

# The Correspondent

Early Intervention Program

Early Head Start

Wise Adult Day Health

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## Introducing AHS NEW LOGO!



## Early Head Start Partnership

Congratulations to the Early Head Start Child Care Partnership Program for signing two contracts with Brockton Day Nursery and Westfield Child Care Center in Brockton. A total of 11 classrooms are expected to service up to 50 eligible families in the center-based EHS model.

The EHS center-based program provides free comprehensive services and supports to children birth to age 3 who meet income guidelines and are enrolled in one of our partnership child care centers. Service areas include Brockton, Fall River, and New Bedford.

Comprehensive services include child development, dental health, mental health, nutrition, parent engagement, safety, school readiness, social services, and wellness.

Services include bi-annual home visits by the assigned Parent Child Coordinator (PCC) and Teacher, free diapers, formula and wipes, while enrolled during child care hours, involvement in child screening and assessment, family activities, parent education workshops and trainings, weekly communication by assigned PCC, continuity of care if child care subsidy is lost, resource and referral to local community agencies as needed, and interpreter services. All children remain in the program until 3 regardless of changes to income status.

In addition, child care partner staff also receive professional development support to achieve credentials and early childhood degrees. The infant toddler classrooms and playgrounds will be enhanced and upgraded to meet federal performance standards and guidelines.

This new collaboration with Child Care Partners, throughout the EHS catchment service areas, will allow AHS to increase the number of families who receive Early Head Start comprehensive services.

# Wise Adult Day Health

by Nancy Pereira

## Jenga Time!

Wise Adult Day Health participants continue to enjoy a wide variety of stimulating activities that are designed to help maintain gross and fine motor and intellectual functioning. A rousing game of Jenga is not only a ton of fun, but it's designed to help exercise the individual's fine motor as well as mental skills. Participants take turns removing one block at a time from a tower constructed of 54 blocks. Each block removed is then balanced on top of the tower, creating a progressively taller, but less stable structure which could tumble at any time. Thus requires the mental skill of deciding which block to choose as well as where to carefully replace it. It's a great way to maintain skills and have a laughing good time in the process.



A little Jenga competition with Linda and Gerry.

## The Man Cave

Sometimes a guy just wants to hang out with the guys! Long time Wise employee, Ray Pratt, conducts monthly Men's groups to provide the guys with their preferred activities and have opportunities to discuss male related issues and topics. It's nice for the guys to bond with a pizza party, sports talk, wood working project, etc. to enhance peer comradery and build lasting friendships. The guys really enjoy it and have done some great craft projects this year.



Gary enjoys painting his wood working project.

## Luau Day

Summer might be over but what a fun time it was at Wise! Bringing a taste of the tropics to the center with our Blue Hawaii Luau day! Sporting grass skirts and leis , Wise participants danced the day away to the musical stylings of Pamela Tietze, the singing nurse!



Ray Pratt and Colleen feeling Hawaiian

## Bingo

A favorite activity among the Wise Adult Day Health participants is Bingo and we have a group of hard core bingo enthusiasts at the program! We try to do Bingo and it's equally fun variations of Jingo a couple of times a month. The groups can get pretty competitive but in the end, everybody wins!



Kathryn looks like she filled her whole card.

## 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

## EI Update

Pat Bushikas is our featured Early Intervention Employee of the Month. Pat was first involved with Early Intervention when her son, Barry, was referred to the program with a diagnosis of Down Syndrome. Pat was active in the program's activities and when Barry graduated from EI, she was offered a position as the program's Parent Liaison. In that role, Pat calls all families when a referral is made. She schedules the first two appointments and offers information and support to families whenever needed. She also accepted the added responsibilities of EI data coordinator. She inputs all necessary data, monitors its accuracy and then transfers it to the Department of Public Health. Pat has been with EI for 23 years and was chosen as AHS' Employee of the Year in 2014. Pat is extremely efficient, hardworking, kind and always warm and welcoming to families and staff.



