

The Correspondent

Early Intervention Program

Early Head Start

Parent-Child Home Program

Wise Adult Day Health

Residential Services

Volume 13, Issue 8

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Inside this issue:

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Wise Adult Day Health	
Madeline	2
July 4th Celebration	2
Residential	
Dietary Training	3
Shaw's Fundraiser	3
Early Childhood Programs	
Mass Health Benefits	4
Early Head Start Update	4
PCHP Update	5
Summer Reading Tips	5
Activities	6
Health Corner	6
Resource/Information Page	7
Wish List	8

Chicken BARBECUE

Friday, August 8, 2008
5:30 -7:30 pm
Portuguese - American Civic Club
175 School Street, Taunton



Half-Chicken Dinner - \$10
Chicken Nugget Dinner - \$5

Half-Chicken Dinner includes chicken, potato salad, cole slaw, a roll and watermelon.
Chicken Nugget Dinner includes nuggets, chips or apple sauce, watermelon, juice and a prize



Face Painting
Music
Cash Bar
Tattoos

For more information & TICKETS
Associates for Human Services
68 Allison Avenue
Taunton, MA 02780
508-880-0202

All proceeds to benefit the children, adults and seniors supported by AHS programs.

Taunton Rotary Gives to Early Head Start Program

Associates for Human Services' Early Head Start Program (EHS) received \$500 from the Taunton Rotary Club to support field trips for the families enrolled.



Eleanor Chew, an EI Service Coordinator, with Chioma I (left) and Olivia E. (right)

Field trips are planned by the staff and parents and are designed to give children and their families opportunities to explore their community, have fun together, learn new concepts, expand their vocabularies, and explore textures while learning about their world. The EHS program pays entrance fees, provides transportation as needed and provides a healthy picnic lunch for all family members.

With the help from the Rotary Club, the EHS Program will be able to take field trips to Simcock Farm in Swansea and Winslow Farm in Norton.



David Tipping presented a check to Ronna Schaffer, EHS Program Director

Wise Adult Day Health

Madeline

Submitted by Debra Brower

Madeline Sherman, a life long resident of Taunton, died on Wednesday, July 2, 2008 at the Taunton Nursing Home after a lengthy illness. She would have been ninety-one years old at the end of the month.

Madeline was the daughter of the late Arthur Bowman Sherman and Jessie M. (Woodward) Sherman. She leaves one sister, Eleanor Sherman of Springfield, MA., long time companion, Earl Yates of Taunton, long time friend, Virginia Bryan of Taunton, and many friends from WISE Adult Day Health, Taunton Nursing Home and the Taunton community.

Madeline was truly a special person. She loved life especially her city (Taunton), her country, and her Red Sox. She had a strong faith in God and her loving spirit demonstrated this. She had many friends, as most people that got to know Madeline received her kindness and quickly became a true friend. She met many local community people, when WISE was located in downtown Taunton, by sitting outside and then inviting new friends in. Everyone at WISE benefited from her friendly, open manner as she welcomed them and introduced her new friends to other WISE participants and staff. These new friends followed Madeline and WISE to Allison Avenue to continue the relationship.

Madeline also showed caring and compassion for many of her friends needing more support than she. She helped when she could, and offered deep and consistent friendship to several dependent WISE participants, developing a very close relationship with one particular lady.

It was apparent to me while attending Madeline's memorial service, how many lives she touched. Many friends from her Church, and community loved her and will miss her. As I now reflect, I realize that over the years, on very many and varying occasions, people have asked me about Madeline. Sometimes it was at a professional meeting, a gathering or even just with my own family. "How's my friend Madeline doing?" they would say. "Tell her I said hello".

Madeline touched many of us and we will honor her by carrying on her enthusiasm for life and goodness. Madeline's favorite line was "God Bless You." God Bless you, Madeline.



A familiar site.....Madeline S. and Earl Y.



Madeline loved to participate in Wise activities.



Madeline had lots of friends in the community and at Wise

Wise celebrated 4th of July

WISE Adult Day Health participants and staff enjoyed themselves on Thursday, July 3 at a celebration held at the WISE center. Dancing and singing to music provided by Bob Lima was especially fun and decorations added to the festive mood. Refreshments included red, white and blue treats prepared by the Cooking Class.



