

# The Correspondent

Early Intervention Program

Early Head Start

Parent-Child Home Program

Wise Adult Day Health

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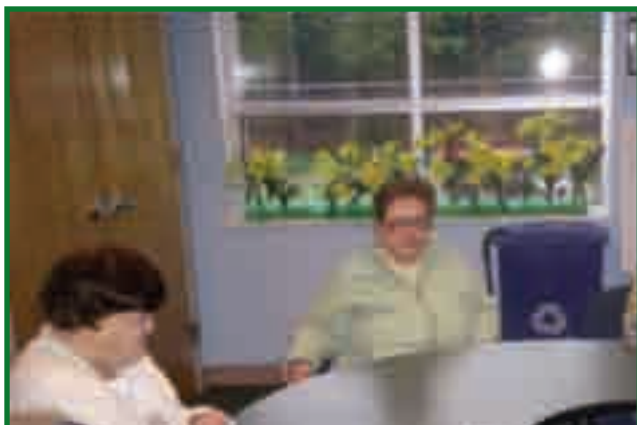
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## AHS Interns

Interns from several local schools and universities come to Associates for Human Services, Inc. throughout the year. Some of the schools and colleges include Bristol-Plymouth Technical Regional High School in Taunton, Bridgewater State University, Taunton High School, Boston University, Northeastern University and New England Institute of Technology. The student's majors range from Occupational Therapy and Speech-Language Pathology, Social Work, Certified Nursing Assistant, and students from the Community Health Program. "It is a win-win situation for both the students and Associates for Human Services" according to Human Resources Director Amy Conley. By interning with Associates for Human Services, students get to apply what they learn in the classroom to real-life experiences at AHS. And the clients absolutely love having the students around! Some of our students from the local high

schools come back to volunteer during their school breaks. Often, after interning with us, the students have the opportunity to join our team on a full-time basis, putting their education and experience to work!



BP Senior Jessi and Wise participants play a game of UNO.



Wise participants Barbara and Linda visit with BP Sophomores Mikyla and Melissa.

# Wise Adult Day Health

by Nancy Pereira

## Friendship Day Events

Tuesday, May 19th 2015, marks Wise Adult Day Health's annual Friendship Day event. Our Friendship Day celebration is an opportunity for our participants and program to recognize the friends, family and case managers who provide such wonderful care to them throughout the years. Each participant can invite the significant individuals in their lives and express their gratitude for the loving care and support they have given. This event was traditionally a luncheon which was always well received, but in the spirit of keeping things interesting, our participants and staff decided last year to mix things up a bit. You may remember our last years' "Decadent Delights" event which treated our sweet tooth to a plethora of delightful pastries and treats. This year, we are sponsoring a Continental Breakfast Buffet of quiche, bagels, danish, sweetbread, etc. We hope you all will join us. Be sure to look for pictures on Facebook after the event and in next month's newsletter!



## Participant and Family Advisory Council

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. We are seeking current or former participants and/or their family members or caregivers, and interested healthcare professionals outside the program who work with the target population who would like to become a member of the council. The council will meet at least one time quarterly (January, April, July, October) at the facility. Dates and times to be scheduled once membership is established. 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.

## Department of Public Health

Effective May 1st, 2015, Adult Day Health programs will be required to be licensed by the Department of Public Health. While previously governed by Masshealth regulations, which will continue to apply, all Adult Day Health programs will additionally be governed by these new regulations to set uniform performance standards throughout the industry and to ensure quality care. Wise Adult Day Health has applied for this licensure and we look forward to being able to continue to provide quality adult day health services under these new guidelines. We will keep you updated on our progress!

## 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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## PCHP Update



PCHP Staff - Cindy, Ann, Debbie & Terri

The Parent-Child Home Program will soon be coming to an end here at AHS, Inc. Our last home visit day is scheduled for June 5th. In the next few weeks, Deb, Cindy, and Terri will be bringing some wonderful books and toys out to each family as usual, but you can also look forward to receiving some other items to help continue the learning, exploration, and fun through the summer months!

This has been a wonderful year for us at PCHP. We were able to expand our enrollment from 14 to 20 children and added two new home visitors to our team. We have been very proud of the quality of books and toys that we provided for all of our families and have appreciated the resources added by community funders that helped enhance our program's offerings this year. We have enjoyed most of all, our continuing, twice-weekly, connections to each of our families. It has been an honor to get to work with the children and parents and be welcomed into their homes on a regular basis. We hope that our visits and conversations and play will make good memories of enjoyable and worthwhile times and that families will continue to build on them to keep the joy of learning ever-present in their homes.

