

The Correspondent

Early Intervention Program

Early Head Start

Parent-Child Home Program

Wise Adult Day Health

Residential Services

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AHS Annual Dinner

AHS recognized its Employee of the Year at the Annual Dinner recently. The celebration took place at The Chateau Restaurant and was attended by board members, volunteers, staff and their guests.

Annually, staff vote to honor one employee who most exemplifies AHS' mission through their dedication and hard work. Linda McQuinn, of the Central Support Services department, is this year's award recipient.

Linda is described as a very worthy recipient of this year's Employee of the Year award. Those who nominated Linda described her as one who goes above and beyond, demonstrates a commitment to families in the program, always ready to help, and volunteers for employee and fundraising events.

Several longevity awards were also presented including Colleen Wellman, of Early Intervention, who received recognition for 25 years of service; and Andrea Cantin, Early Intervention, Martha McDow, Central Support Services, Paula Pegg and Laurie Sheldon, Early Intervention, for 10 years of service. Presenting the longevity and Employee of the Year Awards was Janice Terry, Chairperson, AHS Board of Directors, Bill Cuthbertson, Director and Dr. Kelly Hoye, Director. Volunteers were also recognized and presented with a gift for their support and contributions to the agency.



Colleen Wellman received an award for 25 years of service from members of the AHS Board



Linda McQuinn, the 2008 Employee of the Year Recipient

Team Days Away for EHS, Wise & EI



The Staff from EHS participated in a ropes course team building challenge at Friend's Academy in Dartmouth on June 20.



Wise staff had an informal meeting outside Fanuel Hall in the park before a tour of the Freedom Trail.



Early Intervention Program experienced "The Tomb" in Boston.

Wise Adult Day Health

Outside Activities at Wise

With summer here Wise participants are spending a lot of time outdoors. Yoga is postponed during the summer, replaced with a weekly outing. These include rides to Cape Cod Canal, visits to local restaurants, picnics and other local activities. Participants love the opportunity to visit community places.

The Wise patio and yard area has also been getting a lot of use this year. The temperatures have remained pleasant, so many have been going outside. Groups are also held on the patio, as staff find this is a nice way to add something different to an established group.

In addition, there is always gardening, bird feeding and watching, as well as just individual quiet time in the yard.



Billy, Nancy, Dottie, and Gerry spend time at the Bruce Johnston Memorial Park in Raynham

Wise Team Day Away

On Friday, June 20, Wise staff spent the day in Boston for team development. Staff met at Wise at 8:00 AM and were driven into Boston by Wise Assistant Director, Kathy Wasylyk in a WISE van. Staff had an informal meeting outside Fanuel Hall in the park before a tour of the Freedom Trail. Debbie Brower, Director, reviewed the Annual Report, the Discovery Phase results of the Strategic plan and an overview of the Strategic plan accomplishments of FY08 and the goals of FY09. Each staff member received a packet including several learning style quizzes with explanations. Everyone enjoyed taking the quizzes and comparing styles.

Following the tour and lunch, a presentation was made to Kathy Wasylyk for 22 years of service.

Heat and Other Summer Health Hazards for Seniors

Summer provides an excellent opportunity for seniors to get outside, increase their activity, and avoid a year-round sedentary lifestyle. But summer also holds risks -- such as heat, skin cancer and even tetanus -- that may strike seniors more often than the general population.

Older people are disproportionately affected by prolonged heat waves of over-90 degree temperatures with high dew points. Factors include age, disease and even medication.

Many medications often taken by seniors for high blood pressure and heart disease, for example, are diuretics -- they remove salt and fluid volume from the body. Coupled with perspiring from high temperatures, diuretics can lead to dehydration, which, in turn, can lead to discomfort, confusion, damage to major organs, and even death.

Most healthy individuals will naturally replenish their body's fluids when they get thirsty. But for many older adults, the thirst mechanism is not as finely tuned as in younger people. And for those seniors who have suffered from a stroke, Alzheimer's or another brain disease, their thirst mechanism is even less likely to direct them to consume enough fluids. Drinking at least six 8-ounce glasses of fluid each day will help prevent dehydration. Salt tablets are not recommended because they can cause more harm than good.