Adult Day Health Services

Wise Adult Day Health is a day support service for adults experiencing health care related issues or whose ability to function independently is limited. Wise is designed to provide quality services, including daily leisure, recreational and preventive health activities to aging or disabled individuals. An R.N. oversees all health-related activities, including restorative and maintenance therapies, nutritional consulting, and participant/caregiver training in preventive health. A nutritious lunch is served daily along with two snacks. For more information or referrals, please call the Wise Program Director, Debra Brower, at 508-880-0202, ext. 327.

Residential Services

Dietary Training

On Friday, July 11, Cheryl Gaudino, from the Gottschall Autism Center in Mattapoisett, presented a dietary training. The Gottschall center provides individualized biomedical, nutritional, and educational programs for individuals' diagnosed with Autism Spectrum Disorders (ASD).

The training was held at the Field Street residence with attendees representing all of the residential sites, including several program managers, program supervisors and many staff. Cheryl began with a presentation about the importance of dietary interventions for people with gastroin-



Managers, Supervisors and staff from all of the residences attended this specialized training.

testinal issues. She included an overview of recent research corroborating the use of specialized diets to combat these issues. Her focus, 'The Specific Carbohydrate Diet,' based on Elaine Gottschall's work, eliminates flour and sugars, complex carbohydrates, additives and sweeteners, and recommends almond paste flour and home-made yogurt. Following the presentation, Cheryl shared and prepared some simple recipes.

Additional information on Elaine Gottschall and 'The Specific Carbohydrate Diet' can be found at www.breakingtheviciouscycle.info.



Cheryl Gaudino from the Gottschall Autism Center presented a dietary training

Shaw's Fundraising Program

About four months ago the Residential programs began collecting receipts from Shaw's Markets as a fundraising opportunity. As we were not sure how this would work we began by placing two collection boxes, one in the CSS area and one in the residential office area. Quickly both boxes began to fill up with receipts.

Shaw's will match one percent for every \$5,000 in original receipts we submit or \$50.00. To date we have collected just under \$10,000 in receipts, with little promotion of our fundraiser. Now that we have seen how quick and easy it is to collect the \$5,000, we would like to expand our efforts and ask for your support. Our goal is to contribute additional funds to the Residential Life Long Learning Fund, which enhances special activities, events or needs of our programs.

If you, your family members, friends and colleagues shop at a Shaw's Market, please consider saving your original receipts and contributing them to our fundraiser. No matter how small or large the receipt total is, it will go a long way to supporting our efforts; here's how easy it is:

1. Save your original Shaw's receipts,
2. Mail or drop them off at our office addressed to: Ann Doyle, Residential Director or Debbie Howland, Fundraising and Special Events Coordinator, 68 Allison Avenue., Taunton, MA. 02780



Residential ...

The **Residential Program** provides a variety of supports to individuals with developmental disabilities, living throughout the community in single-family homes and apartments. Individuals are supported to achieve optimal independence through choices and opportunities that enhance their quality of life. Please call Ann Doyle, Program Director, at 508-880-0202, ext. 330 for more information; referrals are made through the Department of Mental Retardation.

Early Childhood Programs

Early Intervention

Parent-Child Home Program

Early Head Start

MassHealth Benefits

MassHealth is issuing "Yellow alert" warning notices to 5,000 - 10,000 households that have outstanding premiums due. Failure to follow the established six month repayment agreements will lead to an immediate termination of coverage.

If you have received this notice or expect to shortly, act now to stay covered!

1. Check that the premium debt being claimed is accurate.
2. Make sure your current income is at a premium-paying level. If your income is below these set levels, notifying the MassHealth Enrollment Center (888-665-9993) will keep the debt but prevent termination of your coverage.
3. Six month premium waivers are available if you have "extreme financial hardships" including medical bills and foreclosure, making old premiums easier to pay.
4. Future premiums for your children can be waived if you are in a premium-charging health plan.
5. Call MassHealth Customer Service (800-841-2900) to try to negotiate a less strenuous payment plan.

RECALL

The U.S. Consumer Product Safety Commission announced a voluntary recall of the Bright Starts Ring Rattle. Consumers should stop using recalled products immediately unless otherwise instructed.



