

The Correspondent

Early Intervention Program

Early Head Start

Wise Adult Day Health

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EI Awarded two grants!

Early Intervention is happy to announce that two grants were awarded by the United Way of Greater Attleboro/ Taunton (UWGAT) and the Mayor’s Office of Economic & Community Development (MOECD) to provide books and corresponding toys to increase pre-literacy skills. The goal of the new pre-literacy program is to develop language and other pre-literacy skills, to prepare children to enter school, ready to learn. The children offered this pre-literacy program would be enrolled in Early Intervention, demonstrating developmental delays in cognition and language skills. Reading level stages would be organized by age and level of difficulty for children and their families as they come into the program. The books will be introduced by demonstrating how to engage the child by first talking about the pictures that are seen and then, as attention increases, by reading the



written word. Techniques in engaging the child, with their new books and toys, will be demonstrated to the parent and homework left on a visit-to-visit basis. The homework would review the themes that the book captures, assisting the family to connect the concepts to the child and family’s routines through toys, people and their environment.

Families will be empowered to better prepare their children to experience school success by setting a solid foundation of readiness. Research has shown that children who participate in a pre-literacy program graduate from high school at a higher rate than children who come from a similar background but do not have pre-literacy opportunities. Adding a pre-literacy component for families with limited opportunities to offer books and toys, whose children have delays in language, cognition or social/emotional development, would significantly impact the UWGAT and MOECD goals of decreasing high school dropout rates. Funding for this EI pre-literacy component through the UWGAT and MOECD will help needy families, receiving services from Early Intervention, meet their goals in preparing their children to not only succeed in school, but also life. Debbie Jenkins, an EI Developmental Specialist, who also has extensive experience in pre-Literacy skills, will be delivering the services for these children, who are living in Dighton, Rehoboth, Seekonk, Taunton, Raynham, Berkley and Seekonk. Services will last for 8 weeks and families can talk to their service coordinator to discuss whether or not they fit the eligibility criteria and which session they can begin.

Wise Adult Day Health

by Nancy Pereira

The Elvis Experience

Elvis Presley, a.k.a. Vic Solo, visited Wise Adult Day Health this July 10th to help our participants ring in the dog days of Summer! Singing all-time Elvis favorites and with his classic Elvis moves, Vic charmed this Wise audience with his infectious energetic performance. "Vic really gets the crowd going!" says Linda Kerr, Wise Activity Director, "He truly engages our participants fully in his performance leaving them wanting more every time!" The participants are already looking forward to his Halloween show in October... but let's not rush through the Summer just yet folks!



Young and Wise

Wise Adult Day Health is very proud to be hosting some wonderful young volunteers who are really making a positive impact on our participants. Special thanks to Cheyenne and Andrew for devoting a day or two each week at the Wise program to socialize, participate and assist in daily activities. This has been a very positive experience that the participants look forward to weekly. It's truly special to be able to bridge the generations in this meaningful way.



Activity Corner

Wise participants like to keep busy and our therapeutic activities are designed to foster movement, imagination and fun! From Silly Hat Day to inspire the imagination, to building blocks that enhance fine motor and spatial skills or to a rousing game of competitive checkers that keep the mind sharp, all our activities are designed to maintain important skills required to maximize daily independence. The program's activity calendars are pre-approved by a Licensed Occupational Therapist to ensure quality therapeutic activity programming.



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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EI Update

Debbie Jenkins is our new EI Literacy Coordinator. She has over 31 years of experience, as a Teacher, Special Needs Tutor, and an Outreach Teacher, including her work with Associates for Human Services. Debbie began with AHS 11 years ago, in the Parent Child Home Program, a parent-child literacy program, as a Home Visitor and the Coordinator. She has been with Early intervention for almost three years now and we are excited that she will be able to run the Literacy program through the awards by the United Way of Greater Attleboro/Taunton and the Taunton Mayor's Office of Economic and Community Development.



EI Highlights Staff

We'd like to highlight our August EI staff member, Jessica Henry. Jessica received her Bachelors of Science Degree from Fitchburg State University and graduated as a Registered Nurse. She has been with Early Intervention for over 3 years and was just awarded her full certification as an Early Intervention Specialist. In addition to Jessica's knowledge in nursing, she also began an oral health program here in Early Intervention. This is available to all families who would like to get their child used to the thought and routine of going to the dentist. Jessica is a hard worker, flexible and always ready to help when the need exists.



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.

Simple Activities

Cheap, fun, and simple activities to enjoy with your kids this summer.

1. Run the sprinkler - For easy fun on sweltering days, put your kids in their bathing suits, turn the sprinkler on, and let 'em run wild .
2. Head to the library - Encourage your kids to love reading by making regular visits to the library, and check out a few books each time to bring home for some snuggle time on the couch.
3. Ice cream time - Heading out after dinner and grabbing an ice cream treat with the family is always a hit.
4. Playground fun -- Hitting up a playground at a local park isn't just fun for toddlers, it's also a great way to meet other moms in your area.
5. Sidewalk chalk -- Always keep a container of sidewalk chalk handy to play hopscotch, or simply let your kids turn the driveway into a work of art.
6. Playdoh -- It never fails, kids absolutely love playdough. Throw down some newspaper on the kitchen table and let them smush & play all day.

