

The Correspondent

Early Intervention Program

Early Head Start

Parent-Child Home Program

Wise Adult Day Health

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The Lifelong Learning Fund

The Lifelong Learning Fund provides additional support to children, adults and seniors in our community who are enrolled in AHS programs, but may not have access to sufficient resources. Examples of what Lifelong Learning Funds are used for include Early Intervention Equestrian Therapy, Early Childhood Safety Equipment (car seats, stair gates, window guards, outlet covers, etc.), Early Head Start Field Trips and Family Nights and Wise Adult Day Health Therapeutic Programs (Visits from a Yoga instructor, Barn Babies and the Singing Nurse).

How can you help? Attend our fundraising events. We will be hosting our Annual Spaghetti Supper and Huge Raffle on Friday, September 25, 2015 at St. Nicholas of Myra Hall in Dighton. Also the Wine Tasting & Silent Auction at Occasions in Raynham is scheduled for Thursday, November 5, 2015. All proceeds from these two events goes into the Lifelong Learning Fund. You can also make a tax deductible donation directly to the LLF.



The Singing Nurse entertains the Wise participants.



Early Head Start Field Trip to Freetown Wading Pool



A child enrolled in EI participates in Equestrian Therapy at Greenlock Therapeutic Riding Center.

Wise Adult Day Health

by Nancy Pereira

Wood Craft

Wise participants love to do arts and crafts projects and painting is one of their favorite activities. Our painting group had a selection of wooden items from which to choose and got busy working. From bird-houses to picture frames, participants enjoyed an afternoon of socializing and fun making beautiful creations to take home.



Barbara enjoys making her wooden craft.

St. Paddy's Day

They say everybody's Irish on St. Patrick's Day and at Wise ADH, our participants showed their St. Paddy's Day spirit with their "Wearin' O' the Green"! A fun-filled day of activities began with Entertainer Pamela Tietze, "The Singing Nurse", delighting and entertaining us with her energetic performance and angelic voice. All our Irish eyes sure were smilin'.



Colleen and Marge are in the St. Paddy's Day spirit.

Springtime Fun

Spring is finally in the air and in celebration of the season, Activities Director, Linda Kerr prepared a wide array of springtime crafts for Wise participants to enjoy. From "funny bunnies" to sponge art eggs and Easter cards for loved ones, our participants crafted some beautiful spring displays to brighten up our activity rooms!



Catherine had fun making a "funny bunny" for Spring.

Spring Makeover

Wise ADH continues with another phase of our makeover. We recently had beautiful new carpeting installed in our living room and sunroom activity area which really enhances the look of the program.

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 breakfast and lunch is served daily along with two snacks. In accordance with Federal law and U.S. Department of Agriculture policy, AHS will not discriminate on the basis of race, color, national origin, sex, age or disability. For more information or referrals, please call the Wise Program Director, Nancy Pereira, at 508-880-0202, ext. 327.

Early Childhood Programs

Early Intervention

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Early Head Start

PCHP Update

We're having fun!

It is such a thrill to see our home visitors come back from home visits filled with joy after their experiences with your children. With such a wide age range, the children's responses to books, toys, and sensory activities have been amazing to watch. Cindy, Deb, and Terri see the growth in each child's abilities to



Declan and his mom spending time playing with a puppetbook.

manipulate objects, express new words, engage in growing communication efforts, and interact more fully with their environment. For the youngest children, so many things are brand new introductions – using all their senses when they look, listen, touch, hear, and maybe even taste! For the older children, we see the heightened levels of thought, creativity and problem-solving as they begin to combine materials to enhance their play themes and venture further into greater challenges with confidence and curiosity.

We hope you are also enjoying and appreciating the growth and development that happens with each home visit experience and continue to use and expand the activities. Reading a book over and over, playing with a toy again and again, practicing with art tools and “messy” projects help your child to continue the discovery process and make those all-important connections that increase understanding, competency, independence and the desire to try again, and ultimately, learn more. As you involve yourself in their play, and comment on the actions, you're elevating their level of awareness and language development as well as providing a more satisfying learning/play experience.

So, let yourself have fun with your child!

Children's Allergies

Early identification of childhood allergies will improve your child's quality of life, reduce the number of missed school days and help you avoid having to use sick time or vacation days to care for your child.

Allergy Symptoms in Children

- * Skin rashes or hives (atopic dermatitis or eczema)
- * Difficulty breathing (asthma)
- * Sneezing, coughing, a runny nose or itchy eyes
- * Stomach upset

Common Allergy triggers in Children

- * Outdoors: tree pollen, plant pollen, insect bites
- * Indoors: pet or animal hair or fur, dust mites, mold
- * Irritants: cigarette smoke, perfume, car exhaust
- * Foods: peanuts, eggs, milk and milk products

If you suspect your child has an allergy, make an appointment to see an allergist. Start a diary before the appointment and keep track of what symptoms your child experiences and what you think causes them.

