

The Correspondent

Early Intervention Program

Early Head Start

Parent-Child Home Program

Wise Adult Day Health

Residential Services

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Shishmanian Fellowship Award

Congratulations to Patricia Flanagan, Melissa Novak and Lauren Herring on receiving the Shishmanian Scholarship.

The Massachusetts Department of Public Health Shishmanian Fellowship awards support senior practitioners to expand their knowledge and skills in an area of interest, in a DPH-certified Early Intervention Program. Fellowships are awarded each year to honor Eunice Shishmanian, whose vision and dedication to the needs of very young children and their families, served as a model for all of us.



Patricia Flanagan, EI Developmental Specialist

Pat, Melissa and Lauren applied for the fellowship and were awarded \$2,000 to embed a SCERTS (Social Communication, Emotional Regulation, and Transitional Support) model of intervention for children with sensory needs, or who are diagnosed with Autistic Spectrum Disorder into our EI program. The SCERTS model is based on a team approach with the family as the major team

player. This model naturally compliments the trans-disciplinary model that is our program's philosophy. Families are part of the meetings that not only design the child's individual program but monitor the progress as well. The goal of the project is to create a cohesive program for families of children who are on the Autism spectrum. This system would be set up so that the team assigned to the family would have a systematic way of looking at next steps as well as coordinating contractual services that the child may qualify for under the ASD diagnosis. Pat, Melissa and Lauren have attended the 3-day intensive training and are working on the process of implementing the design into the program. An implementation date of 4/1/2012 is the goal

The Shishmanian Fellowships are funded by Early Intervention Services, Division for Perinatal, Early Childhood and Special Health Needs at the Massachusetts Department of Public Health.



Melissa Novakm Mental Health Counselor, and Lauren Herring, Developmental Specialist.

Wise Adult Day Health

Bristol Plymouth interns at Wise ADH

Wise Adult Day Health and Bristol Plymouth High School's Community Health Program recently began a partnership to allow Bristol Plymouth students to do internships at Wise. This is an exciting opportunity for Wise ADH as the students are Certified Nursing Assistants with C.P.R. and First Aid training. They have also completed an Alzheimer's Disease training course.

Two students have been placed with Wise for several months, attending Tuesday through Friday every other week. Following completion of the first internship, we will be assigned 2 new students.

The students are currently completing their orientation with Pat Burrows, R.N., their Wise supervisor. In addition to the skills they bring, they also present an opportunity for the participants to experience relationships with young people. Many of the disabled adults and aging persons that attend Wise do not spend a lot of time with young people. Welcome to Amanda and Tara.

Pet Therapy

On Wednesday, January 18, Wise participants had a special treat with a visit from Barn Babies. We were fortunate to have small dogs, kittens, pigs, bunnies, goats and chickens at the center. Everyone really enjoyed holding and petting the small animals. Many of the animals were wrapped in blankets and seemed to love the cuddling and attention.



Donald H. and Cynthia O. seem seem to enjoy their time with these puppies.

Kathy Wasylyk, Activities Director coordinated the event. Agency staff are always invited over to visit with the participants and enjoy the animals together.

Many participants that rarely show interest in activities were quite engaged this day. Pets are recommended for seniors and any person experiencing illness, loss, or loneliness. The unconditional love provided is special as is the calming effect pets have. We were pleased with how gentle all the participants were with the animals. It seemed to be the natural approach. The event was a wonderful activity and will happen again in the spring.



Gerry G., and Peter G. get a chance to cuddle with some baby animals

Dates to Remember

Thursday, February 2, SUPERBOWL Party at Wise. Wear Patriot's attire to receive a prize. GO PATS!

Friday, February 3, National Wear Red Day, Wear red to show support for women's heart health

Tuesday, February 14, Annual Valentine's Day Party

Monday, February 27, Music by Russ Morency, Guitarist and Singer

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

Lifelong Learning at Work

Our Lifelong Learning fund has consistently been an additional resource to enrich the quality of the lives of individuals' supported in our Residential homes and Independent Supports, over the years. We would like to share the many ways that Lifelong Learning has made an impact on people's lives with you, our supporters. We hope you enjoy knowing the difference your donation to the Lifelong Learning fund has made in someone's life.