## Halloween Safety Tips

Everyone loves a good scare on Halloween, but not when it comes to child safety. There are several easy and effective behaviors that parents can share with kids to help reduce their risk of injury.

### Top Tips

- \* Decorate costumes and bags with reflective tape or stickers and, if possible, choose light colors. Since masks can sometimes obstruct a child's vision, try non-toxic face paint and makeup whenever possible.
- \* Have kids use glow sticks or flashlights to help them see and be seen by drivers.
- \* Children under the age of 12 should not be alone at night without adult supervision.
- \* Popular trick-or-treating hours are 5:30 p.m. to 8:30 p.m. so be especially alert for kids during those hours.
- \* When selecting a costume make sure it is the right size to prevent trips and falls.



Source: <http://www.safekids.org/halloween>

## Pumpkin & Apple Picking

Picking a pumpkin is a fun fall activity your toddler will love doing. Find a local pumpkin patch and make a day out of it. This can become an annual tradition for your family. Each kid, regardless of age, enjoys this fall activity.

- \* **Keith's Farm** - 1149 Main St, Acushnet, MA 02743
- \* **Simcock Farms** - 361 Marvel Street, Swansea, MA 02777
- \* **The Silverbrook Farm** - 934 Main Street, Acushnet, MA 02743
- \* **C.N. Smith Farms** - 325 South Street, East Bridgewater, MA 02333.

Many of these farms also do apple picking, another fun activity for the whole family.

Source: <http://www.pickyourown.org/massapples.htm>

## EI Parent Group Topics

- Wed, Oct. 7 (9:00 - 10:30)** - Separation Anxiety
- Wed, Oct. 7 (12:30 - 2:30)** - Separation Anxiety
- Fri, Oct. 9 (9:00 - 10:30)** - Sibling Rivalry
- Tues, Oct. 13 (9:00 - 10:30)** - Sensory Processing and Autism
- Wed, Oct. 14 (9:00 - 10:30)** - Not so scary Halloween
- Wed, Oct. 14 (12:30 - 2:30)** - Not so scary Halloween
- Thurs, Oct. 15 (9:00 - 10:30)** - Sensory Processing and Autism
- Fri, Oct. 16 (9:00 - 10:30)** - Good Recipes for Children
- Wed, Oct. 20 (9:00 - 10:30)** - Halloween Safety
- Wed, Oct. 20 (12:30 - 2:30)** - Halloween Safety
- Tues, Oct. 27 (9:00 - 10:30)** - Routines
- Thurs, Oct. 29 (9:00 - 10:30)** - Routines
- Fri, Oct. 30 (9:00 - 10:30)** - Control of candy consumption



## 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

## Awareness Month

October is **Down Syndrome Awareness Month**, a chance to spread awareness. During the month of October, we celebrate people with Down syndrome and make people aware of their abilities and accomplishments. It's not about celebrating disabilities, it's about celebrating abilities.

October is also **Domestic Violence Awareness Month**. Domestic violence is a pattern of behavior which involves violence or other abuse by one person against another in a domestic setting. Intimate partner violence is violence by a spouse or partner in an intimate relationship against the other spouse or partner. Domestic violence can take a number of forms including physical, verbal, emotional, and sexual abuse.

For nearly 20 years, the National Domestic Violence Hotline has been the vital link to safety for women, men, children and families affected by domestic violence. Trained advocates are available to take your calls through the toll free, 24/7 hotline at 1-800-799-SAFE (7233).

**Breast Cancer Awareness Month (BCAM)**, also referred to in America as National Breast Cancer Awareness Month (NBCAM), is an annual international health campaign organized by major breast cancer charities every October to increase awareness of the disease and to raise funds for research into its cause, prevention, diagnosis, treatment and cure. The campaign also offers information and support to those affected by breast cancer. The aim of the Breast Cancer Awareness Month from the start has been to promote mammography as the most effective weapon in the fight against breast cancer.

On October 22, 1982, President Ronald Reagan proclaimed October as **Head Start Awareness Month**.

