

# The Correspondent

Early Intervention Program

Early Head Start

Wise Adult Day Health

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## Annual Employee Appreciation Dinner

Associates for Human Services, Inc. recognized its Employee of the Year at the Annual Awards Dinner recently. The celebration took place at Stoneforge Restaurant and was attended by board members, volunteers, staff and their guests.

Annually, staff votes to honor one employee who most exemplifies AHS' mission through their dedication and hard work. Buddy Rebello, Facilities Maintenance Coordinator, is this year's award recipient.

Buddy is a very worthy recipient of this year's Employee of the Year Award. He is a hard worker who strives to make our parking lot and building safe. He is not only efficient, but extremely pleasant, and helpful. Buddy is the epitome of a hard worker and is proud of his work. Volunteers were also recognized and presented with a certificate for their support and contributions to the agency.



Kit Tunney, AHS President/ Executive Director, and Buddy Rebello, AHS Employee of the Year



Nancy Pereira, Wise Adult Day Health Program Director and Andrew Howland, a Wise volunteer



Athena Athas, a volunteer for over 20 years, and Judy Thomas, AHS Chief Financial Officer.

# Wise Adult Day Health

by Nancy Pereira

## Grand Ol' Times

A Capella Entertainers, Tom and Sheila Monaghan visited Wise Adult Day Health Center in Taunton to help the participants celebrate Independence Day. Leading the group in a patriotic sing-a-long with old time favorites such as “yankee doodle dandee” and “God Bless America”, the Monaghans delighted the crowd with their harmonious voices, unique charm and unyielding wit.

“Tom and Sheila are a joy to have here at the center,” notes program director Nancy Pereira. “They bring such energy and enthusiasm to every performance and get everybody laughing, smiling and having a great time!” Wise Adult Day Health is a program for elderly and disabled adults who need supervision or assistance during the day when caregivers can't be with them. Wise provides needed nursing care, personal care, therapeutic activities, nutritious meals and transportation. For more information or to make a referral, please call (508) 880-0202 or stop in for a tour of our beautiful facility.



## Seeing Stars

Wise participants got into the 4th of July spirit with their pudding art Star. Each participant was given a blank star template and was able to decorate their star according to their own design. The results, as you can see, are quite lovely. Who would have thought a little pudding and food coloring could create such masterpieces! Perfectly delightful project that everyone enjoyed.



## Participant and Family Advisory Council

The first Wise Participant and Family Advisory council meeting will be held on July 24. Memos were sent to families, caregivers and care managers back in March inviting them to join the Wise Adult Day Health Participant and Family Advisory Council. Per new Department of Public Health regulations, our program must establish an Advisory Council to advise the program on matters including, but not limited to, participant and provider relationships, community services and needs, quality improvement initiatives, and participant education related to safety and quality. If you are a current or former participant and/or family member or caregiver, or an interested healthcare professional outside the program who works with a similar population, there is still time to join the council. The Council will meet at least one time quarterly (January, April, July, October) at the facility. Dates and times will be scheduled once membership is established at our first July meeting. Membership is voluntary. Term of service would be for one year from January through December. Interested individuals should contact Program Director, Nancy Pereira at 508-880-0202 ext. 327. We appreciate your input on our quality services.

## 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

Early Head Start

## Sharing Books with Babies

Here are some ideas for nurturing early literacy skills in your baby or toddler:

***A Few Minutes at a Time is OK.*** And don't worry if you don't finish the story. Young children can only sit for a few minutes for a story, but as they grow, they will be able to sit longer. Let your child decide how much (or how little) time you spend reading. And you don't need to read every page. Babies may just want to mouth the book! That's okay. When you let your child explore books in the ways that interests him or her, the reading experience will be more meaningful.

### ***Talk or Sing About the Pictures***

You do not have to read the words to tell a story. Try "reading" the pictures in a book for your child sometime. When your child is old enough, ask him/her to read the pictures to you!

### ***Let Children Turn the Pages***

Babies cannot yet turn pages on their own, but an 18-month-old will want to give it a try, and most three-year-olds can do it alone. It's OK to skip pages!

### ***Show Children the Cover Page***

Explain what the story is about. If you have an older toddler, ask them to guess what the story might be about.

### ***Show Children the Words***

Run your finger along the words as you read them, from left to right.

### ***Make the Story Come Alive***

Create voices for the story characters and use your body to tell the story.

### ***Make It Personal***

Talk about your own family, pets, or community when you are reading about others in a story.

### ***Ask Questions About the Story, and Let Children Ask Questions Too!***

Use the story to have a back-and-forth conversation with your child. Talk about familiar activities and  
(Continued on column 2)

## Sharing Books with Babies (cont)

objects you see in the illustrations or read about in the story.

### ***Let Children Tell The Story***

Children as young as three years old can memorize a story, and many children love to be creative through storytelling.

