

# The Correspondent

Early Intervention Program

Early Head Start

Wise Adult Day Health

Taunton Area School to Career

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## TASC Dinner Celebration

Taunton Area School to Career (TASC), a program of Associates for Human Services, Inc.(AHS), held its 21st Business Recognition and Celebration Dinner, at the Taunton Holiday Inn recently. The late October event was the program’s most successful one ever!

The dinner and auction event provides an annual opportunity to honor local companies and individuals whose generosity and commitment of time and resources have provided valued support for the TASC program. This year three businesses were given recognition awards: Bristol County Savings Bank, DePuy Synthes, and The Lopes Companies. Dr. John J. Sbrega, who is retiring as President of BCC at the end of this academic year, was honored with a Lifelong Commitment Award. In addition, former Taunton Firefighter Paul Allison was thanked for 10 years of volunteer service as a Mentor, while Jerry Plouffe of Hannaford Supermarkets, Michelle Simmons of Rockland Trust, and Diane Turner of Harbor One were each recognized for 5 years of mentoring.

The agenda included poignant presentations from former participants in TASC’s Career Mentor program. Aron Callahan, just promoted to specialist with the Army National Guard and a Hannaford employee, proudly shared how TASC helped increase his self-esteem and guided him to where he is today. Former Mentee Lacey DeCosta, and her Mentor Marlene Souza of Molly B’s Cakes of Distinction, shared a heartwarming presentation about their involvement in the Mentor Program that launched Lacey into a new career path. Lacey is currently attending Johnson and Wales University as a Culinary Arts and Food Service Entrepreneurship Major, and she aspires to double Major in Baking and Pastry. Professional Auctioneer Ryan Nadeau and local musician Paul Peterson donated their talents during the event.

As TASC’s biggest annual fundraiser, the dinner and auction event enables TASC to continue providing primarily at-risk high school students the priceless opportunities of internships, adult mentors, job shadowing and other college/career readiness activities. These experiences help improve academic achievement and develop work skills that can empower youth for successful careers in tomorrow’s workforce.

Dan LeBrun, the new TASC Program Director stated, “I have been involved for several years as a volunteer. Now as Director, it is even clearer to me how critical it is to foster the success of young adults in our own community, and I am convinced TASC is a major part of making this happen.”

He added, “As for our wonderful dinner, I extend a hearty and heartfelt thanks to all of over 40 terrific (continued on page 5)

# Wise Adult Day Health

by Nancy Pereira

## Staff Spotlight

This month's staff spotlight is Nancy Hurley. Nancy has been a driver with Wise Adult Day Health since 2014. She is loved by the participants who ride her van due to her patience, humor, and personal touch. She has great empathy for her passengers and comes up with creative ways to entertain and soothe them when needed. She fills in when asked on open van routes and also works inside as a program aide when needed. Her dedication and flexibility are great assets to the Wise Program.



## Pumpkinland

The Fall is always such a fun time of year and the Wise Adult Day Health participants recently enjoyed an afternoon of pumpkin decorating. "It's a great way for the participants to express their individual tastes and styles and as you can see, they came out awesome!," exclaims Activity Director, Linda Kerr. "Special thanks to Araujo's Farm for their gracious donation of all these wonderful sugar pumpkins!" As you can see by the pictures, Linda is absolutely right!



David Lima, Program Aide, assists Linda painting her sugar pumpkin

## Something for Everyone

Activities are a huge part of our day to day programming at Wise and our Activity Director, Linda Kerr works with Occupational Therapist, Amy Trautman, to ensure our calendar is filled with activities that meet the therapeutic needs of all our participants, from those that focus on gross motor skills like a ball or parachute toss, to those that require more fine motor skills, such as painting or arts and crafts projects. "Linda and Amy come up with wonderful activity ideas that appeal to everyone regardless of their level of functioning. And it's not just the physical aspects of activity but the cognitive and sensory ones as well, such as reminiscing groups and aromatherapy, that are important," notes Program Director, Nancy Pereira. Wise participants at every level can enjoy being involved and active every day.



Jean making apple prints in celebration of the beautiful fall season.