Source: http://thestir.cafemom.com/being_a_mom/140402/30_simple_summer_activities_yournone0

EI Parent Group Topics

- Thurs, Aug 6 (9:00 - 10:30)** - Stress Management
- Tues, Aug 11 (9:00 - 10:30)** - Stress Management
- Wed, Aug 12 (9:00 - 10:30)** - Avoid Power Struggles
- Wed, Aug 12 (12:30 - 2:30)** - Avoid Power Struggles
- Thurs, Aug 13 (9:00 - 10:30)** - Stress Management
- Fri, Aug 14 (9:00 - 10:30)** - Boosting Health
- Tues, Aug 18 (9:00 - 10:30)** - Stress Management
- Thurs, Aug 20(9:00 - 10:30)** - Stress Management
- Fri, Aug 21 (9:00 - 10:30)** - Social Skills
- Tues, Aug 25 (9:00 - 10:30)** - Stress Management
- Wed, Aug 26 (9:00 - 10:30)** - Helping Your Child Calm Down
- Wed, Aug 26 (12:30 - 2:30)** - Helping Your Child Calm Down
- Thurs, Aug 27 (9:00 - 10:30)** - Stress Management
- Fri, Aug 28 (9:00 - 10:30)** - Preparing Kids for Change



Early Childhood Programs

Early Intervention

Early Head Start

Exercise During Pregnancy

Most of us love the summertime until we're pregnant. What used to just feel like a pretty warm and sticky day often feels a lot more intense for a hot soon-to-be mama. Feeling warmer than usual and sweating more isn't in your head, blame hormonal changes and an increase in blood supply skin throughout pregnancy.

1. Avoid high heat times of day for outdoor workouts

This seems like a no-brainer but know that the lunchtime run or walk you used to do is probably going to have to be rescheduled to the morning or late evening if you want to get outside and temps are soaring or it's very humid.

2. Make sure you're hydrated well before exercising

Yes, you've heard this a million times but it's even more important now that there are two of you, and you've got heat and humidity in play. By the time you actually feel thirsty, your body is already in a 1 to 2% dehydrated. General hydration guidelines recommend that individuals consume at least 17-20 ounces of water two to three hours before exercise, 7-10 ounces of fluid every 10-20 minutes during exercise, and after exercise consume 16-24 ounces of fluid for every pound of bodyweight lost during exercise.

3. Lighten up your workout duds

When it comes to apparel, opt for light-colored clothing made out of lightweight synthetic or polyester materials that will dry quickly and help to wick away moisture, allowing for regulation of core body temperature.

4. Always wear sunscreen when exercising outdoors

Skin can be particularly sensitive to products when you're pregnant--more so than when you're not, but remember that sunscreen is a must for outdoor activities. Sunglasses should be worn to protect your eyes and a hat with a large brim is always a good idea to help shade your face.

5. Put on your heart rate monitor—and closely monitor it!

The general rule of thumb is still keeping your heart rate below 140 BPM (beats per minute) during cardio workouts, but be mindful of your heart rate during lower intensity activities as well in the summer.

Biking, swimming and yoga may not produce a big sweat but may increase heart rate and blood pressure, so training monitors and using perceived levels of exertion throughout your workout should be considered.

Source: <http://www.fitpregnancy.com/exercise/prenatal-workouts/summer-safety-tips-how-exercise-heat>

EHS Update by Georgie Ouellette

Early Head Start Child Care

Partnerships: Congratulations to Ann Nelson, our new Child Development Associate (CDA) Coordinator. Ann will be coordinating training opportunities for Partnership classroom staff to attain their CDA credential. The CDA credential is required for all Early Head Start classroom teachers and increases teacher knowledge and practice in child development specific to infant and toddler care. The Credentialing Program serves early childhood teachers in all types of settings. To date, over 300,000 CDA credentials have been awarded, with approximately 18,000 early childhood professionals becoming new CDAs annually. Ann will be supporting approximately 20 teachers in the AHS Partnership classrooms.



Professional Development: Home-based staff received additional training in the Partner's for Healthy Babies Curriculum.

AHS' Education and Disabilities Manager Meagan Rudenauer and PCA Jessica Yarman developed a presentation based on their recently attended training by Florida State University. The Partners for a Healthy Baby series is unique in that it comprehensively addresses issues of child health and development within the context of the multi-faceted needs of expectant and parenting families. The content presented supported the home visitor's ability to systematically plan and address key topics at critical times. Topics were presented explaining specific purposes that define the home visit, as well as follow-up activities and additional resources. Meagan and Jessica shared how to use the full-color handouts for families and summarized critical information to help the home visitor introduce subjects that may otherwise be awkward. The Partners curriculum is used by more than 3,700 programs in many different research-based home visitation models throughout the nation including Healthy Families, Healthy Start, Early Head Start, teen parent programs, and state health departments.