Hazard: The tip of the rattle's antenna, which is attached to a bee figure, can detach and pose a choking hazard to small children.

Description: The soft toy rattle is a bee with a yellow head, ring-shaped green body, blue/green wings and purple/red antennas. Model number 8534 and date code PA8 are printed on a sewn-in label on the bee's head.

Remedy: Consumers should immediately take the rattles away from child and contact Kids II at (877) 325-7056 to receive a free replacement rattle, or visit the firm's Web site at www.kidsii.com

EHS Updates

Thanks to a generous donation from the Rotary Club, families from EHS have attended 2 field trips in July and will also attend 2 in August. The July trip to Winslow Farms was enjoyed by all who attended. This animal rescue site is located in Norton and supports formerly abused animals. Children were able to pet or view, horses, chickens, peacocks, ducks, swans, donkeys and pigs. After a thorough hand washing, families enjoyed a picnic lunch in the shade. Families also cooled off in the sprinkler pool in Freetown State park. In August, we will visit Simcock Farm in Swansea for another petting zoo and delicious ice cream after another picnic lunch. These trips allow enrolled children and their families including older siblings to participate in experiences in their community that they may not otherwise be able to enjoy.



In August, 4 staff members will attend a conference sponsored by the Early Head Start National Resource Center and the Zero to Three organization held in Washington DC. We expect to bring back great information to share with other staff and families towards our efforts of continuous quality improvement for our program.

Early Childhood Programs ...

Early Head Start Program is a federally funded program that provides comprehensive services to families who are pregnant or have children between the ages of birth to 3 and meet income guidelines. Call Ronna Schaffer at 508-880-0202, ext. 354 for more information or to make a referral.

Early Intervention Program is an integrated developmental service available to families of children, between birth and three years of age, for whom there are developmental concerns due to identified disabilities, certain birth circumstances, or environmental circumstances (e.g. cerebral palsy, prematurity, homelessness) or show a delay in one or more areas of development. Please call Zulmira Allcock at 508-880-0202, ext. 302 for more information or to make a referral.

Parent-Child Home Program is a home-based literacy and parenting program, which helps prepare children to succeed in school, emphasizing parent-child verbal interaction. Please call Debbie Jenkins at 508-880-0202, ext. 362 for more information or to make a referral.

Early Childhood Programs

Early Intervention

Parent-Child Home Program

Early Head Start

PCHP Updates

The Parent-Child Home Program is closed for the summer. If you have any questions or concerns please call the main office number and leave a message, which will be forwarded to the coordinator. If you have a change of phone number or address please be sure to leave that information so you can be reached when the program resumes in October. Home visits will begin again on October 7th. All families will be contacted at the end of September to set up a home visit schedule for the upcoming year.

We hope everyone is enjoying the summer packs we sent out the end of July. We are looking forward to seeing which books you liked best and how you have used some of the arts and crafts supplies. We hope you are creating lots of sidewalk pictures with your chalk and blowing lots of bubbles. Don't forget the public library is a great resource for summer passes to get out to some of the local museums and zoos at discounted rates. They also have a fantastic summer program going on at the Taunton Public Library. Be sure to drop in and take part in some of the fun activities they have to offer.

10 Helpful Tips for Parents

1. Peel a banana from the bottom and you won't have to pick the little "string things" off of it.
2. Take your bananas apart when you get home from the store, they ripen faster if they are connected.
3. Store your opened chunks of cheese in aluminum foil, it stays fresh longer and won't mold.
4. Add a teaspoon of water when frying ground beef, it will help pull the grease away from the meat.
5. Place a dryer sheet in your pocket and it will keep the mosquitoes away.
6. To pick up broken glass, use a wet cotton ball or a Q-tip for the small shards of glass.
7. To get something out of a heat register or under the fridge, add an empty paper towel roll or empty gift wrap roll to your vacuum. It can be bent or flattened to get in narrow openings.
8. Peppers with 3 bumps on the bottom are sweeter and better for eating. Peppers with 4 bumps on the bottom are firmer and better for cooking.
9. To keep squirrels from eating your plants, sprinkle your plants with cayenne pepper. It doesn't hurt the plant and the squirrels won't come near them.
10. When you buy a container of cake frosting, whip it with your mixer. You can double it in size. You also eat less sugar and calories per serving.

