

The Correspondent

Early Intervention Program

Early Head Start

Parent-Child Home Program

Wise Adult Day Health

Residential Services

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September, 2008



Fundraising at AHS, Inc.

Spaghetti Supper

AHS will hold its 14th Annual Spaghetti Supper and Raffle on Friday, October 24, 2008, from 5:00 PM to 7:30 PM, at St. Joseph's Church located at 499 Spring Street in Dighton.

Spaghetti, meatballs, salad, bread and homemade pastries will compliment the HUGE raffle filled with crafts, gift certificates, and other prizes donated by local businesses and AHS staff. Wise Elder Services will hold a fall craft sale and the Early Intervention Program will be conducting a book fair.

Supper Tickets are \$7 for adults and \$5 for seniors and will be available the first week of September. Raffle tickets prices are 1/\$, 3/\$2 and 10/\$5. Don't miss out on this fabulous event!

Proceeds from these events go directly into the Lifelong Learning Fund. This fund provides additional support to children, adults, and seniors in our community who are currently enrolled in AHS programs, but may not have access to sufficient resources. With your support for this event, AHS is able to provide further assistance through the purchase of items such as therapeutic toys, adaptive equipment, and community inclusion activities for the individuals we serve and their families.



Inside this issue:

Notes from Executive Director	2
Agency Information	2
Wise	
Update	3
HillBilly Day	3
Residential	
Center Gets A Facelift	4
Summer Wrap-up	4
Early Childhood Programs	
Smoke Facts & Effects	5
Early Intervention	
Thank you	5
Parent-Child Home Program	5
Early Head Start	
Early Pregnancy Checklist	5
Update	6
Resource/Information	7
Activities	8

William Tennermann, Board Member

William Tennermann III, a member of the AHS Board of Directors for 14 years, passed away on August 23, 2008 after a lengthy illness.

Bill was employed by Paine Webber, Boston, educated at Syracuse University and was a valued member of the AHS Board as well as the Newton Boy's and Girl's Club. His interests included golf, music and basketball.

Our thoughts go out to his wife, Kathleen, his children, Alyse, Wilson and Nicole, as well as the rest of Tennermann family.

Bill will be missed by all who knew him.



National Adult Day Services Week

National Adult Day Services Week is September 21-27, 2008. What are Adult Day Health Services?

Adult Day Health Services, such as Wise, are community-based group programs designed to provide social and health services to adults needing supervised care in a safe place during the day. Supportive staff members and volunteers oversee a variety of activities specially designed to meet the physical, social, emotional, and intellectual needs of adults who may be physically or mentally challenged or coping with some sort of dementia or memory loss. These activities can range from arts & crafts, discussion groups and light exercise to the provision of safe care to functionally impaired persons, including such services as case management, individual counseling, and health care screening. Caring for a frail or disabled person is a demanding job. Adult Day Health Centers can provide caregivers with a much-deserved break, secure in the knowledge that family members are receiving excellent care.

The AHS Wise Program, an Adult Day Health Program, serves 37 individuals.

Agency Information

Missions Statement: AHS is a not-for-profit organization. We are dedicated to providing choice, opportunity, and support to the individuals we serve, their families, and those we employ in order to enhance the quality of life in our communities.

Notes from Executive Director

It's REALLY easy to get distracted around here! So far today, I've given 1 tour, met to educate a local professional on our mission, checked in with a few members at Wise, had a toddler run-away detour into my office and provided a cup of water for a child who fell down. This—the client and community contact—is the fun part of what I do, of course.

Although it isn't all fun, it IS very rewarding. This past year, we worked especially hard to ensure that programs will continue to receive funding to meet your and your families' needs. As a result, our legislators responded positively to advocacy efforts to phase in rate-reform for the Residential Program, increase allocations to Early Intervention, Early Head Start and the Parent-Child Home Program. The Wise ADH program also expects a small rate increase. These increases will help to cover increased expenses, and we are very appreciative to Senators Pacheco and Menard, Representatives Fagan, Haddad, and Sullivan for their support in the legislature. We are also grateful to those family members who were able to voice their concerns, advocating for loved ones. Our staffs, who work diligently to provide quality services, were instrumental in making this happen, and they are to be commended, as well. For now, the budget distraction is temporarily finished.