## 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.

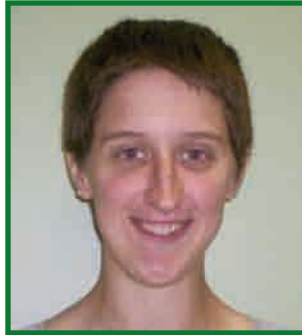
# Early Childhood Programs

Early Intervention

Early Head Start

## Staff Spotlight

November's EI employee to be highlighted is Amy Demoranville. Amy came to AHS' Early Intervention Program in September 2014. She graduated with her Associates Degree in nursing and received her Bachelor of Science Degree in nursing while working full time at AHS. Previous to coming to Early Intervention, Amy previously worked as a Certified Nursing Assistant, and Direct Service Care Coordinator. She is currently responsible for working with children and families, enhancing their skills, offering her medical and oral health knowledge and is active in evaluations. Thank you for sharing your skills with us and congratulations on obtaining you Bachelor's degree while working full time at Early Intervention!



## 22 Years After EI!

I am the proud parent of an Early Intervention graduate. I gave birth to a beautiful girl the size of a cabbage patch doll. She was tested for Down Syndrome because of her features. She was not. I felt lucky at the time. Three months later she had grand mal seizures. We became involved with a wonderful neurologist. And this is where the story of Early Intervention begins. Dr. Silken recommended Early Intervention. We started with home visits when Chelsea was 11 months old. The only thing Chelsea did on time, funny enough, was walking. Zulmira Allcock, current Program Director but a service coordinator at the time, would come to the house and we would work on her holding and banging blocks together or picking up the pieces to the wooden puzzles and putting them into the correct spaces. Chelsea loved banging things together, including my glass Christmas tree ornaments. But Early Intervention wasn't just about teaching Chelsea. It was about the whole family. Chelsea's older brother, my son Justin, was included in the activities. EI taught all of us. I learned that I wasn't the only parent who had a child that needed a little extra support. EI taught me to set goals that were attainable which later led to Individual Education Plans (IEP) when Chelsea entered the Taunton Public Schools. When Chelsea started going to the EI on Broadway, there were groups for parents where we learned valuable lessons and did fun activities. Every other week the other parents and I would go to Off Broadway Diner for breakfast. It was our own parent support group. Along with a couple of other parents I went to a workshop about sensory integration. It was a very enlightening workshop. There was so much information that I had sensory overload and couldn't sleep that night. I was told that a lot of people felt that way after participating. I would later use what I learned not only to help Chelsea and Justin but for families I came in contact with down the road. EI gave me information about Head Start (HS) for Justin. HS was about the whole family too. EI taught me to advocate for me and my children. Because of the support we received, I later went on to take 5 different parenting courses, a workshop on parent leadership, Right Question Project (how to ask the right questions to help your child succeed in school), Master Teacher in Life Skills, Co-Chairperson of Putting Kids First (A School Linked Service), Speaker at An Ounce of Prevention Conference, Speaker at both Taunton High School and Coyle & Cassidy on dating/domestic violence, Community Health Network (cont.)

## Thanksgiving Assistance

The Corline Cronan's Family coordinates donations of food, turkeys and volunteers for a hot meal for the homeless, less fortunate, and/or lonely citizens on Thanksgiving, Christmas and Easter holidays. Meal site is Coyle Cassidy High School.

Meals are also delivered to shut-ins. All attendees can take away a second meal, a bag of canned and non-perishable groceries, as well as gently used clothing. In addition, new items such as blankets, knit hats, gloves, and personal hygiene have been provided at various times.

Phone: (508) 823-8443 for more information

Website: <http://corlinecronan.weebly.com>

## 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

## EHS Update by Georgie Ouellette

**Early Head Start Child Care Partnerships:** We are maintaining our full enrollment at 70. Days of Discovery continues with their efforts of opening a new building adjacent to their existing 2 buildings to accommodate 2 toddler classrooms and 1 infant classroom. All partners are eagerly awaiting installation of playground upgrades.