On the fun side, several times a year we sponsor social events such as the "Spring Fling" which is a formal dinner dance, and a summer themed party with the hosting home choosing a theme. Various activities have included a canal ride along the Cape Cod Canal and a luncheon cruise out of Bristol, R.I. We've supported folks in attending concerts, the WWF events and other recreational and social events that they would not have been able to afford. In addition, purchases such as board and card games and playing cards add to their home entertainment.

We have also been able to support specific pieces of equipment needed for safety purposes or to enhance a person's quality of life, for example shower equipment, adaptive utensil and walking devices. As peoples' needs may change, so do needs in their adaptive equipment, which insurance may not cover. Through Lifelong Learning, we can support the person, or the home, by purchasing the item needed. Over the past several years we have purchased rolling shower chairs for several homes. We have also purchased new walkers for individuals who need to rest when walking a distance, as new walkers are designed with a seat. This provides the important ability to remain mobile and active instead of using a wheelchair. The Program Managers and Support Staff are pro-active in questioning and identifying when there is a change in a person's needs, as well as on-going communication with the various day programs that people participate in to ensure that peoples needs are met.



Lifelong Learning has also supported individuals experiencing financial difficulties, such as one couple whose funds were depleted following a move, but who needed financial assistance for a trip to the Laundromat. The Independent Support staff approached the Program Manager regarding helping the couple out, a plan was developed with the couple and the fund provided the necessary support. Another way that Lifelong Learning has a positive effect on lives!

Recently, the Residential Program in conjunction with the Early Intervention Program purchased the software "Boardmaker". This software will allow the Residential homes to tailor teaching plans for many of our individuals using communication pictures/symbols, basic sign language, helping them communicate for ADL's (Activities of Daily Living Skills) and other activities that will enhance people's abilities to meet their Individual Support Plan (ISP) and personal goals, increasing self-esteem, skills and independence that comes naturally with self-assurance and confidence. These are only a few of the ways that Lifelong learning has enriched and enhanced the lives of the people we provide services to our Residential homes. Thank you for making this possible!

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

EHS Update

As you know February is Heart Health Month and it is never too early to teach your children ways to be healthy. The healthy (or un-healthy) habits your children learn in the early years last throughout a lifetime. The best way to keep a heart healthy is to feed it properly and to exercise it.

Help your toddler understand that sweet snacks are not healthy and save the sweets for special occasions.

Infants and toddlers will eat their vegetables/fruits if that is what you offer them and if they see you eating them.

As an adult you may not enjoy vegetables/fruits but you don't need to share that dislike with your child. Put a small amount on both your plates and at least pretend to be eating yours!

Encourage active play: put on your favorite music and dance with your child. There are great exercise shows on TV or DVD that are fun for both of you.

Go outside on mild days, let your child run around with a ball or go to the playground.

A couple of great websites to visit: www.keepkidshhealthy.com : www.kidshealth.org

If you would like some new ideas for healthy meals/snacks, our nutritionist is available for one-on-one consultations in your home. Just ask your Parent Child Advocate and she will arrange a visit.

At the end of February, we will be sponsoring a couple of family nights featuring "The Bubble Man". We hope you will come with your entire family to enjoy some active play with bubbles. Look for more details early in February through your Parent/Child Advocate.



Legislative Awareness for EI

The Association of Developmental Disabilities Providers (ADDP) held its Annual Legislative Awareness Day at the State House on Tuesday, January 17, 2012, and brought providers of disability services together with key lawmakers. Representative Patricia Haddad and Senator Michael Rodrigues joined with advocates serving the developmentally disabled in the Greater Taunton Area for the event. Legislators met with Kit Tunney, AHS Executive Director, and Zulmira Allcock, Early Intervention Program director, to discuss the need to fully fund residential, employment and family support services for people with developmental disabilities; and discuss the need to provide a living wage for direct support professionals working in this field.



(l-r) Senator Michael Rodrigues, Zulmira Allcock, and Kit Tunney



Representative Patricia Haddad speaks with Kit Tunney

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. 355 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

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PCHP Updates

February is Dental Health Month. PCHP families will all be receiving a book about visiting the dentist and caring for their teeth. Our 2 year olds will receive a Dora the Explorer book entitled Show Me Your Smile! A Visit to the Dentist. In this book, Dora visits the dentist, has an x-ray, gets her teeth cleaned, and a filling taken care of. Dora shows the children how visiting the dentist is a positive experience. Our 3 year olds will receive an Usborne book by Anne Civardi entitled Going to the Dentist. This book also shows two children visiting the dentist for their regular checkup and discusses what food choices help keep your teeth healthy.