In addition, seniors' bodies are not as able to regulate temperature. Check in on seniors frequently during the summer to make sure they're taking in enough fluids, their homes are properly ventilated and their mental state is normal.

If possible, take advantage of summer weather to enjoy walks or light exercise, such as gardening. It may improve your balance, build muscle mass, lower blood pressure, improve cardiac health, and provide other health benefits -- emotional and physical. But don't do too much too soon. Whether it's gardening or exercising, ease into it and gradually build your endurance. Watch the heat and your fluid intake, and you can enjoy summer in good health.

Source: <http://healthlink.mcw.edu>

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

Who's Doing What This Summer?

Maria O. from Pat-Ree Drive spent a week recently at the Disney Resort in Orlando with Lyn Toal. Maria has wanted to go and stay within the Disney complex, for a long time, and this was her perfect vacation, a dream come true. When asked what she enjoyed most about her trip, Maria enthusiastically stated the plane ride and Epcot Center. She also enjoyed the various shows and events such as the Lion King and the Main Street Parade.

Milton H. from Caswell Grove is off to Nashville and Dollywood with stops in the Smokey Mountains, for 8 days this month. Milton chose to go with Search Beyond Adventures Tours, who specialize in providing vacation tours and trips for folks needing a little extra help. He too is excited about flying but is also looking forward to his adventure. We can't wait to hear all the details when he returns home. Have a great time, Milton!

The women from Center St. are planning a week away in late August at Nantasket Beach. They are renting a seven bedroom/four bath house with the ocean right outside their front door. This will be the first vacation the women have taken together in quite some time and the excitement is already beginning. The space is perfect to meet everyone's needs, giving everyone plenty of room.

The ladies from Maple St. and Powderhorn Drive are deciding between going north to New Hampshire this year, to the Cape, or to take a variety of day trips. Decisions, decisions, decisions.

The ladies from Pat-Ree Drive have decided that this year they're taking some long weekends away with one to two of the women choosing where they'd like to go. Two women are headed to the North Shore area where they will visit with family members and take in the Stoneham Zoo, while others are headed for an overnight at Foxwoods and a few have requested to go the beach.



Summer Strawberry Pudding

Here is a cooling and refreshing summer treat, when served with plenty of fresh whipped cream for a luxurious dessert.

Ingredients:

- 3 eggs
- 1/2 cup super fine sugar
- 1/2 cup plain flour
- 1 1/2 lbs of strawberries, washed & hulled
- 7oz natural greek yogurt
- 7oz of natural yogurt
- 1oz powdered gelatine

Directions:

Whisk together the eggs & 2oz. of sugar until thickened (can use electric whisk).
Sift the flour onto the mixture & fold in.

Bake in a lined swiss roll tin / cookie sheet @ 220 degrees C. for 10 minutes

Turn onto a wire rack.

Cool & remove paper liner.

In a blender, combine 2/3 of the strawberries with the 2 yogurts until smooth.

Reserve a few of the whole strawberries for decorations. Roughly chop the remaining strawberries & add them to the yogurt/strawberry mixture.

Prepare the gelatin as directed & add to the strawberry mixture.

Use the cool sponge cake to line a non-stick loaf pan.

Fill with the strawberry mixture & leave to set in the fridge for 3 hours.

Carefully turn out onto a plate, garnish with strawberries & serve.

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

EI Annual Parent Survey

I would like to thank all the parents who took the time to fill out our annual parent survey for this past fiscal year.

We received 176 completed surveys back, more than ever before. This is extremely helpful, as the EI Program sets new goals for the next fiscal year.

I wanted to let you know some of the great strengths you identified and also what were areas of improvement.

Strengths:

* "Staff are supportive, flexible with regard to scheduling appointments at home, knowledgeable in educating on developmental milestones, compassionate, genuine, friendly, understanding, helpful and caring, make families feel comfortable, and are phenomenal!

* Children feel comfortable with staff

* Services are unique to family and child's needs

Suggestions given:

* Later groups: We currently have 8 groups beginning at 9:00 am, 2 groups beginning at 10:30 am, 3 groups beginning at 12 or 12:30 pm and 2 groups beginning at 10/10:30 at the Seekonk and Taunton YMCA. We are looking at starting a Sensory Integration group possibly in January 2009. We don't have the space to have more morning groups at this time. In our experience, groups later than 12 or 12:30 have not always worked well because of children's nap times.