**Professional Development:** Brockton Day Nursery and Westfield Child Center have just completed their CDA preparatory class being offered by Fisher college to meet EHS qualifications. 20 participants are currently in the process of submitting their CDA certification applications. CONGRATULATIONS to all 17 Days of Discovery staff who recently received their CDA certifications, job well done!

**Home Based/Socializations:** We have begun collaborating with the Ruth House in Brockton with 5 enrolled teen parent families and hope to have at least 4 more by end of month.

**Policy Council Membership:** We continue to recruit for new parent members and welcome anyone to our next meetings. The Policy Council is made up of a group of currently enrolled parents and community representatives. The purpose is to plan and have a voice in program decisions and activities and to gain knowledge of how Early Head Start works. All parents are encouraged to attend the next Policy Council meeting, please ask your PCA or PCC for more details.

**Grant Opportunities:** Our EHS CCP Expansion grant is being reviewed for an additional 70 slots. AHS recently applied for a grant opportunity to expand the partnership model for an additional 70 children. We have 3 new child care centers interested in partnering with AHS to provide services, as well as our existing 3 partners who want to expand their programs to accommodate more eligible children. We await notification in February of 2017.

**FACEBOOK:** EHS staff are working towards offering Facebook posts more often to our families. Please like us and check us out at [www.facebook.com/AHSInc](http://www.facebook.com/AHSInc). We are also looking for input and topic ideas that you would like to see more.

**PINTEREST:** We are at [www.pinterest.com/ahs\\_taunton](http://www.pinterest.com/ahs_taunton) with boards on parenting tips, eating healthy, safety and much more. Check it out.

## 22 Years After EI! (cont.)

working on Domestic Violence education and prevention, and a recipient of a Community Service Award which prepared me for my dream job as a Family Partner, where I could help families that need that extra support. I also was fortunate enough to build on the foundation taught to me about IEPs and attended a course on educational advocacy which comes in handy with so many families. Today I am a Family Support Specialist that works with families in crisis. This is nothing compared to the accomplishments of my daughter. Chelsea has accomplished so much more and has exceeded my wildest dreams. EI taught me to strive for the stars with her and to never say can't because she can. It may not be in my time frame or yours but she gets there steadily and on her own time. Today Chelsea is a bright wonderful young lady. She is my hero. Chelsea has autism but she doesn't let that hold her back. She tries to educate people on autism. Chelsea is accepting of everyone. She sees the good and potential in everyone. Chelsea is strong and when she falls down she gets right back up, brushes herself off and moves on. She is passionate about people with special needs being treated fairly and with respect. Chelsea graduated from Taunton High School. She attends Cooperative Productions, a day habilitation program. There she has been working on the same skills taught to my family by EI and now on her time. She is an artist, singer, songwriter, musician and a crafter. Her future holds many possibilities. There is something else that Chelsea has done which I wasn't sure would happen and actually I wasn't sure how I would handle it. Chelsea has a boyfriend. He is a wonderful young man. They have been together for three and a half years. I couldn't be prouder of them. I'm sure his mother is very proud of him too. Why wouldn't she? He also is a graduate of EI and his mother worked with Chelsea in her EI classroom. It's funny how things worked out. I don't want to imagine how different it would have been without EI. Thank you for the great life you gave my family. We wouldn't have been here without you.

Sincerely Toni, a former EI parent.



Twenty-two years ago, Zulmira presented Chelsea with a flower for her graduation from Early Intervention (left) November 3, 2016, Chelsea presented Zulmira with flowers.

# Taunton Area School to Career

## Business Recognition Dinner (continued from Front Page)

event sponsors for their support, as well as all Event Committee members for taking time out of their busy schedules to help ensure the continuation and growth of TASC’s mission. Special gratitude goes to this year’s dinner/auction Committee Chair, Kelly Ann Bento of Webster Bank, as well as core members Mary Ann Jablonski, formerly of Depuy Synthes, Jerry Plouffe of Hannaford Supermarkets, Karen Reamsnyder of Raynham Veterinary Hospital, and Debbie Dutra of The Lopes Companies.”

