

# The Correspondent

Early Intervention Program

Early Head Start

Wise Adult Day Health

Taunton Area School to Career

Volume 22, Issue 2



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February, 2017

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## Thank You Cardi's NIROPE!

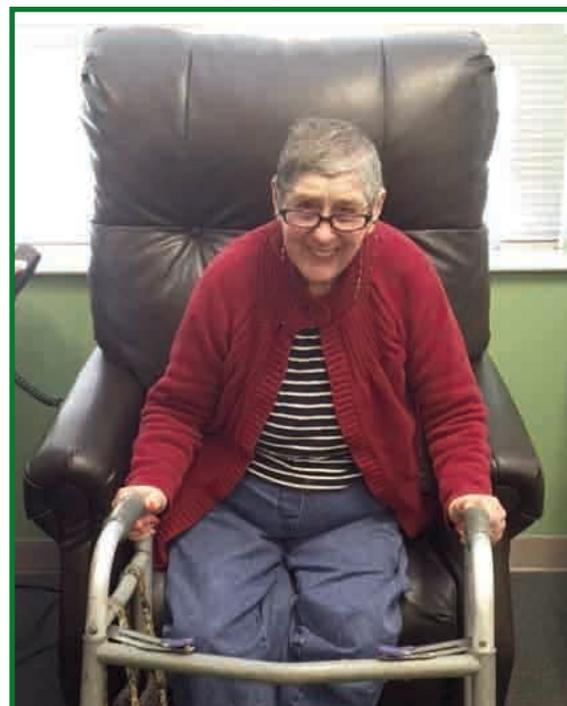
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Cardi's furniture (NIROPE) graciously donated 3 new reclining chairs to our Wise Adult Day Health program.

Due to our frail and aging population, so many of our seniors require leg elevation at various intervals throughout the day. As there is an increased demand for this type of seating, Wise reached out to Cardi's Furniture.

"Cardi's was unbelievable!" reports Debbie Howland, AHS Development Coordinator, "Not only did they respond favorably to our donation request, they donated 3 high quality recliners to our program the very next week!" The Wise participants were so excited when the delivery drivers brought in the recliners! "So many of our elderly and disabled folks require the ability to elevate their legs during the day due to their advanced age, limited mobility and complex medical frailties. This generous donation allows our program to keep up with the increased physical demands of our individuals who suffer from symptoms of edema (swelling) and pain due to various medical conditions such as knee replacement, Parkinson's disease and neuropathy" notes Program Director, Nancy Pereira, "These chairs will truly make a meaningful difference to our program. We couldn't be more grateful to Cardi's.



The recliner that Helen chose was perfect for her as it also raises up to help her as she stands.

**Pot of Gold RAFFLE**

Proceeds to benefit AHS Lifelong Learning Fund

**PRIZE: 100 \$10 Scratch Tickets**

Drawing will take place on March 17, 2017

Cost per ticket: \$10

**ONLY 300 Tickets to be sold**

There are still a few tickets left. Please stop by the agency to purchase your ticket.

# Wise Adult Day Health

by Nancy Pereira

## Strange Magic!

Wise Adult Day program was delighted to invite Brenner Family Magic Show to perform at the program. With the help of his magical menagerie, Stephen Brenner delighted the group with his unique brand of magic which included an adorable hedgehog, cuddly bunny, a softly sweet chinchilla and lovely dove. But the crowd favorite was an adorable and very talented pot belly pig who stole our hearts with his keyboard antics! The group was simply enchanted by the performance from beginning to end and everyone got a balloon animal as a souvenir. "We can't wait to invite Mr. Brenner back to the center again. Everybody just loved the show!" says Activity Director, Linda Kerr.



The Pot Bellied Pig steals the show!

## Craft Corner

Wise participants always enjoy opportunities to express their creativity and Activity Director, Linda Kerr is never at a loss for interesting projects for the folks to do. From holiday wreaths made with kitchen brushes to shaving cream snowman, the participants love to make beautiful exhibits to decorate the program.



Maria concentrates on making her picture just right.

## Cutting a Rug

Wise Adult Day Health likes to invite various musical entertainers to the facility to perform for the participants. "Music is a universal language that everyone understands," notes Activity Director, Linda Kerr, "no matter what an individual's level of ability may be, music has the marvelous ability to reach into our hearts to bring joy and happiness." This month the participants enjoyed visits from the lovely and talented, Singing Nurse, Pamela Tietze and Elvis impersonator extraordinaire, Vic Solo. Our entertainers are so wonderful and dynamic. They have everyone on their feet, having a wonderful time, singing and smiling. That's what it's all about!