We would also like to encourage you to check out other books on dental health from the Taunton Public Library such as: Taking Care of My Teeth by Terri DeGezelle, Why Must I Brush my Teeth by Jackie Goff, Clarabella's Teeth by An Vrombaut, Teeth are Not for Biting by Elizabeth Verdick, Does a Lion Brush? by Fred Ehrlich, and Danny Goes to the Dentist by Robert Robinson. Remember if you have access to the internet you can order some of these books online through the Taunton Public Library (www.tauntonlibrary.org) and pick them up when they are available. Everyone should have a library card by now. If you haven't received an application from your home visitor, be sure to ask for one! A cute website that deals with dental health is www.colgatebsbf.com (click on program materials – for kids).

Orajel offers several ways to make brushing fun:

1. Brush with your child; stand together at the sink showing them how fun it is to brush.
2. Use a cute toothbrush; possibly let your child pick one out from those that are appropriate. It should be small enough for your child to hold comfortably, with a small, rounded head and very soft, polished bristles.
3. Use tasty toothpaste. There are a lot of different flavors available from bubble gum to apple-banana. Children's toothpastes are safer as they contain smaller amounts of fluoride.
4. Allow them to bring a "friend" such as a stuffed animal with them into the bathroom to watch them brush.
5. Make up a funny story to tell about tooth brushing.
6. Make a sticker poster or coloring chart to record each time they brush

Don't forget to brush your child's teeth yourself at least once a day, to be sure it's thorough. Most experts recommend that you take children to their first dental appointment within about six months of his first tooth's arrival, or by the time they turn one.

EI Updates

Family Resource Fair

Sponsored by the Freetown Lakeville Berkley Coordinated Family and Community Engagement council with funding from the Massachusetts Department of Early Education and Care.

Raising a family isn't easy, so the council is bringing together area agency representatives who will be available to answer your questions about: food and fuel assistance; child care and special needs; health care and more! Bring the kids and join us for these fun events:

- * Free child identification CD
- * Story teller for infants and toddlers at 10:30 am
- * Preschool story time at 11:30 am
- * Free local resources guide
- * Free crafts and activities for the kids
- * Door prizes

For more information please contact Pam Hagberg at hagberg@pacecw.org or 508-999-9930, ext. 109.

Date: Saturday, March 24, 2012

Time: 10:30 am - 1:00 pm

Where: Lakeville Public Library, 4 Precinct Street, Lakeville, MA

Parent Group Topics

Tues., Feb 7, 2012 (9:00 - 10:30) - Public School Transitioning

Wed., Feb 8, 2012 (9:00 - 10:30) - Potty Training

Wed., Feb 8, 2012 (12:30 - 2:00) - Potty Training

Thurs., Feb 9, 2012 (9:00 - 10:30) - Public School Transitioning

Fri., Feb 10, 2012 (9:00 - 10:30) - Potty Training

Mon., Feb 13, 2012 (9:00 - 10:30) - Discipline

Wed., Feb 15, 2012 (9:00 - 10:30) - Effects of TV on Young Children

Wed., Feb 15, 2012 (12:30 - 2:00) - Effects of TV on Young Children

Fri., Feb 17, 2012 (12:30 - 2:00) - Effects of TV on Young Children

Mon, Feb 20, 2012 (9:00 - 10:30) - HOLIDAY

Tues., Feb 21, 2012 (9:00 - 10:30) - Pervasive Development Disorder

Thurs., Feb 23, 2012 (9:00 - 10:30) - Pervasive Development Disorder

Fri., Feb 24, 2012 (12:30 - 2:00) - Child Proofing Your Home

Mon, Feb 27, 2012 (9:00 - 10:30) - Discipline (cont.)

Activities

Source: www.familytlc.net

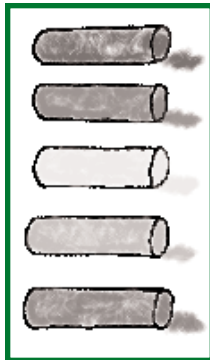
Wet Chalk Art

Create a picture with wet chalk!

Materials: colored chalk, plastic bowl, water, large sheets of construction paper

What to do: Soak pieces of colored chalk for about 5 minutes in a plastic bowl filled with water. Show your toddler how to draw with the end of the chalk and then with the side of the chalk on paper. Try dissolving several spoonfuls of sugar in water before soaking the chalk. It will create a different effect when pictures are dry. Don't forget to put your toddlers art work where everyone can admire it!