My best wishes for a beautiful fall! See you then, with an update on the Strategic Plan.



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EI Program Director: Zulmira Allcock

Residential Services Director: Ann Doyle

Wise Elder Services Director: Debra Brower



WISE Elder Services

Wise Updates

WISE participants have been enjoying the summer. On July 31 many participants spent the day at Freetown State Forest. They brought a picnic lunch and just really enjoyed spending the time outdoors. This was coordinated by Kathy Wasylk and implemented by Jennifer Cansler and Ray Pratt. On August 7, other participants took a trip to Battleship Cove.



The participants play clown toss during a recent event.



They loved seeing the ship USS Massachusetts. WISE participant, Dottie G., had a great time showing her friends a lot of the sights in Fall River. This trip was led by Mary Freitas and Jennifer Cansler.

Another fun activity held recently at WISE was pizza making.

Participants enjoyed making their own individual pizza with their choice of toppings.

National Clown Week, August 3 –August 9, was celebrated at WISE with “clown centered” activities. One activity was clown toss. Jessica Howland led some of these fun filled activities.

Other summer activities include time on the patio and an ice cream social at the WISE center.

Upcoming Events

- Podiatrist Visit- Thursday, August 28
- Labor Day Activities- Friday, August 29
- Yoga starts- Thursday, September 4

- Men’s Day Away - Thursday, Sept. 4
- Musical presentation by Candida Rose - Monday, Sept. 15
- Sing-a-long with Denya Devine - Tuesday, Sept. 23

ADULT DAY HEALTH WEEK is September 21- September 27- Week long activities will highlight and honor Adult Day Health Services.

HillBilly Day

Thursday, August 21 was Hillbilly Day at WISE. This is a fun filled event with the highlight being a Barbeque on the Patio. Country style barbeque beef sandwiches was the main course.

The Beverly Hillbillies movie was shown in the morning before lunch. There was also a Cowchip Toss game that was a lot of fun.

Decorations and attire were “Hillbilly” style for the day.



Nancy poses for a picture with her guitar

Edith Burt

Edith Burt, long time member of WISE passed away July 29 in Norton. Although Edith was no longer a participant at WISE, she had been an active participant for over ten years. She still had many friends at WISE. Edith was the secretary of the “Friendship Group”, an advocacy/social group at WISE, years ago, supported by Debbie Brower. More recently, Edith was also a member of the AHS Human Rights Committee for many years.



Adult Day Health Services

Wise Elder Services is an Adult Day Health and day support service for adults over the age of 55, and/or who are experiencing health care related issues. Wise is designed to provide quality services, including daily leisure, recreational and preventive health activities to aging 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

Center Street Gets A Facelift

The women who live at Center Street finally got one of the top items on their wish list—new flooring! The beautiful old ranch style house has had carpeting since before the women moved in. The landlord recently removed all of that carpeting exposing the gorgeous original oak floors underneath. Not only do they look great, they make it much easier for a few of the women, who have mobility issues, to get around. The landlord will be completing the sanding and re-sealing while the women are away on vacation.

The women are renting a four bedroom house in Hull, at beautiful Nantasket Beach. In fact, the house is directly across the street from the beach. They'll be enjoying their time away during the first week of September before returning to enjoy their home's new look.



Wrapping up Summer 2008

Over the summer months the folks in residential have been having a great time, participating in a wide variety of day trips, vacations or just taking time off to relax. Here are some of our highlights.



Milton H. from Caswell I took a trip to Dollywood/Nashville and the Smokey Mountains with Search Beyond Adventures. He was gone for nearly two weeks and is already planning his next adventure. Milton enjoyed climbing in the Smokey Mountains, which he accomplished using a walker! He also enjoyed the Showboat Cruise, Country Music Jamboree and other activities at Dollywood. His biggest concern is where to go next!

The women from Maple St. and Powderhorn Dr. decided to do day trips to various places. Some of the women went to Water Whiz while others enjoyed a day

at Onset Beach. Everyone enjoyed a boat ride on Cape Cod Canal and lunch out; several chose a day at Buttonwood Park. Other activities included a trip to the Plymouth Historical Wax Museum, miniature golf and lunch and the finale of a cook-out and day at Colt State Park. Everyone had a great week, full of fun and good times.

