

## Four Winds Community

Four Winds Community is a small lifesharing initiative where people with special needs can meet the challenges of life in an atmosphere of love and support. Nestled in the foothills of Southern New Hampshire, Four Winds provides a peaceful residential setting surrounded by natural beauty.



## What is Lifesharing?

Lifesharing offers an opportunity for young adults with developmental disabilities — as well as other mental, emotional, and physical difficulties — to live, work, and grow in an extended-family environment. Residents with special needs live with coworkers and their families, sharing all aspects of their social and cultural life. Meals are all served family style — everyone participates in the preparation. Fresh produce from the Four Winds garden and a local cooperative farm contributes to a healthy, nutritious, balanced diet.

Life at Four Winds follows a daily rhythm and varies with the seasons. Holidays and festivals are observed throughout the calendar year.

Loving attention is paid to the spiritual welfare of every member of the community, and Four Winds is enriched by the diversity of our multicultural society.

Currently, Four Winds consists of two lifesharing homes – five minutes' driving distance apart — on a total of 28 acres. All of our workshops and vocational training areas are on site. But the bedrock of Four Winds is not in the land or the buildings. Rather, it is in the vision.

## The Four Winds Vision

Four Winds is dedicated to helping each individual realize his or her full potential. Following the teachings of Rudolf Steiner (1861 – 1925), the educator and humanitarian who founded the Waldorf School Movement, life at Four Winds is built upon the recognition of each individual's spiritual wholeness and an appreciation for each person's ability to contribute.

The focus at Four Winds is not on disability — it's on capability.

## A Rich, Full, and Rewarding Life

Activities range from the educational, therapeutic, and vocational to the recreational and cultural. They include:

- Eurythmy/movement therapy
- Therapeutic horseback riding
- Organic gardening program
- Woodworking program
- Bread baking program
- Apple picking and cider pressing
- Cultural outings and movies
- Community service
- Annual winter trip to Florida
- Form drawing
- Painting therapy
- Music therapy
- Weaving program
- Farm program
- Household chores
- Physical fitness
- Sporting events
- Festivals



## Everyone Contributes

Everyone at Four Winds has something to contribute. What that something is may at first seem elusive, but with patience and faith, it can be discovered. Through the principles of lifesharing and the fundamental belief that every member of the community has something of value to share, the potential, purpose, and real humanity of each individual is allowed to unfold.



## General Information

Four Winds Community is a registered §501(c)(3) not-for-profit organization, and all contributions are tax deductible. Four Winds is licensed by the State of New Hampshire as an Assisted Living Residential Care Home Facility. Residents, staff, and coworkers are welcome regardless of race, religion, gender, or ethnic origin.

For more information contact:

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## *Four Winds Community*



*A way of life for people with special needs*



*Temple & Wilton, New Hampshire*