Kit Tunney, AHS Executive Director noted “This year’s event was a work in progress as a new team came together quickly, and was greatly aided by Debbie Howland, AHS Fundraising and Special Events Coordinator. They took the reins, pulled the event together seamlessly, and achieved great success!”

As part of “Empowering Youth to Succeed”, TASC provides a critical link between education and the world of work, career and life. Currently, TASC serves students from Bristol County Agricultural High School, Taunton High School and Taunton Alternative High School.



Bristol County Savings Bank was one of three businesses given an award at the recent TASC Business Recognition & Celebration dinner. (Left to right: Dan LeBrun, TASC Program Director; Linda Sternfelt, BCSB Vice President; Jerry Plouffe, TASC Council Chair; and Kit Tunney, AHS Executive Director.

The Lopes Companies were presented an award at the recent TASC Business Recognition & Celebration dinner. (Left to right: Dan LeBrun, TASC Program Director; Kit Tunney, AHS Executive Director; Gil Lopes, Lopes Companies President; Jerry Plouffe, and TASC Council Chair)



**Taunton Area School to Career** is a partnership of employers and school systems in the Greater Taunton area that have made a long-term commitment to exposing students to high quality learning experiences that will prepare them for the careers of tomorrow. The mission of TASC is to ultimately contribute to the economic and social well-being of the community by offering school age youth opportunities to seek and understand the skills and training necessary for living and working in the 21st century. For more information or referrals, please call the TASC Office, at 508-821-2846.

# Taunton Area School to Career

## Business Recognition Dinner (continued from Page 5)



Lacey DeCosta (left) and her mentor Marlene Souza shared their positive experiences from being matched in the TASC 2015 Career Mentor Program.



Aron Callahan spoke of the impact in his life of being a former TASC Mentee.



Dr. Sbrega, president of BCC (2nd from left), was given a lifetime commitment award at the TASC dinner.



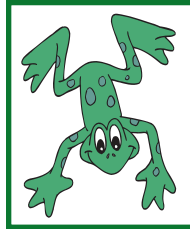
Laurie Robinson and Amy Briggs, from Bristol County Savings Bank, are ready to assist customers at the Wall of Cheer.

# Resource/Information Page

## It IS Easy Being Green

by Chrissy Collins

When you think about the spots in your kitchen that have the most germs, you probably don't think your coffee pot is one of the worst. But, a 2011 study found just that: People don't consider their coffeemaker a hot bed for bacteria and mold, but surprise! It totally is.



### **Each time you use it:**

It's best to wash the removable parts of your coffeemaker after every use to remove coffee, grinds, and oil. You can hand wash at the sink with warm and soapy water, but usually the pieces are dishwasher-safe. And don't forget to wipe down the outside and the warming plate where spills can burn on.

It also recommends leaving the reservoir's lid open after use so it can dry out (germs love moisture!).

### **Once per month:**

Over time, hard water minerals can build up in your machine's inner workings, and you may notice that your coffee takes longer to drip. To get things back in tip-top shape, you need to cleanse and "decalcify" the machine. Use good ol' reliable white vinegar.

Fill the reservoir with equal parts vinegar and water, and place a paper filter into the machine's empty basket. Position the pot in place, and "brew" the solution halfway. Turn off the machine, and let it sit for 30 minutes. Then, turn the coffeemaker back on, finish the brewing, and dump the full pot of vinegar and water. Rinse everything out by putting in a new paper filter and brewing a full pot of clean water. Repeat once.

Happy "green" cleaning! Let me know how it goes at [Chrissyc1@cox.net](mailto:Chrissyc1@cox.net).



New Addition Update: As the framing goes up, you can really see the building take shape

## Avoid Caregiver Burnout

Taking on all of the responsibilities of caregiving without regular breaks or assistance is a surefire recipe for burnout. Don't try to do it all alone. Look into respite care. Or enlist friends and family who live near you to run errands, bring a hot meal, or "baby-sit" the care receiver so you can take a well-deserved break.

### **Tips for getting the caregiving help you need**

*Speak up.* Don't expect friends and family members to automatically know what you need or how you're feeling. Be up front about what's going on with you and the person you're caring for.