Colleen with David and Jean with Ray

## 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

This month's highlighted EI staff is Zulmira Allcock. AHS has had the pleasure of working with Zulmira for 32 years. Zulmira received her Master's Degree in Counseling Psychology from Boston College in 1985. She joined the EI team as a Counseling Psychologist and began her work with children as a service coordinator. She obtained her license as a Mental Health Counselor in 1991. Through home visiting Zulmira educated, encouraged and empowered the children and families that she worked with. In addition, Zulmira supported her team members around social/emotional development. She became the Assistant Program Director in 1989 and was promoted to Program Director in 1997. Programmatically, Zulmira is responsible for recruitment, budgeting and strategic planning. However, it is Zulmira's qualities that make her so appreciated by EI staff. Zulmira is supportive, hardworking, dedicated, positive and is a wonderful advocate for staff and the families that EI



Mayor Hoye presented Zulmira with a citation for EI's 40th Anniversary.

is a wonderful asset to AHS' Early Intervention and we congratulate her on 32 years of service!

serves. Zulmira advocates for the Early Intervention system at the state level and has served as the chair of the Massachusetts Early Intervention Consortium, and currently is the chair of the Standards Committee. Zulmira

## Dental Health Month

Beginning an oral health routine with your child at an early age is important for the life of his/her smile. From before the time your baby's first teeth appear through the development of adult teeth, good habits are the foundation for the future of your child's oral health.

### **Begin baby's oral care early**

- \* Wipe gums with a soft washcloth after feeding. This removes plaque and germs that cause tooth decay and gum disease.

- \* Once baby teeth come in, brush teeth 2 times a day with a soft-bristle toothbrush.
- \* Schedule the first dental check-up before first birthday.

### **Help toddlers become brushing stars**

- \* Once your child understands not to swallow toothpaste, use a pea-sized amount of a kid's fluoride toothpaste to help prevent cavities.
- \* Brush 2 times a day for 2 minutes for the best clean.
- \* Consider trying to break thumb-sucking and pacifier habits since they can affect tooth spacing.
- \* Schedule regular dental check-ups every six months.
- \* Encourage kids to become independent brushers.
- \* Use a child's toothbrush that's designed to help clean the hard to reach back molars, where more plaque can collect.
- \* Begin flossing as soon as 2 teeth touch.

Source: <http://www.dentalcare.com/en-us/dental-education/patient-education/dhm2015.aspx>



## 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 children. Days of Discovery received their EEC child care license for the new building and all 6 classrooms are up and running. All EHS partner sites have newly installed artificial turf and fencing for enhancing infant toddler outdoor playspaces. Artificial turf decreases the amount of injuries sustained while little ones are learning to crawl, walk, jump and run for the first times.

**Home based/Socializations:** We are maintaining our enrollment of 42 children with a waitlist. We have received notification from Regional OHS office that we have been granted permission to add Brockton to our home based catchment area, along with existing areas of Middleboro, Norton and Attleboro. Great news.

**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 for 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 want to expand their programs to accommodate more eligible children. We await notification in late 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.

## Winter Pregnancy Safety

You know all the nuts and bolts of staying safe while pregnant—but during the winter, it can be tricky.

Between icy streets and blasting heat, there's no shortage of danger that comes with the territory of the coldest season and it's important to prepare for the change in weather.

\* Get the flu vaccine

\* Wear flats when the weather calls for them - You don't want to slip on an icy patch while pregnant.

\* Stay inside on inclement days - When it snows too much, stay home. Request the right to work from home when the weather is extreme.

\* Get enough calcium - We spend less time out in the sun during the winter—it's important to compensate by consuming enough calcium. Absorbing calcium depends on a very important vitamin – Vitamin D.

\* Use a humidifier - When you blast the heat in your home, the air gets dry. If your home is too dry you should use a humidifier to prevent nosebleeds.

\* Stay hydrated - Too much heat can cause dehydration, which can reduce the amount of amniotic fluid.

\* Get as much activity as possible - Winter weight gain is all too real—but for a pregnant woman, it can pose health risks. The more weight a pregnant woman gains, the bigger the baby gets which can cause complications. Keeping weight gain to an ideal level is very important.

Source: <https://www.fitpregnancy.com/pregnancy/ways-pregnant-women-can-stay-safe-winter>

## Indoor Toddler Activities

1. Get out the cardboard boxes and create! A box can be anything: a train, ramps for cars, an airplane, a house.  
2. Shaving cream is a great indoor sensory activity that toddlers love. Squirt some on a pan and just let them have fun. Add food coloring if you like. Use a tool to move around the shaving cream (food coloring stains). You might want to put them in an old shirt and maybe put a towel down too. It does get messy!

