

# The Correspondent

Early Intervention Program

Early Head Start

Wise Adult Day Health

Taunton Area School to Career

Volume 22, Issue 3



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March, 2017



## Thank You Bob's Discount Furniture

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Wise Adult Day Health program serves individuals with various medical conditions, many of which require the ability to elevate their legs at intervals throughout the day. While some of our furniture reclines, we found that as our participants are aging in place with us, there is an increasing need for more. Wise reached out to Bob's Discount Furniture in the hope they might donate a recliner or reclining sofa to our facility. Bob's Discount Furniture responded favorably and quickly, quite graciously donating a \$500.00 gift card toward the purchase of the quality recliner of our choice for our program! "Recliners are so needed by our participants who truly benefit from the ability to elevate their legs throughout the day due to various health issues that cause severe leg pain and swelling," notes Program Director Nancy Pereira. "We are so very grateful to Bob's Discount Furniture for their generous donation which allowed us to purchase a reclining love seat to meet the increasing physical demands of our medically frail elders."



Nancy and Linda were the first to try the new reclining loveseat from Bob's Furniture.

## TASC Spelling Bee

**Date:** March 8, 2017

**Time:** 6:00 - 8:00 pm

**Place:** Taunton High School Auditorium

### Prizes Include:

- Bragging Rights for the Business/Team Champion!
- \$1,750 in college scholarships for HS Seniors on top 3 teams!
- E-readers for 8th graders on top 3 teams!

**Spectators & Team Supporters Welcome!**

**Live Broadcast on local Cable TV, Channel 9!**



# Wise Adult Day Health

by Nancy Pereira

## It's Puzzling

Did you know that doing puzzles has major brain benefits? Puzzles strengthen the connections between brain cells and improves memory. Puzzles cause the individual to think about things in new ways to find solutions through trial and error, heightening creativity. It uses the whole brain, integrating logic and creativity. All this activity produces dopamine which creates positive moods, better concentration and enhanced motor skills. The best part of puzzles is, despite all that brain activity going on, the focus on the task is quite relaxing which can create meditative states, helping the mind stay calm and peaceful, reducing stress and boosting confidence!



Gary is determined to complete his puzzle.

## Crafty Craniums



Barbara, Peter and Linda are using old magazines for their art project

Arts and crafts are a huge part of our activities programming here at Wise Adult Day Health and while we can all agree that it's fun, there are also other benefits to the craft of "crafting". Recent studies show that activities like crafting could reduce chances of developing mild cognitive impairment by as much as 50 percent, and is believed to protect the brain from aging. If that isn't enough to motivate you into breaking out the paint brushes and glue sticks, other benefits include reducing stress, increasing happiness and it can also help alleviate anxiety and depression,



Dottie is using soft clay to mold objects which helps to keep hands and fingers limber.

producing calming effects similar to meditation.

Psychologist Mihaly Csikszentmihalyi said during a TED talk in 2004: "When we are involved in [creativity], we feel that we are living more fully than during the rest of life. You know that what you need to do is possible to do, even though difficult, and sense of time disappears. You forget yourself. You feel part of something larger."

## 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

Pat Flanagan is Early Intervention's highlighted staff person this month. Pat came to AHS' Early Intervention Program in May of 2006. She graduated with a Bachelor of Science degree in Education, with a concentration in Communication Disorders from Bridgewater State College. Pat holds a Professional Lead Teacher Certification for Preschool and Infants and Toddlers. She also holds an Associates of Science Degree in Early Childhood Education. She ran her own Child Care program for 18 years before coming to Early Intervention. Pat approached the program about becoming certified in the SCERTS model (Social Communication Emotional Regulation Transactional Support). This SCERTS™ Model is a comprehensive, multidisciplinary approach to enhancing communication and social-emotional abilities of children. Pat received her SCERTS certification in 2011. Pat was active in expanding the knowledge she obtained and in 2013 became the SCERTS coordinator in the EI program. She assesses the child's needs and together with the family and the service coordinator develops a plan. She provides oversight to the program for all providers who focus on the SCERTS strategies. Pat also provides services to children that need additional services in the



Pat assists a child during a homevisit.

areas of speech/language and feeding. Pat is passionate about her work with the families and children she serves, and has exemplary organizational and time management skills in balancing her different roles.

