

# The Correspondent

Early Intervention Program

Early Head Start

Wise Adult Day Health

Volume 20, Issue 9

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**Inside this issue:**

A Rose By Any Other Name	2
Do the Russell!!	2
Activity Corner	2
EI Update	3
EI Parent Group	3
Hidden Safety Hazards	4
EHS Update	4
Resource/Information Page	5
New Website	5
It IS Easy Being Green	5
Wish List	6

Proceeds from the Spaghetti Supper go directly into the Lifelong Learning Fund. This fund provides additional support to children, adults, and seniors in our community who are currently enrolled in AHS programs, but may not have access to sufficient resources. With your support for this event, AHS is able to provide further assistance through the purchase of items such as therapeutic toys, safety equipment and adaptive equipment for the individuals we serve and their families.

## 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

# Wise Adult Day Health

by Nancy Pereira

## A Rose by Any Other Name



Wise participants love our entertainers and an all-time favorite is the lovely Candida Rose! Candida's beautiful voice can just give you chills and her joyful demeanor and engaging performance really make the event such a treat for participants and staff alike. The participants look forward to Candida's visits to Wise as she really gets everybody up on their feet, dancing and singing along to their favorite songs. A rose by any other name would be Candida!!!!



## Do the Russell!

Just when you thought it couldn't get any better at Wise Adult Day Health, another fabulous performer, Russ Morency entertained our happy group this month! Russ has a wonderful voice that you could just listen to all day. From Elvis to Johnny Cash, he really gets the crowd going! He has a great rapport with the participants and really gets them involved in the performance, singing along and clapping. He is a delight to have on our entertainment roster here at Wise and we look forward to his next show.



## Activity Corner

One of the participants' favorite, fun activities that they enjoy doing at Wise is magazine scavenger hunts to create neat collages. In the Dog Days of Summer theme, Activity Director, Linda Kerr gives each participant involved a magazine to search through to find pictures of dogs to make a collage. Kitty lovers need not worry as any sweet critter they choose to include on their individual collages are welcome. It's a great activity that's not only fun but helps to enhance both gross and fine motor skill as well as visual recognition.



## 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

September's highlighted Early Intervention Program Staff person is Paula Pegg. Paula has been in the field of Human services for 28 years. She worked with The Arc of Greater Fall River before coming to Associates for Human Services' EI program in 1998, where she began as a Developmental Specialist on the team. She took on the extra duties of being the Transition Coordinator and then a Team Leader position in the program. She supervises between 8-10 staff, conducts evaluations and intakes and also is available for Behavior consultation. Paula is described as compassionate, knowledgeable, diligent, and helpful to families and staff. She has a great work ethic and often volunteers for other responsibilities. She is currently representing EI on the Lakeville, Freetown Coordinated Family and Community Engagement Committee.



## EI Parent Group Topics

Wed, Sept. 2 (9:00 - 10:30) - Life Skills

Wed, Sept. 2 (12:30 - 2:30) - Life Skills

Fri, Sept. 4 (9:00 - 10:30) - Transitioning Information

Tues, Sept. 15 (9:00 - 10:30) - Staying Calm during a Tantrum

Wed, Sept. 16 (9:00 - 10:30) - Entertaining Kids While Eating Out

Wed, Sept. 16 (12:30 - 2:30) - Entertaining Kids While Eating Out

Thurs, Sept. 17 (9:00 - 10:30) - Staying Calm during a Tantrum

Fri, Sept. 18 (9:00 - 10:30) - EEC regulations

Wed, Sept. 30 (9:00 - 10:30) - Sensory Ideas for Kids

Wed, Sept. 30 (12:30 - 2:30) - Sensory Ideas for Kids



## Safety Near Windows & Stairs

### Install Window Guards and Stops

\* Screens are meant to keep bugs out, not children in. Properly install window guards to prevent unintentional window falls. For windows above the first floor, include an emergency release device in case of fire.

\* Install window guards that adults and older children can easily open in case of emergency. Include this in your family's fire escape plan and practice it regularly.

\* Install window stops so that windows open no more than four inches.

### Open Windows From the Top and Close After Use

\* If you have windows that can open from both top and bottom, make a habit of opening just the top to prevent accidental falls. Keep in mind that as kids grow, they may have enough strength, dexterity and curiosity to open the bottom.

\* Keep windows locked and closed when they are not being used.

### Keep Kids From Climbing Near Windows

\* For your crawlers and climbers, move chairs, cribs and other furniture away from windows to help prevent window falls.