3. Bowl indoors! Grab one of the kids' balls. Set up a few items for pins. Lots of things will work for these, water bottles, paper towel tubes, toilet paper works too!

4. Create a necklace, toddler style! Use a piece of string (a shoestring works well because of the hard end) and something to thread on it. Big beads would be great. But other items such as straws or large pasta noodles work too. This would be a great fine motor activity.

5. Dig a newspaper out of recycling, scrunch it up into a ball and have fun throwing it! Add a target to the mix and practice counting too. All great gross motor practice.

Source: <http://hansonaswegrow.com/top-10-indoor-activities-for-toddlers>

# Taunton Area School to Career

## 13th Annual Spelling Bee

The plans for TASC's 13th Annual Business-Education Spelling Bee are in full swing! The event will be held at Taunton High School Auditorium on March 8th, 2017! This annual event takes place to increase awareness of TASC's mission of Empowering Youth to Succeed, and to raise funds for its youth serving programs. The Spelling Bee is not only a lot of fun, but also an excellent opportunity to demonstrate teamwork. The local businesses and organizations who register a team or sponsor the event benefit from great visibility, as the Bee is broadcast (and often re-broadcast) on local access cable television!

Each team at the Spelling Bee consists of 3 people from a business or group, 1 eighth grader and 1 high school senior. The senior on the championship team receives a \$1,000 scholarship, the eighth grader receives an e-reader and the business receives bragging rights for a whole year, plus a trophy. The 2nd and 3rd place winners also receive scholarships and awards.

While many business Teams and Sponsors are returning for this year's event, TASC is always looking for new teams and sponsors. If you have a business, or know of a business who may be interested, either TASC Program Director Dan LeBrun or AHS Development Coordinator Debbie Howland would be pleased to discuss ways to get involved!

Taunton Mayor Tom Hoye will be returning to the event again this year as the Master of Ceremony. Carol Sullivan, of Carol Sullivan Real Estate, Inc. has agreed for a third time to be the Chairperson of the Planning Team. Carol is well-known in the community and also current president of the Taunton Rotary Club. Dr. Julie Hackett, Superintendent of Taunton Public Schools, will act as the Pronouncer this year. Please mark your calendar to volunteer for, or take part in, the event!

## Career Mentor Program

The 2016-17 Career Mentor Program is well underway. The Taunton Alternative High School (TAHS) expanded program has begun, the program at Bristol County Agricultural High School (BA) has kicked-off with a Kick-Off Breakfast on February 1st, and we are preparing for the start of the program at Taunton High School (THS) on February 8th.

A student information session took place at THS, and there were student and parent information sessions at BA in January. There are currently 45 mentors who have committed to serve as mentors and 45 students from our three participating schools seeking the guidance of a mentor. The TASC Career Mentor Program at Taunton Alternative High School launched in October with 4 mentor/mentee matches. A new match joined the group on February 3rd bringing the total at TAHS to 5 matches. With the guidance and support of their mentors, 4 participating TAHS students have followed a curriculum designed to guide them to understand their job skills and preferences, set goals, explore potential careers and learn about the preparation and training needed to pursue their careers of interest. This February, the TAHS students and mentors will join those from THS and BA as part of the traditional program.

Have you ever considered becoming a career mentor to a high school teen? For additional information or to become one, contact Trish O'Brien, TASC Career Mentor Program Coordinator, at (508) 821-3020 or by email at [trish.tasc@gmail.com](mailto:trish.tasc@gmail.com).



## TASC Work Study Program

This 2016-2017 school year, Taunton Alternative High School has partnered with TASC (Taunton Area School to Career) with the school's Work Study Program. This program allows senior students to work during their academic school day on Fridays for school credit. As of right now we currently have 15 students enrolled in the program. Some of the positions that the students work are cashiers, food preparation, customer service, extended day care and sales associate. Worksites include Sisskind Chiropractic, Piezoni's, Burger King, Domino's, YMCA, Dunkin Donuts and Almeida's Country Store.

The Work Study Program has had a positive impact on the students, Taunton Alternative High School and the employers. The program allows students to gain real life work experience while attending their high school classes.



Hannah S., senior, works at Sisskind Chiropractic

**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 Dan LeBrun, at 508-821-2846.

# Resource/Information Page

## Recycling Basics

by Chrissy Collins, Early Intervention Counselor

Recycling is a must when trying to live in today's world. It is the best way to support the environment and all towns and cities thankfully require recycling. Here are some commonly mistaken items recycled.