The men from Field Street have been enjoying lots of beach time and picnics at Watson Pond. George, Frank and Michael have also enjoyed several local fairs including the Dighton Cow Chip Festival, Brockton Fair and a festival at Onset Beach.

It has been a great summer for everyone this year with lots of new experiences!



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 Manager, 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

Thank You on Behalf of EI

by Zulmira Allcock, EI Program Director

On behalf of the families and staff of the Early Intervention Program, I would like to thank Jerry Bushika and Kristine Ryan for their generous donations to the program.

Last year Jerry applied and was granted funds for EI through Staples, Inc. (www.staples.com). Jerry reapplied again this year and again the program was selected to receive \$1600.00. The funds immediately went to good use toward purchasing safety and developmental supplies for the families served by Early Intervention. Jerry is an alumni EI parent as well as alumni Board member for Associates for Human Services and his wife, Pat, continues to work for EI as the Data Coordinator and Parent Liaison. Thanks for always thinking of us, Jerry!

Kristine Ryan is a Developmental Specialist, whose expertise is in Communication Disorders. Besides working at EI, Kristine also works as a Silpada representative. She recently ran a fundraiser and donated her entire percentage of the campaign to Early Intervention. Thanks to the families and staff who sold the product, Kristine was able to donate \$600.00 to the Lifelong Learning Fund to buy developmental and safety supplies. Thank you Kristine for the work you do with the children and families and for your generosity!

(www.mysilpada.com/Kristine.ryan)

PCHP Is Coming Back!

The Parent-Child Home Program is returning soon. The Home Visits will begin on October 7, 2008 and will continue until May 8, 2009.

PCHP, a home-based early literacy program, offers free books and toys to eligible families with children between the ages of 18 - 48 months living in Taunton, Raynham and Middleboro. Please contact Debbie Jenkins at Associates for Human Services at 508-880-0202 if you would like information on the program.

Early Pregnancy Checklist

Congratulations, you're pregnant! Although it may seem early, there are plenty of things you'll need to do during your first trimester - like eating well and getting lots of sleep.

- * Schedule your first prenatal visit with your practitioner when you're about nine weeks along. Plan on seeing your practitioner every four weeks.
- * Avoid alcohol, drugs and cigarettes.
- * If your immunizations are not up to date, notify your practitioner now.
- * Drink lots of fluids, especially water (8 to 10 glasses a day).
- * Stick to a diet naturally high in folic acid (oranges, melons and dark green vegetables)
- * Eat plenty of iron-rich foods (whole grains, beans, raisins and nuts).
- * Keep your blood sugar level elevated by eating lots of high-protein and high-carbohydrate foods such as breads, brown rice, potatoes and cheese.
- * As a general rule, avoid medications and consult your doctor before taking any.
- * Get plenty of sleep, and try to take a nap if you feel tired during the day.
- * If you're a coffee drinker, cut back, switch to decaf or try herbal or decaffeinated tea.
- * If your family has a history of genetic disorders, consider prenatal testing.
- * Start budgeting for your new life with a baby.
- * Choose a place to give birth (hospital? birthing center?)
- * Refrain from getting perms, dyes and other hair treatments involving heavy chemicals.
- * Get smart - buy a few pregnancy books and start reading.



Source: pregnancy.about.com/cs/trimesterguide

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

EHS Campaign: Care for their Air

The EHS program will be participating in a National Campaign called "Care for Their Air". This campaign was developed through collaborative efforts by the Office of Head Start (OHS) and the Environmental Protection Agency (EPA). The focus of this campaign is on:

- * raising awareness of the effects of secondhand smoke on young children and their families,
- * encouraging staff and parents to reduce children's exposure to second-hand smoke and other indoor environmental asthma triggers.



In the coming months our program will engage in a variety of activities to accomplish the above goals. We will be:

- * focusing on heightening the awareness of the effects of environmental tobacco smoke (ETS)
- * working with families whose children have a diagnosis of asthma, to establish an individualized asthma management plan (ASMP).

All families entering our program currently receive a welcome bag that includes a variety of educational information as well as items and books for all members of the family. Beginning in September we will be adding ETS information to that bag. We will also share information with all families currently enrolled during parent group discussions and on home visits. The EPA offers a wealth of information on the topic and we have ordered or downloaded much of this information for distribution to families. If anyone would like copies of this please contact Sandy Furtado in the EHS program.