"The National Head Start Program has helped over eight million low-income pre-school children and their families. In so doing, it has earned recognition and support for its success in early childhood education and development".

"Perhaps the most significant factor in the success of Head Start has been the involvement of parents, volunteers, and the community. Their commitment and the services provided by dedicated Head Start staff have been instrumental in creating a quality program that truly provides young children with a "head start" in life."

Sources: <http://www.neighborhoodhouse.org/national-head-start-month-celebrated-in-october/#sthash.NdVPYjdY.dpbs>  
[https://en.wikipedia.org/wiki/Domestic\\_violence](https://en.wikipedia.org/wiki/Domestic_violence)  
[https://en.wikipedia.org/wiki/National\\_Breast\\_Cancer\\_Awareness\\_Month](https://en.wikipedia.org/wiki/National_Breast_Cancer_Awareness_Month)

## EHS Update by Georgie Ouellette

**Early Head Start Child Care Partnerships:** Brockton Day Nursery and Westfield Child Center have officially signed contracts to become Early Head Start Partners with AHS. Together they have a combined total of over 50 potentially Early Head Start eligible children currently enrolled at their child care sites. Health & Safety screeners are being conducted to determine enhancements and program improvements that AHS will provide to the classroom environments in order to meet federal requirements. AHS continues efforts to secure another child care partner site in New Bedford, Ma. All eligible children must have a state voucher or subsidy in order to enroll in Early Head Start child care partnership programs.

### Professional Development:

AHS has scheduled a Creative Curriculum for Infants & Toddlers training with Teaching Strategies to take place on March 25th in Taunton, for our child care partners. A total of up to 50 infant and toddler teachers will become officially trained in utilizing the curriculum as required by federal mandates. March 25th was planned to accommodate the child care centers in service/professional days already scheduled.

### Home-based Field Trips/Socializations:

Home-based field trips conducted included Freetown Wading Pool and Imagination Island. Socialization schedules resumed in September. Please discuss socialization opportunities with your Parent Child Advocate if you plan on attending or if you are interested in learning more. AHS is currently looking at adding additional sites for socializations in Norton and Attleboro.

**On-Site Program Monitoring Review** is scheduled to be conducted for our Home-based program on October 29th. Federal reviewers will be on site at AHS to review files, policies, procedures and to visit socialization sites. The overall focus this year is on Health & Safety for families and staff. AHS managers and staff have reviewed tools and processes in preparation of the federal visit to ensure our program meets all requirements.

# Resource/Information Page

## It IS Easy Being Green

by Chrissy Collins

BPA stands for Bisphenol A. BPA is an industrial chemical that has been used to make certain plastics and resins since the 1960s.

BPA is found in polycarbonate plastics and epoxy resins. Polycarbonate plastics are often used in containers that store food and beverages, such as water bottles.

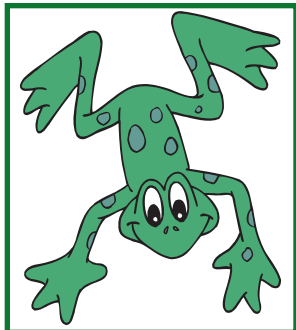
Epoxy resins are used to coat the inside of metal products, such as food cans, bottle tops and water supply lines. Some dental sealants and composites also may contain BPA.

Some research has shown that BPA can seep into food or beverages from containers that are made with BPA. Exposure to BPA is a concern because of possible health effects of BPA on the brain, behavior and prostate gland of fetuses, infants and children. Below are ways to avoid problems with BPA:

- \* seek out BPA-free products. More and more BPA-free products have come to market. Look for products labeled as BPA-free. If a product isn't labeled, keep in mind that some, but not all, plastics marked with recycle codes 3 or 7 may be made with BPA.

- \* Cut back on cans. Reduce your use of canned foods since most cans are lined with BPA-containing resin.

- \* Avoid heat. Avoid microwaving plastic and keeping water bottles in the car. Use ceramic or glass for microwaving and if you need water in the car use a BPA free or glass water bottle.