* Room for center visits: Visits are usually done in a child's natural setting, so the building wasn't designed with a room for Center Visits. However, we are going to make our resource room more available for center appointments when needed.

* Too much paperwork: Unfortunately, the paperwork can not be lessened due to the Department of Public Health's (DPH) required documentation. We try to streamline it, but if there are any suggestions for making it less of a chore, please do not hesitate to offer them!

Again thank you for your contribution to improving our quality of services, and please feel free to call me at any time with questions, suggestions and areas of improvement.

Zulmira B. Allcock
Program Director
508-880-0202

EHS Updates

As part of the comprehensive services offered by Early Head Start, we again will partner with Commonwealth Mobile Oral Health Services (CMOHS) at our site on Friday, July 25, 2008

Last January we began our partnership with this program to bring age appropriate oral health services to the children of EHS. We are pleased to offer the opportunity for a 6 month check-up to the children who participated, and to invite new children to begin their oral health care.

The American Academy of Pediatric Dentistry recommends the following care for children's teeth and gums:

* For infants under the age of one: following meals an adult should use a gauze pad or soft cloth to gently wipe the gums.

* For children between the ages of one and two: an adult should brush children's teeth with a soft wet toothbrush

* For children over two: an adult should brush children's teeth with a soft toothbrush using a small smear of fluoride toothpaste.

* Children should be seen every 6 months by a dentist beginning at age 1.

With this in mind – we encourage all families whose children who are not up to date on their dental exams, complete the consent forms and call Sandy Furtado at 508-880-0202 ext. 320 or 338 to make an appointment, or for more information.



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

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Early Head Start

PCHP Updates

On June 6th, 2008 the Parent-Child Home Program celebrated our 4th annual graduation at the Play House in Taunton. There were seven graduates this year: Krisandra C., Olivia E., Janeer L., Jesalyn R., David M., David J., and Wesley J. Most of these participants had been in the program for two years and will be going on to Head Start, preschool or kindergarten in the fall. All these children and their parents did a great job keeping their PCHP visits and working on the reading and readiness skills we introduced to them. We want to encourage them all to continue spending regular time reading and playing together as the benefits will certainly pay off as their children enter school. We will miss you all but know you are going to do great in your new school settings.

The following is a letter one of our graduate's parents wrote about their experience in PCHP.

The PCHP was an amazing program for us. It helped my daughter develop an understanding of many things due to reading and really looking at and understanding a whole picture rather than just the words (literally). This program has helped put my daughter a step ahead of other children her age. She truly looks forward to every visit and loves her home visitor, she will be very sad to have to part once the program ends for us. She is really looking forward to school, I'm sure she will use the lessons she has learned and apply them to learn/understand more.

As the parents, we would like to thank everyone from the PCHP for giving us this opportunity. Without this program I really am not sure my daughter would be as "knowledgeable" as she is now. This program is not just about pushing books and education on a child, it is about having fun and really helping the parents understand how to teach lessons to their children. We appreciate the time you have spent with our family and are so very thankful for everything our daughter has learned since we started. We are looking forward to putting her into preschool this September and we hope that she excels because of what she has already taken from this program.

Again, thank you for your hard work and dedication. We speak very highly of this program and think it was a gift to have in our lives.

Best Regards,
Danielle F.,
Carmine C. &
Krisandra C.



PCHP Updates (cont.)

The PCHP is closed for the summer months and will reopen in October. If you are interested in participating in this early literacy home visitation program and have a child who will be between 18 - 36 months of age, you can leave a message with our office staff. Debbie, the program coordinator, will get back to you in September to set up an intake.

Families who are currently enrolled in the program can look forward to receiving a summer literacy pack this month. Through a generous donation by the J.M. MacDonald Foundation we have been able to prepare these packs filled with books, arts and craft activities and small toys to help our families continue to work on verbal skills. Remember, your children will get the most from these items when they spend time with you playing with them.

Just a reminder to check out your public library to see what summer activities they may have planned and to borrow some great books. You also may want to ask about what passes they have available for free or discounted admission into local zoos and museums.