\* Never move a child who appears to be seriously injured after a fall-call 911 and let trained medical personnel move the child with proper precautions.

### Watch Out for the Stairs

\* Use approved safety gates at the tops and bottoms of stairs and attach them to the wall, if possible.

Remember to read the manufacturer's instructions and warning labels to make sure you have the right gate for your needs. Not all gates are safe for use at the top of stairs.

\* Actively supervise toddlers on stairs. Hold their hands when walking up and down stairs.

Source: <http://www.safekids.org/tip/falls-prevention-tips>

## 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

## Hidden Safety Hazards

**Magnets** - Small magnets can be easily swallowed by children. Once inside the body, they can attract to each other and cause significant internal damage. Keep magnets high enough on your refrigerator that they are out of reach. If you fear your child has swallowed magnets, seek medical attention immediately.

**Recalled Products** - Know if a product has been recalled. The best way to ensure your products are safe is to fill out your product registration card and check for recalls at [www.recalls.gov](http://www.recalls.gov).

**Loose Change** - Change can easily wind up on tables or in couch cushions, where curious children could ingest them. A great way to ensure this doesn't happen is to assign a tray or jar for loose change and keep it out of a child's reach.

**Tipovers** - Tipovers are a leading cause of injury to children. The best way to avoid them is to make sure all furniture and televisions are secured to the wall.

**Pot Handle Sticking Out From Stove** - When cooking, it is best that pot handles turn inward instead of sticking out from the stove where little ones may reach up and grab the hot handle. In addition, if holding a child while cooking, remember to keep the handles out of the reach.

**Loose Rugs or Carpet** - Area rugs or carpet that is not secured to the floor causes a tripping hazard for little ones who may already be unstable on their feet. Make sure that all corners are taped down and bumps are smoothed out.

**Liquid Laundry Packets** - It is estimated that thousands of children have been exposed to and injured by liquid laundry packets. Easily mistaken by children as candy, these pods pose a risk to the eyes and, if ingested, to their lives. It is important to keep these items out of reach of children.

**Hot Mugs** - A relaxing cup of coffee or tea can quickly turn into an emergency if hot mugs are left unattended or are placed near the edge of tables where little hands can grab them. Beware of tablecloths that can be pulled down with hot items on top as well.

**Cords** - Cords can pose strangulation hazards to children, whether they are connected to blinds, home gym equipment or baby monitors. Keep cords tied up and out of reach. Remember to keep cribs away from cords that the child may reach while inside the crib.

**Button Batteries** - Button batteries are flat, round batteries that resemble coins or buttons. They are found in items such as flashlights, remotes or flameless candles. They pose a serious risk if ingested.

Source: <http://babysafetyzone.org/hot-topics/baby-safety-month>

## EHS Update by Georgie Ouellette

**Early Head Start Child Care Partnerships:** The following program updates have been made: The Early Head Start Selection Criteria that is used to assign points to all applicants has been updated to prioritize working families needing full time care. The Early Head Start Policy Council By-Laws have been updated to include procedures and processes to include partnership center-based families and representation on Policy Council. Policies and Procedures are currently being updated and associated forms revised.

**Professional Development:** Early Head Start Partnership and Home-based staff were present for a Self Help Head Start presentation providing resources and guidance on parent engagement in center-based programs provided by Pauline Carson, Family Service Manager. Family activities and ideas were shared that have been proven to be successful in a center based program. All staff participated in an update to the Monthly File Compliance Checklist and will begin the process of self-auditing files monthly.

**Home-based Field Trips/Socializations:** Home-based field trips are coming to an end with socialization schedules beginning in September. Please discuss socialization opportunities with your Parent Child Advocate for additional information.

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

**Program Information Reports (PIR)** were submitted for the last year's program reporting period. A total of 87 children and expectant families were serviced in our Attleboro, Middleboro & Norton home-based programs. A complete report is available.

# Resource/Information Page

## It IS Easy Being Green

by Chrissy Collins

### Use for Old Newspapers

\* *Cleaning windows* - Using newspaper to clean windows works better than a cloth for preventing streaks. For even better results, use a vinegar-and-water solution instead of a chemical cleaner.

\* *Shelf lining* - Use old papers to line your cabinet, dresser, pantry or bathroom shelves. It's cheaper than shop-bought shelf liners, and they're easy to put in and replace.