### ***Create Books Together***

Make photo books of family members. Cut pictures out of magazines or catalogs to make word books. Make a coloring book by having fun with crayons, markers, and paints. As your child gets older, have him or her dictate a story to you and then draw pictures to go with the words.

Source: <http://www.zerotothree.org/early-care-education/early-language-literacy/sharing-books-with-babies.html>

## EI Parent Group Topics

**Tues, July 14 (9:00 - 10:30)** - Changing Relationships

**Wed, July 15 (9:00 - 10:30)** - Behavior Strategies

**Wed, July 15**

**(12:30 - 2:30)** -

Behavior Strategies

**Thus, July 16**

**(9:00 - 10:30)** -

Changing

Relationships

**Tues, July 21**

**(9:00 - 10:30)** -

Changing

Relationships

**Wed, July 22 (9:00**

**- 10:30)** - Internet

Security

**Wed, July 22 (12:30 - 2:30)** - Internet Security

**Thus, July 23 (9:00 - 10:30)** - Changing Relationship

**Tues, July 28 (9:00 - 10:30)** - Stress Management

**Thus, July 30 (9:00 - 10:30)** - Stress Management



## 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.



# Early Childhood Programs

Early Intervention

Early Head Start

## EI Update

This Month's Highlighted EI service provider is Kristine Ryan. Kristine has been with Early Intervention since 2006. She has her Bachelors' degree in Education with a focus on communication disorders and her Master's Degree in Special Education. Prior to working in Early Intervention, Kristine worked as a special education teacher and as a speech language therapy assistant. Since working in Early Intervention Kristine has also been trained in oral motor and feeding disorders, and continues to work with children who have speech and language concerns. Kristine also brings to the program her bilingual skills and is fluent in Portuguese. Kristine is a flexible, knowledgeable, dedicated and an encouraging person that relates well all her fellow staff, families and children.



## Summer Tips for Pregnancies

1. Keeping your feet up will help reduce swelling, which is a common nuisance during pregnancy, especially summer pregnancies!
2. You're already retaining water when you're pregnant, so laying off the salt and reducing your sodium intake will ensure you won't retain even more!
3. With any luck, your morning sickness has passed. So make the most of those not-as-hot AM hours, and get your errands done before the sun and heat are at their peak!
4. Heat only makes swelling worse and since the fingers are usually one of the first places to puff up, taking off your rings can avoid the need to have them cut off!
5. Hydrate, hydrate, hydrate. Water is best, but don't forget about electrolyte-filled drinks like coconut water!
6. Light-colored, natural-fiber clothing is the most breathable, which means you'll stay cooler in the right ones!
7. Little cat naps can help you recharge and refresh from any activity you have to do in the heat.
8. A good pregnancy massage can help you reduce swelling. Not to mention that it will totally relax you, and will take place in an air conditioned room!

Source: <http://www.babble.com/pregnancy/13-smart-tips-for-your-summer-pregnancy-survival-guide/>

## EHS Update by Georgie Ouellette

**Early Head Start Child Care Partnerships:** Congratulations to Early Learning Child Care Center in New Bedford, MA for becoming the first Associates for Human Services' Early Head Start Child Care Partner. Efforts are now underway to provide upgrades and supports to bring classrooms up to compliance with Federal Early Head Start regulations. Preparation has begun to identify and qualify eligible families, with enrollment projected to begin in August. AHS staff attended a Family Night to meet and greet with over 100 families.

**Professional Development:** Early Head Start Partnership and Home-based staff have been involved with reviewing and updating current forms, policies and procedures to implement in conjunction with partnership programs and families. Many of the forms used in home-based will continue to be used in center-based partnership programs, with edits. All staff participated in a *Workplace Safety Training* and learned techniques to deal with crisis situations. Staff participated in a training on Mass Health eligibility and requirements to better advocate for our families' needs for insurance purposes. This training was conducted by the Health Care for All program. Health Care for All is a Massachusetts organization dedicated to making adequate and affordable health care accessible to everyone, regardless of income, social or economic status.

**Field Trips:** Home-based field trips have begun for families. Transportation and snack is provided for all participants. Please inform your PCA, one week prior to scheduled field trip, of your attendance and we will coordinate the transportation and payments for any admission fees.

Middleboro Families:

Buttonwood Park July 8th, Assawompset Playground July 22nd, Freetown Wading Pool August 5th, Imagination Island August 19th

Attleboro Families:

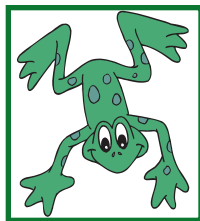
World War I Park July 14, Kidz World July 28th, Norton Playground August 11th

# Resource/Information Page

## It IS Easy Being Green

by Chrissy Collins

When you consider how many fake-colored foods are around, especially “kid-friendly” ones, I guess it’s not so surprising that Americans are now eating five times as much food dye as we did in 1955. (Think beyond candy to rainbow-colored breakfast cereals, electric-blue yogurts and fluorescent drinks.) Food dyes are everywhere and are extremely unhealthy.