Infants and Sunscreen

Until babies are 6 months old, pediatricians usually don't recommend using sunscreens because the risks of chemicals on infants are not known. Covering up an infant and keeping out of direct sun for the first six months are much preferred.

Keep your baby in the shade of a tree, under an umbrella, or in a stroller with a canopy. Even on cloudy days, harmful ultraviolet (UV) rays can cause sunburn. If you're on sand, water, or concrete, be careful because UV rays can bounce back from these surfaces.

When you're outdoors, dress your baby in light, loose-fitting clothing that covers his body. Clothes with a tighter weave offer more protection. Always have your child wear a hat with a brim because it will shade the face.

A young child can get a sunburn while riding in the car. Juvenile product stores carry a variety of sunshades for car windows. Using one protects your child from the sun's rays and shades out some of the hot sun.

Once your baby is past the 6-month mark, you can start using sunscreen. You'll want a broad-spectrum, waterproof lotion with an SPF of at least 15. If your child is fair-skinned or has freckles, an SPF of 30 is better because it offers more protection. Broad-spectrum means the sunscreen works on ultraviolet A (UV-A) and ultraviolet B (UV-B) rays. The shorter UV-B rays are what cause sunburn on the skin's surface. UV-A rays penetrate to deeper skin layers, causing skin to age. Both types contribute to skin cancer. Source: <http://life.familyeducation.com/child-care/safety>

Activities

Source: www.familytlc.net

Nature Collage



Help your child develop a sense of touch as you create a nature collage together.

Materials: clear contact paper, tape, scissors, collected nature finds (leaves, seeds, small flowers, etc.) , and a paper bag

Directions: Take a walk with your child. Help collect safe things from nature. When you return home, invite your child to choose small objects that can be used to make a nature collage. Cut a large square of clear contact paper and tape it sticky side up to a tabletop. Encourage your child to randomly place the nature finds on the paper. You can cover the nature collage with another piece of clear contact paper and then display your work of art on a table or wall.

While you are having fun together, this activity helps your child develop small muscle skills, eye/hand coordination, and language skills.

Summer Dress Me Doll

Using a doll can help you talk about types of clothing and getting dressed with your child.

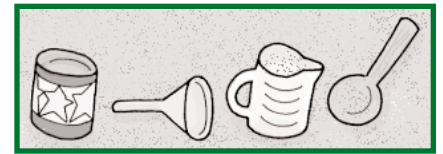


Materials: large doll, baby or small child's clothing, including a bathing suit, hat, shorts, etc. and sunglasses

Directions: Introduce the doll to your child and talk about what it is wearing. Talk about the summer weather and what clothing the doll has on. Put on a hat and sunglasses to protect the doll from the bright sunlight. Remove the doll's clothing and invite your child to help you dress it again.

Older toddlers can begin to understand about dressing themselves and the clothing they wear. Playing a "dress-up" game and talking about what you are doing helps young children develop small muscle skills, and language skills.

Sandy Water



Playing freely with water and sand, helps your toddler explore, discover and learn about the world.

Materials: sand pile, water, sand pail, measuring cups and measuring spoons, funnels and plastic shovels.

Directions: Let your toddler help pour water into a sandbox or sand pile. Encourage your child to play in the sand. Talk about the changes the water makes. Is it easier to build a pile with wet or dry sand? Talk about the different textures. Invite her to play freely with cups, spoons, and funnels. While you are playing together, your toddler is developing small muscle skills, learning new vocabulary and developing an awareness of the senses.

Health Corner

Seatbelt law takes effect

The Massachusetts Safety Seat Law has changed to keep kids safer! After July 10, 2008 children up to age eight or who are under 4'9" must ride in a proper child restraint. After children outgrow their car seat they must ride in a booster seat using a lap and shoulder belt.

REMEMBER!!

- * The safest place for your child, in any restraint system, is the back seat.
- * You are your child's most powerful role model so always wear your safety belt - and make sure everyone else in the car is buckled up - front seat and back! It's the law for everyone.
- * For more information call The Car Safe Line at 1-800-CAR-SAFE (1-800-227-7233) at the Massachusetts Department of Public Health or visit mass.gov/child-safetyseats.