In addition we will be asking all parents, both smokers and non-smokers to take a "Smoke-Free Home Pledge". We will distribute decals for homes and cars to remind everyone not to smoke in indoor environments.

Finally, we will use children's health records to identify those with asthma diagnoses and meet with those families to identify asthma triggers in their environment and develop an ASMP to reduce exposure to these triggers.

All this information will be collected in a database to assist our program in evaluating what efforts are working and how this campaign is affecting the health of children in our program and in our community.

If you have any questions about this campaign, please contact Sandy Furtado, health coordinator at extension 320 or Ronna Schaffer, program director at extension 354.

Environmental Tobacco Smoke Facts and Effects

Second hand smoke, or environmental tobacco smoke (ETS), is a mixture of the smoke given off by the burning end of a cigarette, pipe or cigar and the smoke exhaled by smokers.

- * ETS contains more than 4,000 substances, several of which are known to cause cancer.
- * 22% (50% of these are under age 6) of all children are exposed to ETS.
- * 56% of EHS families in the US smoke
- * ETS is responsible for approximately 3000 lung cancer deaths annually in the US for non-smokers
- * ETS has been classified as a Group A carcinogen by the Environmental Protection Agency (EPA)
- * Children show toxin levels nearly twice those of adult non-smokers
 - o Children are still developing physically
 - o Children have higher breathing rates than adults
 - o Children have little control over their environment (they cannot just get up and leave)
 - o ETS settles on floors (carpets especially) furniture, blankets and toys which young children often mouth or cuddle with and crawl on
 - o ETS settles on clothing and hair of smokers, then children cuddle with them
 - o ETS actually slows down the growth of children's lungs
- * ETS exposure during pregnancy causes low birth weight and may cause leukemia, lymphoma and or childhood brain tumors
- * ETS kills 430 newborns from Sudden Infant Death Syndrome (SIDS) each year

(Source: <http://eclkc.ohs.acf.hhs.gov/hslc/ecdh/Health>)

In April 2008, this newsletter printed information regarding the health threats to children that included:

- * Increased asthma attacks
- * Irritability
- * Dental cavities
- * Increased ear infections
- * Developmental delays

For a copy of the April newsletter call Debbie Howland at ext. 333 or visit our website at www.ahsinc.org

For more information visit these websites

www.epa.gov/smokefree/pubs/etsfs.html

www.epa.gov/asthma/awm.html

www.epa.gov/iaq

www.eclkc.ohs.acf.hhs.gov/hslc

Resource/Information Page

It IS Easy Being Green

by Chrissy Collins, Early Intervention Counselor

What can you do this month to be more earth friendly? Most of us spend a good portion of our time at our workplace. What a perfect spot to make changes to do our part for the environment.

First, avoid bringing plastic bottles to work. Carry a reusable bottle from home to use throughout the day. Just reducing the bottles you use makes a huge difference. Think about what you buy at wholesale or grocery stores. Buy a large bottle of water instead of many individual bottles. Packaging is something to think about when you go shopping.

Next, let's deal with how you drink your coffee. I love a good cup of coffee, especially when it is made outside the home. The trick on helping the environment is to bring your own stainless steel cup each day. Once you get into the habit of remembering your cup, it can be an easy contribution.



Lastly, let's think about how we are getting to work.

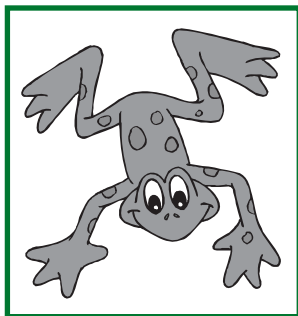
These are the questions we could ask ourselves: Can I take public transportation? Can I carpool with someone? Can I ride my bike to work? If any of these options are possible, then it will be the most rewarding! Bike riding can be a great source of exercise and reduces stress. Exercising before work will improve the quality of your life. Carpooling can offer you the opportunity to get to know someone at work better. This is a bigger step but, if you can arrange the change, it will reduce your carbon footprint by a mile.

Good luck and see what you can do.

Business After Hours

AHS will sponsor a Business After Hours in conjunction with the Taunton Area Chamber of Commerce on Wednesday, November 19, 2008, 5:00 - 7:00 pm at 68 Allison Avenue, Taunton. This will be a great opportunity for AHS to bring more awareness to our facility, and introduce our services to other Taunton businesses.