If you are concerned, the easiest way to cut back on or cut out synthetic food dyes is to trade processed colored food for naturally colorful unprocessed fruits and vegetables. But if/when you are purchasing processed foods, here are a few tips on what to look for at the grocery store:

1. Go organic. Look for foods bearing the green-and-white USDA certified organic label, but be aware that foods labeled “made with organic ingredients” may still contain synthetic dyes.
2. Avoid numbers. Man-made food dyes appear in ingredient lists as a name of a color with a number following it: Blue 1 and 2, Citrus Red 2, Green 3, Red 40, Yellow 5 and 6. Avoid these.
3. Seek out a nature names. Check product ingredient lists for beet, carotenes, annatto or capsanthin (a paprika extract)—all are natural colorants.
4. Don’t be fooled by the term “artificial.” The terms “artificial color,” “artificial color added” or “color added” indicate that nature-derived pigments were used, since synthetic dyes must be listed by their names.

## FREE in the Summer



For more information, call 1-617-969-8900 or visit [Highlandstreet.org](http://Highlandstreet.org)

## Protect Your Skin

There are simple, everyday steps you can take to safeguard your skin from the harmful effects of UV radiation from the sun.

**Wear proper clothing** - Wearing clothing that will protect your skin from the harmful ultraviolet (UV) rays is very important. Protective clothing examples include long-sleeved shirts and pants. Also, remember to protect your head and eyes with a hat and UV-resistant sunglasses. You can fall victim to sun damage on a cloudy day as well as in the winter, so dress accordingly all year round.

**Avoid the burn** - Sunburns significantly increase one's lifetime risk of developing skin cancer. It is especially important that children be kept from sunburns as well.

**Go for the shade** - Stay out of the sun, if possible, between the peak burning hours, which, according to the Centers for Disease Control and Prevention (CDC) and the World Health Organization (WHO), are between 10 a.m. and 4 p.m. You can head for the shade, or make your own shade with protective clothing - including a broad-brimmed hat, for example.

**Use extra caution when near reflective surfaces**, like water, snow, and sand. Even the windows of a building can reflect the damaging rays of the sun. That can increase your chance of sunburn, even if you're in what you consider a shady spot.

**Use extra caution when at higher altitudes** - You can experience more UV exposure at higher altitudes, because there is less atmosphere to absorb UV radiation.

**Apply broad-spectrum sunscreen** - Generously apply broad-spectrum sunscreen to cover all exposed skin. The “broad spectrum” variety protects against overexposure to ultraviolet A (UVA) and ultraviolet B (UVB) rays. The FDA recommends using sunscreens that are not only broad spectrum, but that also have a sun protection factor (SPF) value of at least 15 for protection against sun-induced skin problems.

**Re-apply broad-spectrum sunscreen throughout the day** - Even if a sunscreen is labeled as “water-resistant,” it must be reapplied throughout the day, especially after sweating or swimming. To be safe, apply sunscreen at a rate of one ounce every two hours. Depending on how much of the body needs coverage, a full-day (six-hour) outing could require one whole tube of sunscreen.

Source: <http://www.foh.hhs.gov/calendar/july.html>

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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

- \* There are 1,792 steps in the Eiffel Tower
- \* South Dakota is the only U.S state which shares no letters with the name of it's capital
- \* The praying mantis is the only insect that can turn its head
- \* Recycling one glass jar, saves enough energy to watch T.V for 3 hours!
- \* The average American will eat about 11.9 pounds of cereal per year!
- \* A cat has 32 muscles in each ear.

## Special Days to Celebrate in July

National Blueberry Month  
National Anti-Boredom Month  
National Hot Dog Month  
UV Safety Month  
1st - Creative Ice Cream Flavors Day  
1st - Internatnaional Joke Day  
3rd - Stay out of the Sun Day  
4th - Independence Day  
4th - National Country Music Day  
6th - International Kissing Day  
8th - Video Games Day  
9th - National Sugar Cookie Day  
10th - Teddy Bear Picnic Day  
11th - Cheer Up the Lonely Day  
11th - World Population Day  
13th - Embrace Your Geekness Day  
14th - Bastille Day  
14th - Pandemonium Day  
15th - Cow Appreciation Day  
19th - National Ice Cream Day  
20th - Moon Day  
23rd - National Hot Dog Day  
24th - Cousins Day  
26th - Aunt and Uncle Day  
26th - Parent's Day  
30th - Father-in-law Day  
30th - International Day of Friendship

Buddy, AHS Property Maintenance Coordinator, and David Atigian, Master Gardener, work on planting perennials around the AHS Building.