To read the law visit:

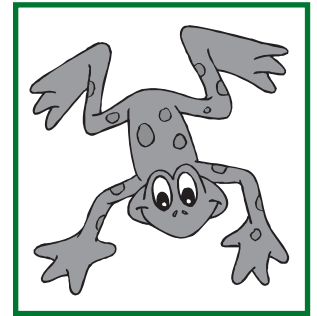
<http://www.mass.gov/legis/laws/seslaw08/s1080079.htm>

	Age	Weight	Height	Seat
Infant	Birth to 1 Year	Up to 20-22 lbs	Not applicable	Infant seat or rear-facing convertible seat
Toddler	1-4 years	20-40 lbs	Not applicable	Convertible / forward-facing safety seat
Older Children	5-8	Not applicable	Under 4'9"	Belt positioning booster seat

Resource/Information Page

It IS Easy Being Green

by Chrissy Collins, Early Intervention Counselor



Ahhh, the great outdoors is finally here. What better time to start making those “green” changes to your farm, yard, deck or small city patio. For starters, plant something! It could be as grand as a tree to as simple as native annual flowers in a pot. Growing herbs, such as, basil, parsley, thyme and sage in simple pots are a great way to expand your cooking at home but it also cuts down on buying it from the big chain grocery store. Whatever plantings you are planning, get your kids or neighborhood kids involved. They love to plant, get dirty and watch things grow. You will be surprised what kids will eat when they are part of the growing process.

When you are starting to think about growing, the first thing to think about is your soil. Healthy soil produces healthy plants. What is healthy soil? Organic soil made from rotted organic ingredients. You can buy organic compost at your local garden supply store or you can make your own. Recycle your garden and kitchen debris (no meat scraps) in a container set in the warm sun and you have made healthy soil. Compost is made up of yard clippings, fruits, vegetables, grains, eggs, coffee grinds, hair, nail clippings and any yard debris. Keep your compost aerated by turning it with a shovel periodically. Compost bins can be made from old trashcans to fancy tumblers found online.

Next, start thinking of water. Planting ground cover or putting down mulch will naturally keep the ground wet and will prevent weeds from growing. Plant native plants, they require less water and maintenance. A rain barrel when placed under your gutter downspout to catch water when it rains is an ingenious way to save on water usage. Any rain caught in the barrel can be used to water indoor/outdoor plants/grass and to wash your family car. Rain barrels can be found by ordering them on the internet. I have yet to find them at our local garden shop. They come in all kinds of sizes and in varying styles to match your home or apartment. A soaker hose is more efficient than a typical sprinkler.

When we talk about plants and water, it naturally leads us to insects. Nothing says outdoors better than a group of kids on the hunt for some bugs. As adults we know how damaging bugs can be to our plants/grass and to the health of our kids. Pulling out your weeds and weak plants is a good starting point. Seaweed mulch or spray helps repel slugs and has been known to strengthen your grass. Water your plants in the early morning to keep your foliage dry throughout the day thus making the plants unappetizing to the insects. Keeping the bugs off kids and us is another story. There are many bug sprays on the market. Make sure all organic products you buy are stamped with the USDA certified organic stamp. Checking the label of sunscreens and bug spray is a must when we are told to use these products daily. They will have a huge impact on our health if they are made with harmful chemicals. Organic products can be found in the grocery store and online.

For some (my husband), a green plush lawn is utopia and not using pesticides and fertilizers is paralyzing. Make sure the soil for your lawn is well maintained. The Ph levels can be tested with a simple home kit and the levels should be between 6.5-7.0. If the acidic level is high, a treatment of lime is necessary. Ask your local gardener what grass is recommended for your area. Keep your grass mowed (preferably with a push mower) but not too short. Short grass will need too much of our precious water. Water in the early morning and treat weeds with corn gluten. Corn gluten has been known to kill the weeds within days. It can be found at the local garden store.

If all this information is overwhelming, simply start with one small project or by being outside more. The rest will come to you! More “green” ideas to follow

Top Ten Parenting Tips

Discipline means teaching children how you want them to behave. When we encourage the behaviors we like to see, children begin to feel proud. If you form a relationship of trust with each other, children will want to make you proud of their behavior.