Summer Reading

What comes to mind when you think about summer with your children? Swimming? Summer camp? Barbecues? Music in the park? This year, why not make sharing books part of your family's summer fun?

Tips for Parents of Babies, Toddlers, and Young Children: Summer offers many unique opportunities to weave literacy into everyday activities with your child. Beach trips, swimming in a pool, or family barbecues provide ideal opportunities for conversation, book reading, and skills that will help your child become a reader and writer later in life. Try some of these tips for making your young child's summer full of literacy fun.

* **Be a reader yourself.** When you read newspapers and books and write letters and lists, you show your young child how reading and writing are useful. By demonstrating why reading and writing are important, you will motivate your child to become a reader and writer.

* **Set aside a consistent time each day for reading aloud.** Choose a read-aloud time that fits your family's summer schedule and stick to it every day. Your baby, toddler, or young child will look forward to this special time together.



* **Connect read-aloud choices to summer activities.** Read your child a book about the beach, such as *Sea, Sand, Me!*, before or after a beach trip, or read *The Very Lonely Firefly* after your child discovers fireflies at a family cook-out. When you read and discuss books about things your child has experienced, you help teach important vocabulary and extend understanding of experiences.

* **Check out summer programs at your local public library.** Many feature special story times, sing-alongs, and puppet shows during the summer. These programs offer fun opportunities for your child to expand language-and literacy-related skills.

* **Look at letters and words as you enjoy summer activities.** As you walk to the park, point out stop signs and letters in street signs. When you visit the local pool, point out the list of pool rules. Let your child draw and write with chalk on the sidewalk. By drawing your child's attention to print and letters, you teach about specific letters and words while pointing out the many uses of print.

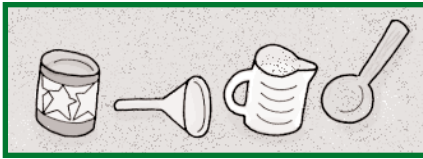
* **Take books along on outings.** Pack some board books in your beach bag or picnic basket, and bring a stack of books on long car rides. You and your child can enjoy books together anywhere you go this summer.

Source: <http://www.pbs.org/parents/readinglanguage/articles/sumreading>

Activities

Source: www.familytlc.net

Sand Play



Sand is a sensory experience for children. It can be used indoors and outdoors! If you live near an ocean or lake, the beach can be your best resource for sandy play.

Materials: sand in a sandbox or sand table, sifters, cookie cutters, buckets, cups, pitchers, funnels, spoons, straws, combs, and paper towel rolls

Directions: Encourage your child to play freely with the sand. Pinch, rub, and sprinkle sand through the fingers. Pour sand through funnels and sifters. Blow through straws and encourage your child to watch how the sand moves.

While you are having fun together, this activity helps your child develop large and small muscles skill as well as language skills.

Bird Seed Bucket



Take care of our fine feathered friends with an innovative bird feeder you and your child make together!

Materials: small (bathroom) paper cups (non-waxy), glue or tape, spring-type clothespins, sticks, markers and birdseed

Directions: Invite your child to decorate the cup with markers and stickers. Help to glue or tape clothespins to the sides of the cup. Show how to fill the cup with birdseed and clip it to a tree branch or bush.

Together, watch the birds feed. Feeding and observing birds with your child is a great way to help form connections with nature.

Sandy Water

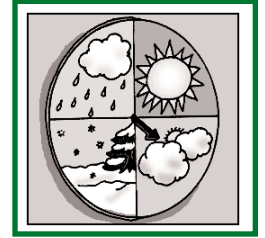
Let your child use this chart to be a weather watcher!

Materials: paper plate, index card, pencil, crayons or markers, paper fastener and hole punch

Directions: With a pencil, divide the paper plate into four sections. Label each section: sunny, rainy, cloudy, and snowy. Invite your child to draw a weather picture in each section. Poke a small hole in the center of the plate with the pencil.

Trim the index card into an arrow shape and punch a hole in one end. Fasten the arrow to the plate by poking the fastener through the hole. Show your child how to use the plate to predict or report the weather by moving the arrow to the correct weather condition.

While you are having fun together, this activity helps your child develop observational skills and language skills.