## Fire Prevention Tips

The most effective way to protect yourself and your home from fire is to identify and remove fire hazards. Sixty percent of house fire deaths occur in homes with no working smoke alarms. During a home fire, working smoke alarms and a fire escape plan that has been practiced regularly can save lives.

### Fire Safety Tips

- \* If a fire occurs in your home, GET OUT, STAY OUT and CALL for help.

- \* Install smoke alarms on every level of your home, inside bedrooms and outside sleeping areas (change the batteries during Fire Prevention Week).

- \* Test smoke alarms once a month.

- \* Talk with all household members about a fire escape plan and practice the plan twice a year.

Source: <http://www.redcross.org/prepare/disaster/home-fire>



## WINE & CRAFT BEER TASTING

TO BENEFIT

*Associates for Human Services, Inc.*

THURSDAY

November 5, 2015

Occasions @ Village South

5:30—8:30 pm

Tickets—\$ 25 in advance, \$30 at the door

Featuring over 100 fine wines from around the world, a hearty selection of craft beers and select specialty liqueurs.

Silent Auction

Hot & Cold Buffet

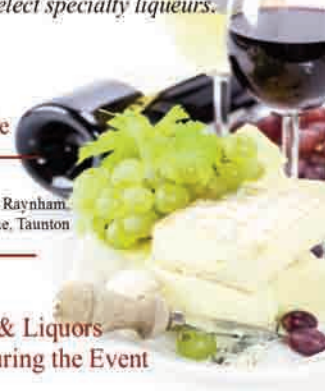
Dessert Table

Tickets are available at:

Debucas Wine & Liquors, 600 South Street West, Raynham,  
Associates for Human Services, 68 Allison Avenue, Taunton

Hosted by Debucas Wine & Liquors

Special Discounts Available during the Event



## New Pinterest Page launched

Check out the new AHS Pinterest Page!

AHS has joined the Pinterest Community!

Boards have been set up for Children & Toddler Activities, Caregiver Tips, Safety, Healthy Eating, Inspirational Quotes, Autism Awareness, Alzheimers and the Elderly, Couponing, Developmentally Delayed, Parenting Tips, Down Syndrome Awareness, Pregnancy Tips, Tips for High School Students, and Senior Living.

Be sure to send us feedback on what you like about it. We would love to hear your opinions. Is there any other board you would like us to start?

[www.pinterest.com/ahs\\_taunton](http://www.pinterest.com/ahs_taunton)

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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.

- \* De-humidifier
- \* Adult Wheelchairs
- \* Double Stroller
- \* Full or Queen size mattress & box spring (new)
- \* Soft Tissues

## Useless Trivia

\* Ben & Jerry learned how to make ice cream by taking a \$5 correspondence course offered by Penn State.

\* While many believe Hydrox cookies are an Oreo knock-off, Hydrox actually came first—in 1908, four years before the Oreo.

\* "Jay" used to be slang for "foolish person." So when a pedestrian ignored street signs, he was referred to as a "jaywalker."

Alaska is the only state that can be typed on one row of keys.

## Special Days to Celebrate in October

Breast Cancer Awareness Month  
Down Syndrome Awareness Month  
Head Start Awareness Month  
Domestic Violence Awareness Month  
Lupus Awareness Month  
2nd - World Smile Day  
3rd - International Frugal Fun Day  
4th - Oktoberfest  
5th - Do Something Nice Day  
5th - World Teacher Day  
6th - Physicians Assistant Day  
9th - Fire Prevention Day  
9th - Curious Events Day  
11th - Take a Teddy Bear to Work Day  
12th - Columbus Day  
14th - Emergency Nurses Day  
16th - Bosses Day  
18th - No Beard Day  
24th - Make a Difference Day  
24th - United Nations Day  
25th - Mother-in-Law Day  
27th - Navy Day  
30th - National Candy Corn Day  
31st - Halloween

1st Week - Get Organized Week  
2nd Week - Fire Prevention Week

Dottie is concentrating so hard during a game of Jenga.