\* *Cat litter box liners* - You can place sheets of newspaper in the bottom of your cat's box. You'll save on litter, and any odors and wetness will be absorbed.

\* *Barbecue cleaner* - Soak newspaper in water, lay the sheets over a warm barbecue grill, close the lid and leave for approximately an hour. Then, simply remove the paper and wipe the grill clean.

\* *Packing material* - Newspaper is a great substitute for bubble wrap. To pack a box with fragile contents, first wrap the items individually, and then fill any remaining space with crumpled paper.

\* *Weed killer* - If weeds are a problem in your garden, cover the flowerbeds with newspaper and soak them with water. Then cover the paper with compost or mulch – eventually the paper will smother the weeds, and the organic matter will help your garden flourish.

\* *Paper Mache* - Keep your kids entertained with this fun craft activity, which uses newspaper and glue to make whatever you can think of.

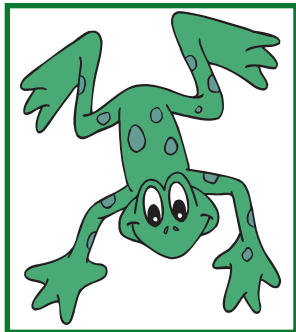
\* *Fire starter* - Use strips of old newspaper to start a firepit, charcoal grill or camp fire.

\* *Shape keeper* - Ensure that your shoes and bags maintain their shape by stuffing them with crumpled newspaper after use.

\* *Fruit and vegetable drawer liner* - You can place sheets of newspaper at the bottom of the fruit and vegetable drawer in your fridge. They will absorb any mess from rotten produce, and will also keep the drawer free from odors.

\* *Ripen tomatoes* - Wrap green tomatoes in sheets of newspaper, layer them in a box and put a lid on top – they will eventually ripen up to a lovely red color.

\* *Fireplace logs* - Roll up newspaper and tie it tightly with string. You can then use them in your fireplace as makeshift logs, saving on wood.



## Letter to the Editor

As a local physician and AHS Board of Directors member, I am writing because September is Baby Safety Month. What better time to assist young parents, and care givers, to safeguard their precious children by anticipating and protecting them against common hazards? The sad fact is that 2.3M children are accidentally injured and more than 2,500 killed annually, according to the US Centers for Disease Control and Prevention.

Protecting our children involves more than educating them about stranger abductions and violence. It starts at birth by using an appropriately installed car seat, positioning infants on their backs to sleep, and child proofing our homes, installing window and stair guards, covering outlets, removing ties from hoodies, keeping ties on blinds out of reach, locking up poisons and guns, learning about choking hazards, fire prevention, falls and how very quickly a child can drown. Nothing takes the place of adult supervision!

For more information about protecting your child's safety, use local resources such as your child's physician and your local Police or Fire Department. Check out the American Academy of Pediatrics Safety Checklists, at [HealthyChildren.org](http://HealthyChildren.org), for detailed age specific safety information. Share the checklists with your family and friends.  
Sincerely,

Kelly Hoye, MD  
AHS Board of Directors

## 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](http://www.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

## Useless Trivia

- \* You burn more calories sleeping than you do watching TV. So take a nap!
- \* You were born with 300 bones, but by the time you are an adult you will only have 206.
- \* The first CD pressed in the US was Bruce Springsteen's 'Born in the USA'
- \* The Human eyes never grow, but nose and ears never stop growing.
- \* Tom Sawyer was the first novel written on a typewriter.
- \* Coca-Cola was originally green.

## Special Days to Celebrate in September

- National Courtesy Month
- Baby Safety Month
- 2nd - VJ Day
- 4th - Newspaper Carrier Day
- 5th - Cheese Pizza Day
- 6th - Read a Book Day
- 6th - Fight Procrastination Day
- 7th - Labor Day
- 8th - International Literacy Day
- 9th - Teddy Bear Day
- 11th - 911 Remembrance Day
- 12th - National Video Games Day
- 13th - Grandparent's Day
- 13th - National Pet Memorial Day
- 13th - Positive Thinking Day
- 15th - Make a Hat Day
- 16th - American Legion Day
- 16th - Step Family Day
- 16th - Working Parents Day
- 17th - Constitution Day
- 18th - POW/MIA Recognition Day
- 20th - National Women's Friendship Day
- 21st - International Peace Day
- 22nd - Elephant Appreciation Day
- 25th - Native American Day
- 26th - Johnny Appleseed Day
- 28th - National Good Neighbor Day

Bob is enjoying painting his wooden gazebo.