Source: <http://acaai.org/allergies/who-has-allergies/children-allergies>

EI Parent Group Topics

Tues, Apr. 14 (9:00 - 10:30) - Ways to Encourage Language

Wed, Apr. 15 (9:00 - 10:30) - Red Flags of ASD & ADHD

Wed, Apr. 15 (1:00 - 2:30) - Red Flags of ASD & ADHD

Thurs, Apr. 16 (9:00 - 10:30) -

Ways to Encourage Language

Wed, Apr. 22 (9:00 - 10:30) -

Appropriate Chores

Wed, Apr. 22 (1:00 - 2:30) -

Appropriate Chores

Tues, Apr. 28 (9:00 - 10:30) -

Effects of TV on Development

Wed, Apr. 29 (9:00 - 10:30) - Effects of TV on Development

Wed, Apr. 29 (1:00 - 2:30) - Red Flags of ASD & ADHD

All other scheduled parent group meetings are open discussion.



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 Georgianna Ouellette 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 Ann Nelson at 508-880-0202, ext. 362 for more information or to make a referral.

Early Childhood Programs

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Early Head Start

EI Update

I wanted to take this time to thank all the staff for the hard work that they have done throughout the year, in light of the very difficult winter where they had to deal with the constant challenge of snow fall, parking bans, unplowed streets and unshoveled driveways, etc. Not only did they constantly strive for the best for the families and children they serve, they also adhered to all the necessary state and federal paperwork requirements that are expected.

For the Fiscal Year 2014, AHS' Taunton Early Intervention Program achieved 100% compliance in 6 indicators that were measured. This is a huge accomplishment given the amount of federal indicators, strict timeline, staff's work with families and data that all needs to be done perfectly for that to occur. I also want to take the time to thank not only the EI staff and supervisors, but also our billing department, data entry coordinator and administrative assistants. It takes a full team to make things work and this was evident.

The Department of Public Health, has congratulated the Taunton EI program for a job well done and acknowledged that out of 60 programs across the state, we were one of a handful of programs that demonstrated 100% in the 6 compliance indicators measured.

Thank you everyone for a job well done in delivering quality services to our clients!

Zulmira Allcock
Program Director

EHS Update by Georgie Ouellette

Early Head Start **Self-Assessment** has begun this month including distribution of parent, staff, Board of Directors, Policy Council and management surveys. Parents, community representatives, and staff all participated in file and document reviews as well as interviews with pertinent staff to review all areas of Early Head Start functions including management systems, fiscal integrity and comprehensive child development services. Through this self-assessment process Early Head Start will develop strengths and goals to work on for the next year. Results will be tabulated for outcomes.

Parent Child Advocates have initiated the **Brigance Assessment System** during home-visits with all families in March. The Brigance Assessment system will show child progress over time relating to individual child development milestones. Parents easily follow along with parent friendly language and terms and are given specific handouts for "home-work" to be worked on with children between visits. Child progress results are tracked and incorporated into School Readiness Goals for preparation into kindergarten.

EHS managers completed yet another series of training in **PROMIS**, by Cleverex data management training. PROMIS is the data collection system AHS uses to record and monitor service delivery. Together we were able to accomplish building new Parent, Family and Community Engagement (PFCE) and School Readiness Outcomes reporting systems for both our home-based and community partnership programs. First reporting-outcomes will be analyzed in the next few months.

Our delegate home-based program for Taunton and Raynham families will begin **transition** in April to its grantee agency, Triumph Inc. Head Start & Early Head Start. Families will participate in transition planning that is specific to their families' needs with their current Parent Child Advocate, including a field trip/open house experience to meet Triumph Inc. staff and become familiar with its surroundings and program options. We will continue welcoming friendships both "big and small" at our main location of Allison Avenue, Taunton, MA. Please feel free to contact us for any future assistance.

Resource/Information Page

It IS Easy Being Green

by Chrissy Collins

Do you have pets, smelly kids or both? Carpet fresheners can be all natural. Carpet fresheners on the market normally contain synthetic fragrance. Synthetic fragrance is not an ingredient but a group of ingredients that companies don't have to disclose. They often include harmful ingredients that have been shown to cause a number of health concerns.

Another harmful ingredient found in many carpet fresheners is benzyl benzoate. Benzyl benzoate has been found to be a possible human immune system toxicant or allergen and wildlife and environmental toxicant. It is also possibly an endocrine disrupter.