Older toddlers can draw with chalk. Being creative together helps your child develop both physically and mentally.



A Valentine Walk



Take a walk with your child in your neighborhood and look for things that are red!

Materials: red valentine

Directions: Give your child a red paper heart. Talk about the color. Take a short walk through your neighborhood. Point out things that are red such as cars, stop signs, fire trucks, red winter berries, and fire hydrants. Then ask your child to show you things that are red on the way home.

While you are having fun together, your child is developing observational skills and an understanding of colors.

Snowman Puppet

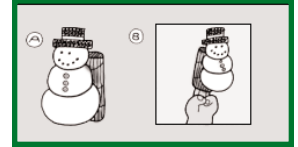
No snow? Make a snowman puppet instead. Your toddler will love playing with and talking to this adorable new friend.

Materials: empty bathroom tissue roll, white paper, white scrap paper, colored markers or crayons, scissors and glue

Directions:

Cut 3 white paper circles, each one a different size. Draw facial features on the small circle and buttons on the medium-sized circle. Glue the circles onto the tissue roll, with the smallest circle at the top. Add a scarf, hat, or other accessories made from scrap paper to the snowman. Place the puppet over your finger and make the puppet move. Have the puppet talk to your child about playing in the snow.

When you play and converse with puppets, it helps young children hear new words and learn to talk.



Health Corner

February is American Heart Month

Heart disease is the leading cause of death in the United States and is a major cause of disability. The most common heart disease in the United States is coronary heart disease, which often appears as a heart attack.

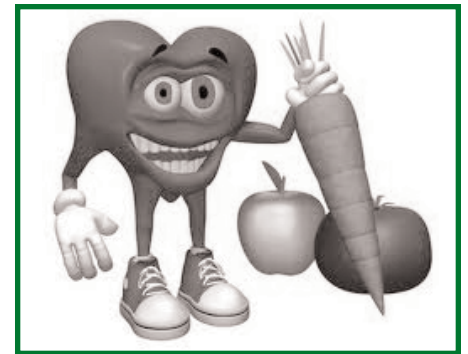
Other conditions that affect your heart or increase your risk of death or disability include arrhythmia, heart failure, and peripheral artery disease (PAD). High cholesterol, high blood pressure, obesity, diabetes, tobacco use, unhealthy diet, physical inactivity, and secondhand smoke are also risk factors associated with heart disease.

Some heart attacks are sudden and intense; however, most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

- * Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness, or pain.
- * Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- * Shortness of breath. May occur with or without chest discomfort.
- * Other signs. These may include breaking out in a cold sweat, nausea, or lightheadedness.

A healthy diet and lifestyle are the best weapons you have to fight heart disease. As you make daily food choices, read nutrition labels and base your eating pattern on these recommendations: Choose lean meats and poultry without skin and prepare them without added saturated and trans fat. Select fat-free, 1% fat, and low-fat dairy products, cut back on foods containing partially hydrogenated vegetable oils to reduce trans fat in your diet. Cut back on foods high in dietary cholesterol. Aim to eat less than 300 mg of cholesterol each day, cut back on beverages and foods with added sugars, select and purchase foods lower in salt/sodium, and If you drink alcohol, drink in moderation. That means no more than one drink per day if you're a woman and two drinks per day if you're a man.

Source: <http://www.cdc.gov/features/heartmonth/>



Resource/Information Page

It IS Easy Being Green

by Chrissy Collins, Early Intervention Counselor

Nutritionists boast olive oil for its healthful content. As a cooking fat olive oil is very high on the heart smart list but it also has many uses around the home:

Smooth shave

Wood furniture polish

Moisturize fingernails and nail beds

Control hair frizz

Free a stuck zipper

Quiet a squeaky door

Lip balm

In your bath for smooth skin

Shoe polish

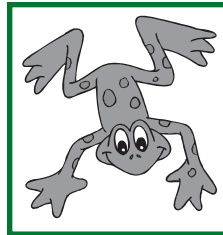
Stop snoring by sipping a little before bed to keep your throat moistened

Shine stainless steel and brass in your kitchen

Makeup remover

Paint remover from your skin

Olive oil is more than just Italian food. Let me know how it is going at Chrissyc1@cox.net.