## Becoming a Foster Parent

1. First, call 1-800-KIDS-508 to talk about your interest in becoming a foster parent. They will answer any questions you have, and will begin the process when you are ready to proceed.
  2. A social worker will visit your home or upon your request, send you a Registration of Interest form.
  3. Your home must pass the Physical Standards Check. They verify that your home has working safety equipment; such as smoke detectors, and that the living and sleeping quarters in your home provide adequate space, privacy and safety for all family members.
  4. Background Record Checks are completed on each household member over age 14. They seek to ensure that your household is a safe environment for placing a child.
  5. When your home has passed the Physical Standards Check, they will send a foster care application form.
  6. After they receive your completed application, you are invited to attend the Massachusetts Approach to Partnership in Parenting (MAPP) training program. You will learn about the difficulties faced by the
- (Continued on page 5)*

## EI Parent Group Topics

- Tues, May 12 (9:00 - 10:30)** - Lunch for School Aged Children  
**Wed, May 13 (9:00 - 10:30)** - Free Fun in the Summer  
**Wed, May 13 (1:00 - 2:30)** - Free Fun in the Summer  
**Thurs, May 14 (9:00 - 10:30)** - Sleep  
**Fri, May 15 (9:00 - 10:30)** - Free Fun in the Summer  
**Tues, May 26 (9:00 - 10:30)** - Fun Summer Activities  
**Thurs, May 28 (9:00 - 10:30)** - Fun Summer Activities  
**Fri, May 29 (9:00 - 10:30)** - Free Fun in the Summer



## 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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## EI Update

Early Intervention Staff have come up with a great way to show appreciation for all the good work that staff do. Kelly St. Laurent chairs the Sunshine Committee. Staff can join by paying annual dues. The committee uses the funds for activities to acknowledge staff's hard work. Some of the events suggested included: Quarterly lunches, contests, monthly gift card raffles, birthday tokens, joint gift cards for weddings and new babies, etc. One of the other suggestions was highlighting a randomly selected staff person once a month. They are given a special treat, and space near the staff mailroom that lets other staff write down what makes that person so special.



April's EI Person of the Month is Kelly St. Laurent. Considering that Kelly has spearheaded and chairs this committee, it was extremely appropriate that she was randomly selected! Kelly has been working for EI for 7 years. She is busy with service coordination, intakes, assessments, and is going to a training in May to be a certified Infant Massage Therapist. Staff have described her as: "an amazing example for all staff, so positive and helpful, so creative, a true team player, lots of positive energy, always makes you feel special and appreciated..." to name a few. We are very fortunate to have someone as dedicated and hard working as Kelly to highlight this month!

## Celebrating 50 Years!

On May 18th, 1865, in the White House Rose Garden, President Lyndon B. Johnson announced the creation of Project Head Start. AHS will be commemorating this moment by planting a rose bush, in collaboration with "Nurturing Fathers Group" in our outdoor space that will remind everyone of the commitment made in the Rose Garden in 1965. A very special thank you to Rob LaRocco and Alan Meister from South Bay Mental Health for providing us with a beautiful rose bush. Children will be adding to our garden by providing us with a rock collection with handprints and footprints.

On May 18th, we want to let everyone know how proud we are of Head Start's success over the past 50 years. On Twitter, Facebook and Instagram, celebrate the anniversary by using the hashtags **#HeadStartWorks** and **#HeadStart50** and help spread the message!

## EHS Update by Georgie Ouellette

Early Head Start **Self-Assessment** was completed with fabulous results with no non-compliances. Great collaboration from parents, staff, policy council, board and community representatives to complete in a timely manner. Thank You!

Our **delegate home-based program** for Taunton and Raynham families have begun their transition planning to its grantee agency Triumph Inc. Head Start & Early Head Start. Families are participating in discussions with their PCA regarding their role in easing transition anxiety for both children and themselves, and goal planning surrounding their child's needs for child care and socializations. Triumph staff have participated in family reviews with AHS staff to become familiar with children and families' needs and strengths. Families have also received communication from Triumph regarding upcoming activities available to participate. The final date for transition to Triumph is June 15th, with a farewell activity planned at AHS on June 11th during the regularly scheduled socialization group.

The **Brigance Assessment System** was used to record and report where individual children's development currently are. Parents will receive results on their own child's current developmental milestones and be involved in developing appropriate activities to enhance areas reflected in school readiness goals. The next reporting will show where progress was made in between reports and new School Readiness Goals will be established.

**Parent, Family and Community Engagement (PFCE) Outcomes** were developed and tabulated to establish starting points for family goal setting. Just like School Readiness Outcomes, the PFCE outcomes are used over time to measure family progress made towards family goals.

**Early Head Start Child Care Partnerships** is currently underway identifying which child care centers will be an official partner of Associates for Human Services to provide center based services for infants and toddlers. Regional specialists from the Office of Head Start and Office of Child Care joined us on site visits for tours of facilities. This grant will service 70 children in full day options for working families in New Bedford, Fall River, and Brockton. Stay tuned for more updates.

