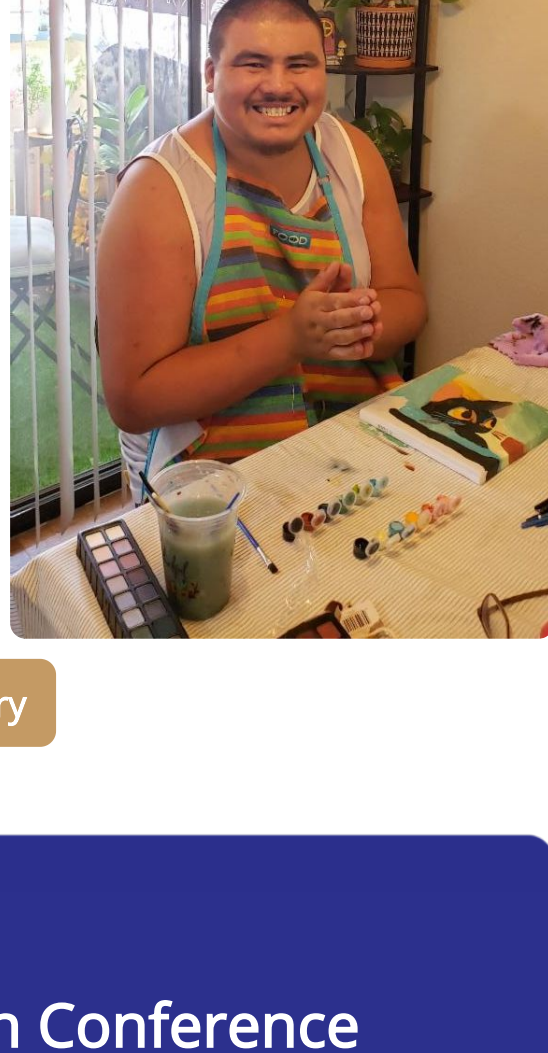
Participant Spotlight

Peter Paints A Life of His Own

"He picks his life, and they help him live it."

Peter Reclusado has always had a sense of adventure. "He's kind of like a down-for-everything, ride-or-die kind of dude," says his mom, Rosalyn Mullins.

When Rosalyn talks about her son, she doesn't begin with his challenges. She begins with who he is.



[Read Peter's Story](#)

May 27-29, 2026

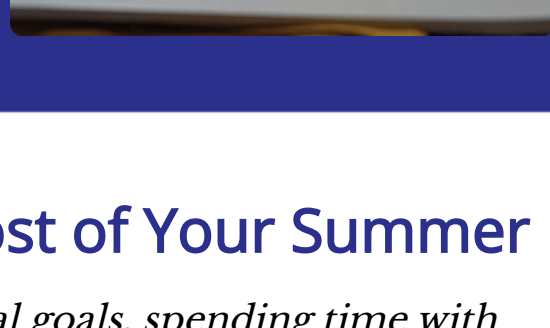
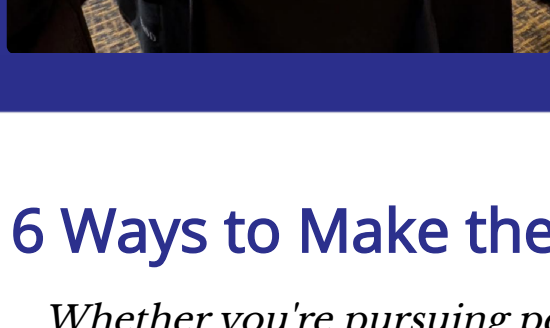
The National Self-Direction Conference

Members of the AssuranceSD team recently attended the National Self-Direction Conference in Minneapolis, MN.

As part of the AssuranceSD family, ResilientSD joined self-advocates, families, providers, and industry leaders from across the country to explore the future of self-direction.

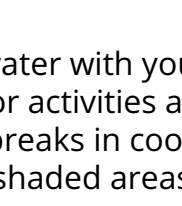
ResilientSD was proud to be represented at the conference.

The event provided valuable opportunities to learn about different state practices, brainstorm solutions to current challenges, and strengthen our commitment to individuals and families throughout their self-direction journey.



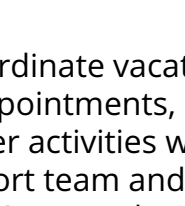
6 Ways to Make the Most of Your Summer

Whether you're pursuing personal goals, spending time with family, or exploring your community, these simple tips can help you have a successful and enjoyable summer.



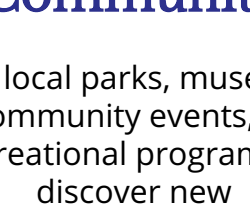
Stay Hydrated

Bring water with you during outdoor activities and take breaks in cool, shaded areas.



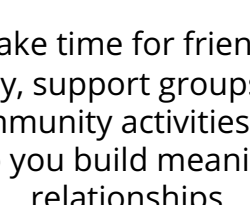
Plan Ahead

Coordinate vacations, appointments, and summer activities with your support team and Direct Care Workers.



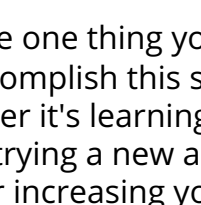
Explore Your Community

Visit local parks, museums, community events, or recreational programs to discover new opportunities.



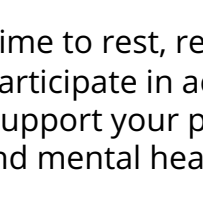
Stay Connected

Make time for friends, family, support groups, and community activities that help you build meaningful relationships.



Set A Summer Goal

Choose one thing you'd like to accomplish this season, whether it's learning a new skill, trying a new activity, or increasing your independence.



Prioritize Your Well-Being

Take time to rest, recharge, and participate in activities that support your physical and mental health.

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](#)