*Spread the responsibility.* Try to get as many family members involved as possible. Even someone who lives far away can help.

You may also want to divide up caregiving tasks. One person can take care of medical responsibilities, another with finances and bills, and another with groceries and errands, for example.

*Set up a regular check-in.* Ask a family member, friend, or volunteer from your church or senior center to call you on a set basis (every day, weekly, or how ever often you think you need it).

*Say "yes" when someone offers assistance.* Don't be shy about accepting help. Let them feel good about supporting you. It's smart to have a list ready of small tasks that others could easily take care of, such as picking up groceries.

*Be willing to relinquish some control.* Delegating is one thing. Trying to control every aspect of care is another. People will be less likely to help if you micromanage, give orders, or insist on doing things your way.

### **Give yourself a break**

As a busy caregiver, leisure time may seem like an impossible luxury. But you owe it to yourself—as well as to the person you're caring for—to carve it into your schedule. Give yourself permission to rest and to do things that you enjoy on a daily basis.

*There's a difference between being busy and being productive.* If you're not regularly taking time-off to de-stress and recharge your batteries, you'll end up getting less done in the long run. After a break, you should feel more energetic and focused, so you'll quickly make up for your relaxation time.

*Maintain your personal relationships.* Don't let your friendships get lost in the shuffle of caregiving. These relationships will help sustain you and keep you positive. If it's difficult to leave the house, invite friends over to visit with you over coffee, tea, or dinner.

*Prioritize activities that bring you enjoyment.* Make regular time for things that bring you happiness, whether it's reading, working in the garden, tinkering in your workshop, knitting, playing with the dogs, or watching the game.

*Find ways to pamper yourself.* Small luxuries can go a long way in relieving stress and boosting your spirits. Light candles and take a long bath. Ask your hubby for a back rub. Get a manicure. Buy fresh flowers for the house. Or whatever makes you feel special.

*Make yourself laugh.* Laughter is an excellent antidote to stress—and a little goes a long way. Read a funny book, watch a comedy, or call a friend who makes you laugh.

*Get out of the house.* Seek out friends, family, and respite care providers to step in with caregiving so you can have some time away from the home.

### **Join a support group**

A caregiver support group is a great way to share your troubles and find people who are going through the same experiences that you are living each day. If you can't leave the house, many Internet groups are also available.

Visit <http://www.helpguide.org/articles/stress/caregiving-stress-and-burnout.htm> for more information on being a healthy caregiver.

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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.

- \* De-humidifier
- \* Adult Wheelchairs
- \* Double Stroller
- \* Magazines
- \* Soft Tissues

## Useless Trivia

- \* The only 15 letter word that can be spelled without repeating a letter is uncopyrightable.
- \* Tigers have striped skin, not just striped fur.
- \* Two-thirds of the world's eggplant is grown in New Jersey.
- \* A giraffe can go without water longer than a camel.
- \* Count the number of cricket chirps in a 15-second period, add 37 to the total, and your result will be very close to the actual outdoor Fahrenheit temperature.

## Special Days to Celebrate in November

Aviation History Month  
Child Safety Protection Month  
National Adoption Awareness Month  
National Caregivers Appreciation Month  
National Diabetes Awareness Month  
1st - All Saint's Day  
3rd - Housewife's Day  
3rd - Men Make Dinner Day  
4th - King Tut Day  
5th - Book Lover's Day  
6th - Saxophone Day  
8th - Cook Something Bold Day  
8th - US General Election Day  
10th - USMC Day  
11th - Veteran's Day  
13th - Caregiver Appreciation Day  
13th - Sadie Hawkins Day  
14th - World Diabetes Day  
15th - America Recycles Day  
17th - Great American Smokeout  
17th - World Peace Day  
19th - National Adoption Day  
24th - Thanksgiving  
25th - Black Friday  
27th - Advent  
30th - Stay at Home Because You Are Well Day



Representative Shaunna O'Connell came to visit an Early Intervention playgroup. She participated in circle time and read a story to the children.