Refreshments will be provided by area restaurants.



4 Ways to Improve Lung Health and Breathing

Deep breathing might seem like an exercise just for yoga. But that is not true. It helps transport nitric oxide, a potent lung and blood vessel dilator in your nasal passages, to your lungs. It also disrupts the messages that the vagus nerve sends to constrict the bronchi, allowing you to breathe easier.

The first rule to protecting your lungs is no smoking. Beside that, here are some steps to follow:

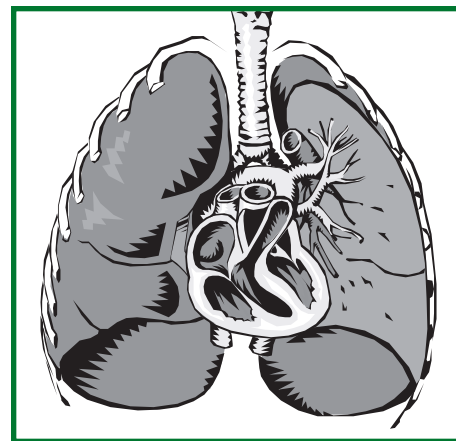
1. Take 10 deep breaths: Lie on your back, one hand on your belly and one on your chest, and slowly breathe in for about five seconds.

As your diaphragm pulls down your chest cavity, your belly button should move away from your spine. When your lungs feel full, exhale slowly for about seven seconds. Take 10 in the morning, 10 at night and as needed in between. This not only helps keep your lungs clear but can relieve stress, too.

2. Get away from the road: One of the strongest toxins in the air, PM2.5, nearly doubles the risk of death stemming from respiratory causes. Other than house mites, the biggest risk factor is traffic density. So, try to live 100 meters, preferably 300 meters (more than three football fields), from a major road.

3. Stock up on supplements: Magnesium, a mineral that relaxes bronchial tubes, helps with asthma. If you cough up mucus from your lungs, consider N-acetyl-cysteine, which boosts production of an antioxidant that helps prevent lung damage. Caffeine relieves asthma by shrinking the lining of airways.

4. Get fruit looped: A diet rich in fruits, vegetables, fish and whole grains can seriously protect against chronic lung and other aging-related diseases. If you need motivation to reach for fresh produce as a snack consider this: The difference in lung disease rates between those on the highest and lowest quality diets is almost fivefold.



Source: www.indystar.com

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68 Allison Avenue
Taunton, MA 02780

Phone: 508-880-0202
Fax: 508-880-2425
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.

- * Waffle makers
- * Deep Fryers (Big Daddy's)
- * Food processors
- * Bird food/seed
- * 3-4 shelf bookcase
- * Holiday CDs
- * National Anthem CD
- * Crayons
- * Kitchen table and chairs
- * DVD player
- * Futon
- * NEW car seats
- * Stand up Freezer



Jessica helps Karen M. "go fishing" on Hillbilly Day while Dottie and Billy look on.

Activity

Fun Activities for Seniors

1. **Safety Pin Search.** Mix about 200 small safety pins in an ice cream bucket along with dry oatmeal. Blindfold a person and time the person for say 10 minutes and let them see how many pins they can find in the dry oatmeal. Let everyone have a turn (blindfolded) and the one that finds the most wins a prize.
2. **Take different photographs.** Tear each of them into pieces. Organize the senior citizens into teams and hand over the torn pieces of a single photograph to each team. The team that first puts together the photograph wins the prize.
3. **Auction.** Pick up some inexpensive items from your local grocery store. Good choices would be toiletries, kitchen items, personal care products and home decorations. These items should be gift wrapped as mystery prizes. You will also require some fake money, which is equally distributed along each participant. The auctioneer will pick up a single prize at a time. The bidding then begins.
4. **Supply the seniors with cameras.** Each one can take pictures of their favorite items and display them to others as a slide show.
5. **Sculpting for seniors.** You could use the soft clay products, such as Play-doh. There could be a prize for quickest sculpture created and best looking sculpture. This activity would also help in strengthening the senior's hands, dexterity and muscle control.

Source: <http://www.buzzle.com/articles/activities-for-senior-citizens.html>