Health Corner

Thunderstorm Safety

Thunderstorms can be really dangerous! Flash floods, lightning bolts, hail, tornadoes...all of these things can hurt you if you're not careful. So here's some safety tips.

GO INSIDE! If you hear distant thunder or see a flash of light, get indoors immediately. Seek shelter from sturdy buildings, not lean-tos or outhouses. You can stay in a car if that is your only option, but do not touch any of the metal on the car. If you cannot find shelter, stay away from tall, isolated objects such as trees, poles, or posts. Make sure that you are not the tallest object by crouching down. Keep your head down. Do not lie flat on the ground and try to keep out of puddles or standing water.

If you can get into a house, go down to either the basement or a room in the center of the building. Stay away from windows.

Do not use a phone or a computer during a thunderstorm. Do not take a shower or wash dishes. Lightning can strike the plumbing or electrical wires that connect to your house and give you an electrical shock if you use these items.

After the storm passes, wait about half an hour before leaving the house. Lightning can still be prevalent in the sky, and more storms may come. If there are downed power lines anywhere around you, **DO NOT** touch them. Call your electrical company and have them take care of it.

Source: <http://www.windows.ucar.edu/tour/link=/earth/Atmosphere/tstorm/safety.html>

Dehydration in Elderly

Dehydration (the physiologic condition that results from inadequate fluid intake) is reportedly one of the top 10 causes of hospital stays among elderly patients! Body fluids are lost not only in urine output, but also throughout the day in sweat and in the air we exhale with respiration.

So, especially during the summer months, be certain that you, your friends, and relatives drink plenty of fluids.

Dehydration is the excessive loss of body water. There are a number of causes of dehydration including heat exposure, prolonged vigorous exercise, and some diseases of the gastrointestinal tract. The best way to treat dehydration is to prevent it from occurring.

Dehydration due to the weather is a preventable condition. If possible, activities should not be scheduled in the heat of the day. If they are, adequate fluids should be available and people should be monitored to make certain they are safe.

The young and elderly are most at risk. During heat waves, attempts should be made to check on the elderly in their homes.

Source: <http://www.medicinenet.com/dehydration/page5.htm>

Resource/Information Page

It IS Easy Being Green

by Chrissy Collins, Early Intervention Counselor

As you may know "Green Living" takes time and we all do what we can, however, green eating can start immediately.. Some may feel eating green is more of a challenge or that it may be more costly. I am here to change that way of thinking one idea at a time.

1. Buy from your local farmers market.

* 12:00 - 5:00 every Thursday until October at the Taunton Green, local farmers are selling vegetables and fruits (the farmers also accept WIC coupons). Plan your meals around what you can find at the market.

2. Join the CSA or buy into a farm share in your area: What is a CSA? It is a Community Supported Agriculture. Which means that your local farmers get to meet and build a relationship with the people and families in the community. You pay the farmer directly and get to be part of the farming process. As a share holder, you can help at the farm, take farming or cooking classes or just simply pick up your produce. Joining a CSA benefits your health and can be educational too. Supporting farming is one way to join into your community in a healthy way. Check Localharvest.com for more detailed information.

Our Local Farms:

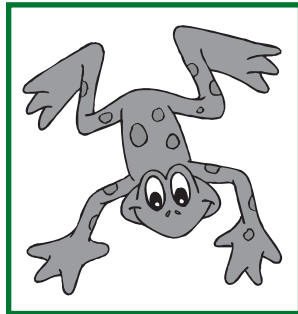
- * Chestnut Tree Farm (Dighton, MA)
- * Wind Thru Trees Farm (Berkley, MA)
- * Kettle Pond Farm (Berkley, MA)
- * 4 Town Farms (Seekonk, MA)

3. Incorporate one purely vegetable meal in your diet weekly. Quiche, stir fry, roasted vegetables tossed with



pasta or served over bread can be very filling and will help you use more of the local produce. Also, try a new veggie each week to spice things up in your life. Use the internet to find simple vegetable recipes

and have fun. I use a cookbook called "[From Asparagus to Zucchini: A Guide to Cooking Farm-Fresh Seasonal Produce](#)" by Madison Area Community Supported Agriculture Coalition". This cookbook has been helpful in learning how to store, clean and cook vegetables. Give it a shot and let me know how it goes - email me at Chrissy1@cox.net.