Fed Funds Boost Early Education

Zulmira Allcock, Early Intervention Program Director, was in Boston on January 17th to cheer the receipt of \$50 million in federal grant money to support pre-kindergarten programs in Massachusetts over the next four years.

Governor Deval Patrick offered the welcoming remarks at the rally in the State House, celebrating the state's winning application to the Obama administration's Race to the Top - Early Learning Challenge.

"We must invest more in all children, but particularly young learners," said Amy O'Leary, director of the Early Education for All Campaign.

As prescribed by the Massachusetts Early Learning Plan, the Race to the Top funding will be spent on a mixture of professional training, student assessment programs and support for communities and public school systems with early education and out-of-school-time partnerships focused on education for youth under 5.

The state will also spend \$1.6 million on early literacy and family literacy campaigns promoting the importance of reading at home and other activities outside of school that can increase a child's likelihood of success.

Supporters of investment in early education say engaging students at a young age, before they enter the more traditional school setting, increases their likelihood of success in school and make them more likely to graduate high school and attend college.

Source: Adapted from State House News Service, January 17, 2011

Debra Brower, new MADSA Representative

Debra Brower recently became the co-representative for MADSA (Massachusetts Adult Day Service Association) for the Southeast region of Massachusetts. These duties are shared with co-representative Karen Maciulewicz, Director of Project



Independence ADHC in New Bedford. The Southeast region is a very large region therefore two MADSA members share the duties.

The Regional representative for MADSA organizes regional meetings and initiatives that support the mission and goals of MADSA. The position also sits on the MADSA Board of Directors and has input into the plans and policies of MADSA. The regional representative is a link between MADSA and its members. As the regional representative, Debra will give input to the MADSA Executive Director, personnel, and Board of Directors, representing MADSA members from southeastern Massachusetts. She will also share information from the MADSA Board and Executive Director with regional members.

MADSA Mission

MADSA is a well-established membership organization with a 25-year history of outstanding representation of adult day programs all across the Commonwealth. MADSA's mission is to promote and support the growth and development of high quality Adult Day Services. It is the eyes, ears and voice on the ever-changing issues that face our industry.

FY12 and FY13 State Budget

As you know, in the FY12 budget the Legislature provided funding for ADH and froze rates through December 2011. MADSA has been advocating for the additional funding needed through the end of FY12 (June 30, 2012). The Governor filed his supplemental budget last June with \$35m additional appropriation for ADH through FY12. Appropriation Bills typically die at the end of the year. However, the supplemental budget filed by the Governor containing the \$35 million for ADH was carried over through a special order of the legislature. So that's a good sign of their continuing strong support of ADH.

MADSA currently represents 115 Adult Day Programs in the state.

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"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.

- * stickers
- * Cribs – not with drop side
- * Black refrigerator
- * Rocking chair
- * Small dresser
- * Toaster
- * Microwave
- * Infant toys
- * Batteries
- * 10-12 cup food processor
- * soft tissues
- * 100% juice

Special Days to Celebrate in February

American Heart Month
Children's Dental Health Month
International Friendship Month
National Wild Bird Feeding Month
Responsible Pet Owners Month
1st - National Freedom Day
2nd - Groundhog Day
5th - Constitution Day in Mexico
5th - Super Bowl XLVI
6th - Lame Duck Day
7th - Send a Card to a Friend Day
8th - Boy Scouts' Day
9th - Toothache Day
10th - Umbrella Day
11th - White T-Shirt Day
12th - Abraham Lincoln Day
13th - Clean out your Computer Day
14th - St. Valentine's Day
15th - National Flag Day in Canada
17th - Random Acts of Kindness Day
21st - Love Your Pet Day
21st - Mardi Gras
22nd - Ash Wednesday
25th - Quiet Day
29th - Leap Day

Unusual Facts

- * The average ear of corn has eight hundred kernels arranged in sixteen rows.
- * The word "set" has more definitions than any other word in the English language.
- * Bingo is the name of the dog on the Cracker Jack box.
- * Cranberries are sorted for ripeness by bouncing them; a fully ripened cranberry can be dribbled like a basketball.
- * The reason firehouses have circular stairways is from the days when engines were pulled by horses. The horses were stabled on the ground floor and figured out how to walk up straight staircases.



Father and son, from an Early Intervention playground, take advantage of the unseasonably warm weather.