Field Trips: Home-based field trips continue throughout the summer months in place of socialization groups.

Families so far have visited Buttonwood Park, Assawompset Playground, and Monkey Joe's. Transportation and snack was provided for all participants. Scheduled in the near future are: Imagination Island and the Norton Playground.

Resource/Information Page

It IS Easy Being Green

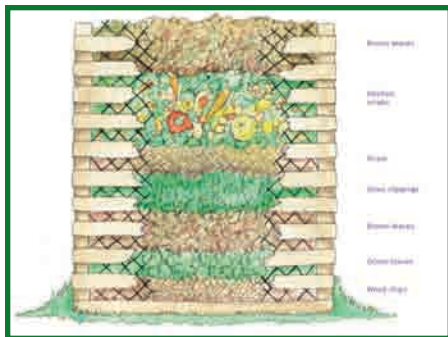
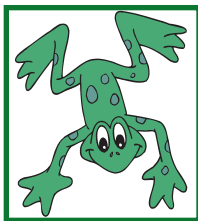
by Chrissy Collins

Compost is organic material that can be added to soil to help your plants grow. Food scraps and yard waste currently make up 20 to 30 percent of what we throw away, and should be composted instead. Composting is the best way to reuse our waste. Making compost keeps these materials out of landfills.

All composting requires three basic ingredients:

- Browns - This includes materials such as dead leaves, branches, and twigs
- Greens - This includes materials such as (non chemically treated) grass clippings, Kitchen items: vegetable waste, fruit scraps, and coffee grounds.
- Water - Having the right amount of water, greens, and brown is important for compost development.

Your compost pile should have an equal amount of browns to greens. You should also alternate layers of organic materials of different-sized particles. The brown materials provide carbon for your compost, the green materials provide nitrogen, and the water provides moisture to help break down the organic matter. Let me know how it goes at Chrissyc1@cox.net.



21st Annual Spaghetti Supper & Raffle

Friday, September 25, 2015

5:00 - 6:30 (Supper)

6:30 - 7:30 (Raffle)

Face Painting

Raffles

St. Nicholas of Myra Church Hall

499 Spring Street, North Dighton

\$10.00/adults

\$7.00/seniors

\$5.00/children

Great Food



Special Raffle: Take your chance at winning an iPad Air 2 (Value of \$599)

Raffle tickets: \$5 for 1 or \$10 for 3

Presented by Associates for Human Services, Inc.
Call Debbie at 508-880-0202 for tickets

Summer Vegetable Soup

Ingredients:

- 1 medium Onion chopped
- 2 stalks celery chopped
- 2 cloves garlic chopped
- 1-2 zucchini or summer squash (or both) chopped
- 1 cup chicken broth
- 3 cups V-8 vegetable juice or tomato juice
- Garnish: salt & pepper, chopped green onions, sour cream, shredded cheese

Saute onions, celery, squash til softened. Add chicken broth and either V-8 vegetable juice or tomato juice.

Add salt & pepper to taste. Heat to just below boiling. Serve with chopped green onions, dollop of sour cream and/or a sprinkle of shredded cheese. It's also great with crusty bread.

New website launched

Check out the new AHS website.

The new website has program information, contact information, new pictures, upcoming event details, news, financial reports, newsletters, resource guides, a donation page and more.

Take a look at the new AHS Public Service Announcement video on the "Home" page.

Please notice our new logo which will be implemented in the next few months.

Be sure to send us feedback on what you like about it. We would love to hear your opinions. Is there anything else you would like to see on the website?

www.ahsinc.org

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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

Useless Trivia

- * Leonardo da Vinci could write with one hand while drawing with the other.
- * Daffy Duck's middle name is "Dumas".
- * Owls are one of the only birds who can see the color blue!
- * The state of Florida is bigger than England!
- * The very first song played on MTV was 'Video Killed The Radio Star' by the Buggles.
- * Oak trees do not produce acorns until they are fifty years of age or older.

Special Days to Celebrate in August

Family Fun Month
National Eye Exam Month
Water Quality Month
National Golf Month
National Picnic Month
1st - National Mustard Day
2nd - Friendship Day
2nd - Sisters Day
3rd - National Watermelon Day
9th - Book Lover's Day
10th - Lazy Day
10th - National S'mores Day
11th - Son and Daughter Day
12th - Middle Child's Day
13th - Left Handers' Day
15th - Relaxation Day
20th - Daughter's Day
21st - Senior Citizen's Day
23rd - Ride the Wind Day
25th - Kiss and Make Up Day
26th - Women's Equality Day
27th - Global Forgiveness Day
27th - Just Because Day
31st - National Trail Mix Day
Week 2 - National Smile Week
Week 3 - Friendship Week

Cheyenne and Barbara W. doing an activity together in Wise