Traveling Pet Zoo

Barn Babies presents Traveling Petting Zoo on August 13, 2008. Space will be limited and sign-up is required.

Barn Babies will be bringing a menagerie of baby animals for kids to pet at the Taunton Public Library in the Auditorium. Session I will be 11:00 - 11:30 am and Session II will be 12:00 - 12:30 pm.

As space is very limited, please call and cancel if you are signed up and CANNOT attend. Barn Babies will not allow latecomers to enter once the program is in progress.

Please call The Children's Room at 508-821-1412 to reserve a spot.



Tips for Hot, Humid Weather

The Massachusetts Emergency Management Agency (MEMA) is advising people to be cautious during periods of extreme heat, and is offering some tips to help keep cool and safe. Here are some tips to follow during the hot, humid weather:

- * Slow down, avoid strenuous activity. Do not try to do too much on a hot day.
- * Wear lightweight, loose-fitting, light-colored clothing. Light colors will reflect heat and sunlight and help maintain normal body temperature. Protect your face with a wide-brimmed hat.
- * Drink plenty of water regularly and often, even if you do not feel thirsty.
- * Limit intake of alcoholic beverages. They can actually dehydrate your body.
- * Eat well-balanced, light, regular meals. Avoid high protein foods that increase metabolic heat.
- * Stay indoors as much as possible.
- * If you do not have air conditioning, stay on your lowest floor, out of the sun. Electric fans do not cool the air, but they do evaporate sweat, which cools your body.
- * Go to a place where you can get relief from the heat, such as air conditioned schools, libraries, theaters and other community facilities that may offer refuge.
- * Cover windows that receive morning or afternoon sun with drapes, shades, awnings or louvers. Outdoor awnings or louvers can reduce the heat that enters a home by up to 80%.
- * Avoid too much sunshine. Sunburn slows the skin's ability to cool itself. If you are outside, use sunscreen lotion with a high SPF rating.
- * Never leave children or pets alone in a closed vehicle.
- * Check on family, friends and neighbors.

Source: *Massachusetts Emergency Management Agency*

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TTY: 508-880-0950

E-mail: dhowland@ahsinc.org

"Quality Service for Quality Life"



Wish List

If you have an item you'd like to donate, please let program staff know, or call 508-880-0202, ext 333.

- * Bird Food
- * Bird Suet
- * Flower seeds
- * Flower bulbs
- * Hummingbird feeder
- * Dresser (2)
- * Floor lamps
- * Table lamps
- * Kitchen table (2)
- * Toddler bicycles (2)
- * Dish towels and pot holders
- * Pots & Pans
- * Fresh fruit
- * 100% fruit juice
- * 3-4 shelf bookcase
- * Stroller with infant seat
- * Sofa
- * Futon
- * Double stroller
- * TV
- * DVD
- * Pack 'n' Play

Special Days to Celebrate in August

Foot Health Month
National Water Month
1st - Respect for Parents Day
1st - Sports Day
2nd - Ice Cream Sandwich Day
3rd - American Family Day
3rd - Friendship Day
4th - National Chocolate Chip Day
5th - National Waffle Day
8th - Dollar Day
10th - S'mores Day
11th - Play in the Sand Day
12th - Middle Childrens' Day
13th - International Left-Handers Day
15th - National Relaxation Day
16th - Homeless Animals Day
18th - Bad Poetry Day
24th - Strange Music Day
25th - Kiss and Make Up Day
26th - Women's Equality Day
28th - Dream Day
31st - Ramadan Begins at Sundown
2nd Week - National Smile Week
3rd Week - National Apple Week

Unusual Facts

- * Hummingbirds can't walk.
- * 90% of the Vitamin C present in Brussel Sprouts are lost in cooking.
- * To make a pound of honey, bees must collect nectar from over 2 million individual flowers.
- * Yul Brynner stared in the play 'The King and I' more than 4000 times.
- * The drinking straw was invented in 1886 by hand rolling paraffined Manila paper.
- * Only 1 child in 20 is born on the day predicted by the doctor.



Candida Rose, a singer and dancer, entertained Wise participants.