# Resource/Information Page

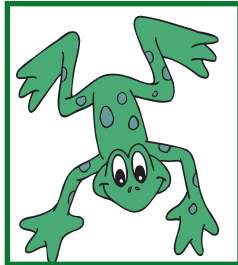
## It IS Easy Being Green

by Chrissy Collins

Coconut oil is all the rage and for good reason. It is extremely cost effective and can save you from buying products full of unwanted chemicals.

1. Coconut oil mixed with baking soda makes an effective tooth paste
2. Coconut oil mixed with corn-starch makes deodorant
3. Use as deep hair conditioner
4. To use as a lip moisturizer, reuse an old chapstick container
5. Makes great shaving cream/oil, and
6. Under eye cream
7. Mix oil and sugar to rub gently for cradle cap
8. It heals cuts and scraps
9. Small amount takes the frizz out of dry hair
10. It tkes the itch out of a bug bite or allergic reaction
11. Mix with garlic oil and drop into ear to soothe swimmers ear
12. It makes good make-up remover
13. Furniture polish
14. Can oil a squeaky door hinge, and
15. Oil a bike chain

Last but not least, cook with coconut oil.....salad dressing, roasted vegetables and more! Let me know how it is going at Chrissyc1@cox.net.



## Older Americans Month

Each May, the Administration for Community Living celebrates Older Americans Month to recognize older Americans for their contributions to the nation. This year, in honor of the 50th anniversary of the Older Americans Act (OAA), people should focus on how older adults are taking charge of their health, getting engaged in their communities, and making a positive impact in the lives of others. The theme for Older Americans Month 2015 is **Get into the Act**.

Older Americans Month provides an opportunity to raise awareness of the importance of community engagement as a tool for enhancing the wellbeing of older adults. Now is the time to **Get into the Act** to make the benefits of community living a reality for more older Americans. Together we can promote healthy aging, increase community involvement for older adults, and tackle important issues like the prevention of elder abuse.

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as "Senior Citizens Month," the prelude to "Older Americans Month."

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since Kennedy has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities. Older Americans Month is celebrated across the country through ceremonies, events, fairs, and other such activities.

Source: <http://www.acl.gov/newsroom/observances/oam/2015/Index.aspx>



## Becoming a Foster Parent (cont)

children in foster care, and how your family life will be impacted with the addition of a foster care child. MAPP covers topics such as communication, building self-esteem, child guidance and discipline.

7. One of the MAPP Social Workers will visit you in your home, meet you and other household members, and will request references from you. Following the visits and reference checks, the Social Worker prepares a Home Study document.

8. When you have successfully completed MAPP, a Department of Children and Families Supervisor will review the homestudy, and will approve you and your family for one or more children. When your family is approved, your home becomes licensed. Placement decisions are based on matching the needs of the children.

Source: <http://www.mass.gov/eohhs/gov/departments/dcf/foster-care/foster-parenting/becoming-a-foster-parent.html>

# ASSOCIATES FOR HUMAN SERVICES, INC.

Non-Profit Org.  
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Taunton, MA  
Permit No. 55

68 Allison Avenue  
Taunton, MA 02780

Phone: 508-880-0202  
Fax: 508-880-2425  
TTY: 508-880-0950

E-mail: [dhowland@ahsinc.org](mailto:dhowland@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
- \* Kitchen table & chairs
- \* crib

## Useless Trivia

- \* In The Empire Strikes Back there is a potato hidden in the asteroid field
- \* 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!
- \* Dolphins sleep with one eye open!
- \* Florida is bigger than England.
- \* Donald Duck comics were banned from Finland because he doesn't wear pants!
- \* A jellyfish is 95 percent water!

## Special Days to Celebrate in May

- Foster Care Month
- National Blood Pressure Month
- Older Americans Month
- National Barbecue Month
- 1st - May Day
- 2nd - Brother and Sisters Day
- 4th - Star Wars Day
- 5th - Cinco de Mayo
- 5th - National Teachers Day
- 6th - National Tourist Appreciation Day
- 6th - National Nurses Day
- 8th - Military Spouses Day
- 10th - Mother's Day
- 13th - National Receptionist Day
- 15th - Police Officer's Memorial Day
- 16th - Armed Forces Day
- 16th - Wear Purple for Peace Day
- 18th - Visit Relatives Day
- 21st - Waiters & Waitresses Day
- 23rd - Lucky Penny Day
- 25th - National Missing Children's Day
- 25th - Memorial Day
- 28th - Amnesty International Day
- 30th - Water a Flower Day
- 31st - World No Tobacco Day
- 3rd Week - National Police Week
- 4th Week - Emergency Medical Svcs Week

Gerry and Catherine concentrate on painting their spring bird picture