Congratulations on your upcoming 11 year

anniversary with Early Intervention!

## Help with Fine Motor Skills

Children who have issues with fine motor skills have a hard time developing strong muscles in their fingers, hands and wrists. Here are ideas for activities that can help them build the muscles needed for fine motor skills.

**Stock up on play-dough.** Play-dough has been a childhood favorite for decades. Not only is it downright fun, but handling play-dough develops some important skills. Squeezing and stretching, it helps strengthen finger muscles, and touching it, is a valuable sensory experience.

**Do some finger painting.** Using finger paint can strengthen your child's eye-hand coordination and manual dexterity. All you need is an easel or a thick piece of paper, some finger paints and a space—where your child can get messy.

**Squeeze out a sponge.** Set up two separate bowls, one filled with water and the other empty. Give your child a sponge to soak in one bowl. Then squeeze the water out of the sponge into the other bowl.

**Make bathroom murals.** Show your older child how to safely cut thin pieces of craft foam into whatever shapes. Then create murals during the bath. Simply wet them so they stick to the wall or to the side of the tub.

**Color with broken crayons.** Difficulties with fine motor skills can make it tough to grip a pencil. Coloring with small, broken crayons encourages your child to hold the crayon correctly—between thumb and forefinger. Pencils used on mini-golf courses and small pieces of chalk work well, too.

**Make paper dolls.** Paper dolls have been around for generations, and kids still love them. By cutting and folding tabs, your older child can strengthen important hand muscles. Start by cutting out larger dolls and outfits, and move to smaller pieces over time. Paper dolls can appeal to boys as well as girls—just look for characters that interest your child.

**Make macaroni necklaces.** Stringing together necklaces is a great way for your child to be creative while working on eye-hand coordination and developing the ability to manipulate objects. To start, use a thick string and big beads or large pieces of dry pasta. Over time, work on more complex designs using smaller pieces.

*Source: Erica Patino, MA, is an online writer and editor who specializes in health and wellness. Her articles have appeared on websites such as Everyday Health, Health Monitor and Medscape*

## 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 with a waitlist. Playgrounds at all sites have been nearly completed, with final touches to happen in spring when ground is softer. Partners will be looking for options to install shade structures and/or storage sheds.

**Home based/Socializations:** We are maintaining our enrollment of 42 children with a waitlist. With the addition of Brockton now in our service area, we have seen an increase in our enrollments and waitlist from Brockton.

**Policy Council Membership:** 6 Parents along with 3 community representatives are attending our Policy Council meetings regularly and have been fully engaged and participating in enriching conversations and decision making. We continue to recruit for alternate 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.

**Professional Development:** Partnership classroom staff have been participating in on site reviews to receive their CDA's. All have been successful. We also currently have 2 home based staff participating in college classes to attain their Bachelor's degrees.

**Grant Opportunities:** AHS has submitted a new grant to the United Way of Plymouth County with hopes to support transportation in our child care partner sites in Brockton.

**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 also welcome your input on future topics you'd like to learn more about.

**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.

## Eating Tips During Pregnancy

Eating well can help you have a healthy pregnancy and a healthy baby.