Contaminated items like greasy pizza boxes, deli containers that have food stains or even half-full bottles of soda. The recycling centers cannot take soiled containers and rinsing your recyclables will keep pests away from your bins.

Hot and Cold packages are unable to be recycled. They are things like soda 12-packs, freezer and fridge boxes and Styrofoam cups, chicken nugget boxes, frozen pizza boxes and anything made out of Styrofoam.

Hazards are anything that has potential to cause human harm or damage the sorting equipment at the recycling center. This means nothing sharp or broken, no chemicals or paint cans and absolutely no scrap metal of any kind. Scrap metal is recyclable but not in your bin. Household hazardous materials are also recyclable at Eco-Depot events for proper disposal.

Textiles of any kind cannot be put in your recycling bin, but can be donated if they are in good shape. This includes stuffed animals, bedding, shoes and backpacks. There are many recycling bins around the state for donated goods.

As always, check your town or your Department of Public Works websites for any changes or questions. Recycling is a team process and you are an important part of that team! Let me know how it goes at [Chrissyc1@cox.net](mailto:Chrissyc1@cox.net).



## Day-by-Day Healthy Eating

In the summertime, many of us eat an assortment of fresh fruits and vegetables. However, once the leaves start to turn, so does the desire for raw fruits and veggies. When winter strikes, many of us find comfort only in the seasonal starches: potatoes, apples, squashes, onions, beans and carrots. Here is a list of suggestions for you and your family to eat healthy all winter long. You can choose to commit to a few or all of the suggestions below. Either way, write out which ones you're committing to and place it in a spot you can easily see.

### Day by Day:

*I Commit to (at least) One Serving of Raw Fruits or Vegetables Each Day*

Keep your home, office, and bag stocked with one or more of your favorite snack-time fruits or vegetables. Apples, carrots, celery and pears are all convenient options that travel well.

*I Commit to Adding Fresh Lemon or Lime Juice to (at least) 2 Glasses of Water Each Day*

Forget the pre-made concentrates and artificial flavorings. Always have a few fresh lemons or limes on hand for squeezing into your water. This adds an instant dose of vitamin C, calcium and potassium.

*I Commit to Adding Something Green and Leafy to One Meal Each Day*

Whether it's a piece of lettuce in your sandwich or wrap, a parsley garnish to salsa or some basil in a pasta sauce, keeping up with your fresh greens is essential to staying healthy this winter. Greens provide us with the following health benefits: they're high in antioxidants, they help prevent illness and disease and they help improve cognitive functioning.

*I Commit to Eating (at least) Four Different Kinds of Vegetables Each Day*

Anyone eating a balanced plant-based diet should have no problem with this. For instance, you may have a mixed vegetable juice in the morning, lettuce and tomato on a sandwich at lunch and potatoes and onions with dinner. The key here is to get variety each and every single day.

*I Commit to Cooking or Creating One Balanced Meal Each Day*

Not all of us cook. However, fulfilling a commitment to yourself to get an adequate amount of health-improving fruits and vegetables is a lot easier when you take full control of your meals. Don't wait until you get sick this winter to really start taking care of yourself and your family. Begin today by committing to yourself that fruits and vegetables will be a priority this winter.

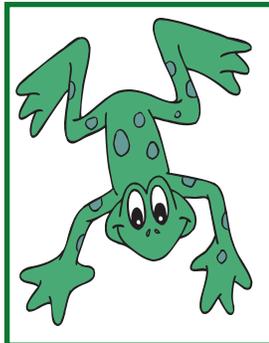
Source: <http://www.onegreenplanet.org/natural-health/commandments-for-healthy-eating-in-the-winter-months/>

# Resource/Information Page

## It IS Easy Being Green

by Chrissy Collins

Many people hear the terms "green travel" or "ecotourism" and picture someone sleeping in a tree house in the jungle or canoeing down the Amazon. But this type of eco-adventure is just one end of the green travel spectrum. You don't need to sacrifice creature comforts or go off into the middle of nowhere to be a green traveler; you can visit big cities or small villages, or even stay in luxury hotels. All that's required is an effort to preserve and protect the environment of the place you're visiting.



There are various shades of difference among all these terms, but at the heart of the matter is the importance of protecting the natural and cultural environment of the places you visit. That means conserving plants, wildlife and other resources; respecting local cultures and ways of life; and contributing positively to local communities. Why Go Green?