Natural Carpet Freshener

Ingredients:

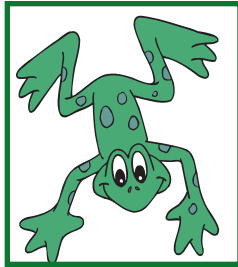
- Baking soda - Nail
- Clean glass jar - Hammer
- 2 metal lids that fit the jar - Optional: Label

Directions:

Using a hammer and nail, carefully poke several holes in the top of one lid. Fill jar with baking soda. Place the lid without the holes on and shake well. Store with this lid on. Optional: put label on the jar.

When you are ready to use it, switch to the lid with the holes. Sprinkle baking soda on the carpet and let sit 15 minutes – 1 hour. The longer it sits the better.

Vacuum normally.



Tips to Relieve Stress

Take a break from the stressor. It may seem difficult to get away from a big work project, a crying baby or a growing credit card bill, but you need to give yourself a few minutes.

Exercise. The research keeps growing — exercise benefits your mind just as well as your body. We keep hearing about the long-term benefits of a regular exercise routine.

Smile and laugh. Our brains are interconnected with our emotions and facial expressions. Laughs or smiles can help relieve some of that tension and improve the situation.

Get social support. Call a friend, send an email. When you share your concerns or feelings with another person, it does help relieve stress.

Meditate. Meditation and mindful prayer help the mind and body to relax and focus.

Source: <http://www.apa.org/helpcenter/manage-stress.aspx>

Car Safety with Children

Tips to Keep your Child Safer While Driving

Use the Correct Car Seat for your child's age and size:

* Keep you baby in a rear-facing seat until at least 1 year old and at least 20 pounds.

* Use a forward-facing seat with a harness after your child has outgrown rear-facing seat. Stay in seat until weight is approximately 40 pounds or ears reach the top of the seat.

* Use a booster seat when the child has outgrown the forward-facing seat. Be sure to check the height and weight limits for the seat you own. Your child needs to use a booster seat from about 4 to 8 years old or until the height of 4' 9".

* An adult lap-and-shoulder belt can be used when the child is tall enough to sit against the back of the car's seat with the legs bent at the knees and feet hang down.

Choose a Safe Location in your Vehicle

* Never put an infant in a rear-facing seat in front of an air bag.

* Plan ahead. Always be sure that there is a seat belt for every child who rides in your car.

* If a child must ride in the front seat, move the vehicle seat as far back as it can go, away from the air bag.

* The safest place for all children 12 and younger is the back seat.

Seat Belts and Tether Straps are Important

* Some rear center seats in cars have only a lap belt. You can use a lap belt alone to install a child safety seat, but never use it for a booster.

* If your vehicle has a Latch (Lower Anchors and Tethers for Children), you can use it to install a car seat. Latch attachment points are usually in rear side seats. Check your vehicle owner's manual for more information.

* Always attach the top tether strap when your child is riding in a forward-facing car seat.

Buying a Family Car? Here are some Tips:

* Will your car seats fit in the vehicle?

* What type of, and how many, seat belts and car seats will you need?

* Compact pickup trucks and sports cars are not safe family cars.

* Does the vehicle have safety features such as shoulder belts in the center rear seat, adjustable shoulder belts in the rear side seats and Latch?

Source: *Partners for child Passenger Safety*
www.chop.edu/carseat

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U.S. Postage
PAID
Taunton, MA
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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

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web site!

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Wish List

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

- * Playdoh
- * Adult Wheelchairs
- * Soft tissues
- * Twin or full size bed frame
- * Kitchen table & chairs
- * crib

Useless Trivia

- * Pinocchio is Italian for "pine head."
- * In every episode of Seinfeld there was a Superman somewhere.
- * Venus is the only planet that rotates clockwise.
- * The word Pennsylvania is misspelled on the Liberty Bell.
- * Cranberries are sorted for ripeness by bouncing them; a fully ripened cranberry can be dribbled like a basketball.
- * Donald Duck's middle name is Fauntleroy.

Special Days to Celebrate in April

- National Humor Month
- Keep America Beautiful Month
- Lawn and Garden Month
- National Poetry Month
- Stress Awareness Month
- 1st - April Fool's Day
- 2nd - Children's Book Day
- 3rd - Passover begins at sunset
- 3rd - Peanut Butter & Jelly Day
- 4th - School Librarian Day
- 5th - Easter
- 7th - No Housework Day
- 7th - World Health Day
- 10th - National Siblings Day
- 11th - Passover ends at nightfall
- 14th - Look Up at the Sky Day
- 16th - National Stress Awareness Day
- 17th - Pet Owners Independence Day
- 20th - Patriot's Day
- 22nd - Administrative Professionals Day
- 23rd - Take Your Daughter to Work Day
- 25th - National Penguin Day
- 27th - Tell a Story Day
- 28th - Great Poetry Reading Day
- 30th - Hairstyle Appreciation Day
- 30th - National Honesty Day
- Week 4 - Administrative Assistants Week

Stephen really enjoyed making his spring sponge art