1. Share your **TIME** with your child
 - read, play, talk and listen to your child
2. Show your **LOVE**
 - give hugs and kisses
3. Provide **ORDER**
 - Establish a routine, children need to know what to expect
4. Be **CONSISTENT**
 - “Say what you mean and mean what you say”

5. Balance **WARMTH** with **STRUCTURE**
 - Provide limits in a supportive way
6. Be a **ROLE MODEL**
 - Children copy what you say and do
7. Only **EXPECT** from your child what they are **ABLE** to do
 - Respect all children’s abilities and know stages of development
8. **PRAISE** behavior-Praise is free from cost
 - Praise the behavior instead of the child
9. Set your child up for **SUCCESS**
 - If the children feel good about behaviors, they will feel good about themselves
10. **TAKE CARE OF YOURSELF**
 - Find and accept support when you need it

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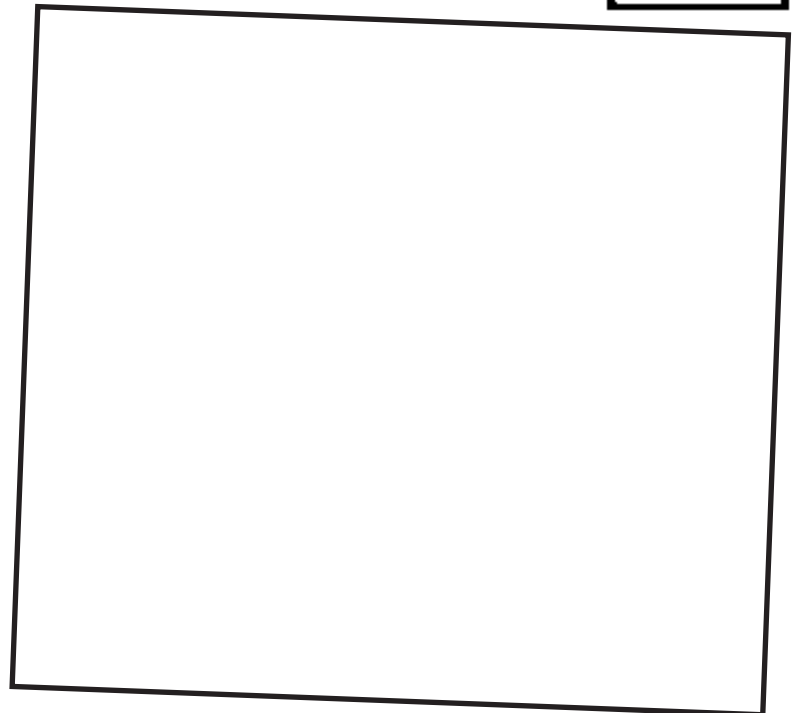
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"Quality Service for Quality Life"



Wish List

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

- * 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

Special Days to Celebrate in July

- National Ice Cream Month
- National Picnic Month
- Anti-Boredom Month
- National Recreation Month
- National Hot Dog Month
- 1st - National Postal Worker Day
- 3rd - Dog Days Begin
- 4th - American Independence Day
- 5th - Caribbean Day
- 6th - National Fried Chicken Day
- 8th - Video Games Day
- 9th - National Sugar Cookie Day
- 10th - Teddy Bear Picnic Day
- 11th - Cheer up the Lonely Day
- 14th - Bastille Day
- 18th - Cow Appreciation
- 19th - Stick Your Tongue Out
- 20th - Moon Day
- 21st - National Junk Food Day
- 29th - National Lasagna Day
- 30th - National Cheesecake Day

Unusual Facts

- * The oceans of the world would rise about 60 meters if Antarctica's ice sheets melted.
- * In proportion, if Jupiter were a basketball, then the sun would be the size of the Louisiana Super Dome.
- * Abraham Lincoln's mother died when she drank the milk of a cow that grazed on poisonous snakeroot.
- * A baby octopus is about the size of a flea when it is born.
- * The game Monopoly has been played by approximately 500 million people, and the game is available in 26 languages.



A child at the Early Head Start Family Night gets an up-close look at a bunny from Animal Affairs