With nearly 1 billion tourists crisscrossing the globe every year, it's more important than ever for travelers to minimize their individual impact on the earth's natural and cultural treasures. The potential negative effects of tourism are both local and global; oceanfront hotels contribute to beach erosion and carbon dioxide emissions from planes are a growing contributor to global warming. What can you do?

If you're not spending the night in a green hotel, there are still several easy steps you can take to make your stay more eco-friendly.

Keep your showers short, and shut off the water while you're brushing your teeth.

When you leave the room, turn off the air-conditioning, heat, television, lights or any other electric devices.

Reuse your sheets and towels instead of having them changed every day. Many hotels will not replace your towels if you leave them hanging up neatly; if you're not sure, write a note for the housekeeping staff or notify the front desk.

Bring your own toiletries and drinking cup rather than using the prepackaged ones provided. If you do use the hotel's toiletries, take them with you and use them at home or during the rest of your trip.

Know your hotel's recycling program and sort your trash accordingly. If your hotel doesn't recycle, consider taking your empty bottles or other items home with you to recycle them there.

Let me know how it goes on your travel at [Chrissyc1@cox.net](mailto:Chrissyc1@cox.net)

## Expansion Walk Through



Our first glimpse of the inside of the new addition. Bob Marshall, Project Manager, gave the Senior Managers and the Board of Directors a tour of the building.

Pictured l-r: Amy Conley, HR Director, Martin Kenney, Board of Directors Chair, Nancy Pereira, Wise Adult Day Health Program Manager, Zulmira Allcock, EI Program director, Georgianna Ouellette, EHS Program Director, Carol Sullivan, Director, Len Sullivan, Director, Lucy Provazza, Board of Director Treasurer and Kathleen Tunney, AHS President and Executive Director

## Monitor Your Blood Pressure

In recognition of American Heart month....

What's your blood pressure goal? Develop a plan to regularly check your blood pressure, not just at the doctor's office, but at home or at a pharmacy. Track your results in a log or diary to monitor your progress.

### **Make healthy choices:**

- \* Exercise can be a great way to help control your blood pressure. Find a safe place to walk or be more active.
- \* Increase the time and intensity of your physical activity as you progress.
- \* Shop for more fresh fruit, vegetables, and whole grains and fewer prepared foods with high sodium, cholesterol, saturated fat, and trans fat.
- \* Learn to read labels and choose foods lower in sodium.
- \* Lowering your sodium will lower your blood pressure.
- \* Quit smoking.



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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
- \* Double Stroller
- \* Magazines
- \* Soft Tissues

## Useless Trivia

- \* Women have been found to blink more often than men.
- \* The lint that collects in the bottom of your pockets has a name — gnurr
- \* Flamingos get their color from the carotenoid pigments in the foods that they eat, like algae and shrimp.
- \* The line between the two numbers in a fraction is called the vinculum.
- \* The U.S. pizza industry serves up to 100 acres of pizza every day.

## Special Days to Celebrate in February

American Heart Month  
Nat'l Children's Dental Health Month  
1st - National Freedom Day  
2nd - Ground Hog Day  
3rd - Bubble Gum Day  
4th - Thank a Mailman Day  
5th - National Weatherman's Day  
5th - Superbowl Sunday (GO PATS!!)  
6th - Lame Duck Day  
8th - Boy Scout Day  
9th - National Pizza Day  
11th - Make A Friend Day  
13th - Clean Out Your Computer Day  
14th - National Organ Donor Day  
14th - Valentine's Day  
15th - Singles Awareness Day  
16th - Do a Grouch a Favor Day  
17th - Random Act of Kindness Day  
20th - Love Your Pet Day  
20th - President's Day  
22nd - Be Humble Day  
22nd - International World Thinking Day  
26th - Tell a Fairy Tale Day  
27th - Polar Bear Day  
28th - Mardi Gras/Fat Tuesday  
28th - National Tooth Fairy Day

## E-Waste Recycling Program

AHS participates in the Planet Green Recycle Program which helps raise funds with an e-waste recycling program.

E-waste includes waste from electronics, including discarded mobile phones, refrigerators, electronic office equipment, computers, television sets and electronic entertainment devices. According to GreenPeace.org, electronic waste is now responsible for 5% of municipal solid waste across the world, and e-waste affects more than just developed countries.

AHS, Inc. collects empty printer cartridges, and old cell phones and sends them to Planet Green and in turn, Planet Green sends us a check. This money goes into the Lifelong Learning Fund that helps support AHS' four programs. Programs use the Fund to purchase therapeutic equipment, offer family nights, community outings, etc.

Please help by bringing in your old phones and printer cartridges.