1. Don't forget breakfast - Try fortified ready-to-eat or cooked breakfast cereals with fruit. Fortified cereals have added nutrients, like calcium. If you are feeling sick, start with whole wheat toast or eat food later in the morning.
2. Eat foods with fiber - Choose a variety of vegetables and fruits, like carrots, cooked greens, bananas, and melon. Eat plenty of beans and whole grains. Try brown rice or oatmeal.
3. Choose healthy snacks - Low-fat or fat-free yogurt with fruit. Whole grain crackers with fat-free or low-fat cheese
4. Take a prenatal vitamin with iron and folic acid every day - Iron keeps your blood healthy. Folic acid helps prevent birth defects.
5. Eat up to 12 ounces a week (2 average meals) of fish or shellfish - A 3-ounce serving is about the size of a deck of cards. Avoid fish and shellfish with high levels of mercury. Don't eat shark, swordfish, king mackerel, or tilefish. If you eat tuna, choose canned light tuna. Albacore (white) tuna has more mercury. Common fish that are low in mercury include shrimp, salmon, and catfish.
6. Stay away from soft cheeses and lunch meat - Some foods may have bacteria that can hurt your baby. Don't eat: Soft cheeses like feta, Brie, and goat cheese, uncooked or undercooked meats or fish (like sushi), lunch meats and hot dogs unless they are heated until steaming hot.
7. Limit caffeine and avoid alcohol. Drink decaffeinated coffee or tea. Drink water or seltzer instead of soda.

Source: <http://www.medicinenet.com/script/main/art.asp?articlekey=155877&page=2>

## Stages of Play

Children's play skills develop in stages. Play allows children to explore new things at their own pace, learn new skills, and figure things out in their own way. Children's behavior in play develops at their own rate. The following are common stages of play:

- *Onlooker Behavior:* Watching what other children are doing, but not joining in the play.
- *Solitary Play:* Playing alone without regard for others; being involved in independent activities like art or playing with blocks or other materials.
- *Parallel Activity:* Playing near others but not interacting, even when using the same play materials.
- *Associative Play:* Playing in small groups with no definite rules or assigned roles.
- *Cooperative Play:* Deciding to work together to complete a building project or pretend play with assigned roles for all of the members of the group.

Source: [www.childaction.org](http://www.childaction.org)

# Taunton Area School to Career

## Bridge to STEM Employment

This past fall, TASC began a “Bridge to STEM Employment”, or BTSE, Program at Taunton High School. A group of students have started building leadership skills, forming relationships and learning about different STEM careers that are available right in their backyard. STEM is an acronym for Science, Technology, Engineering, and Math.

The BTSE program is made up of twenty-nine 10th grade students who are first generation college-bound, and who have an interest in entering the STEM field. These students will work together for the next three years completing a service-learning project, interacting with STEM professionals in various backgrounds, and touring colleges. The group this year has toured Waters Corporation and spoken to various levels of their employees, from recently graduated college students to a PHD Chemist.

The BTSE group of students will continue the planning process of a service project, which they have decided will be an event to be held in spring 2018 for elementary and middle school students. The event is aimed at helping get these younger students more active and outdoors through sport workshops and games that will all be run by the high school students.

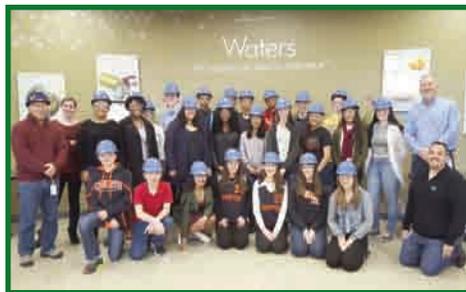
Coming soon is a tour of Boston University, a hands-on learning project run by employees of Electrochem Solutions, as well as a tour of their facility in Raynham.

TASC wishes to thank Waters Corporation, and local Waters site

Director Christopher Benevedes in Taunton’s Myles Standish Industrial Park, for a very generous three year sponsorship grant, in support of our BTSE Program!



Here students are involved in an activity called "House of Commonalities".



The tour at Waters Corporation with some of the staff who assisted with the tour

## Project Intern

The TASC P.I. Program at Bristol County Agricultural High School provides students on the job, industry work experiences. The program runs from February 27 through April 13 with several area businesses participating. Students are able to apply basic skills and knowledge to real world settings, learn about technological skills relevant to the industry, as well as link what they learn in the classroom to actual work experiences. Opportunities are created that expose students to the skills, expertise and attitudes essential to succeed in today’s workplaces.

Employers benefit from hiring interns from Bristol Agricultural because they can recruit and train future employees, reduce employee training costs, share their expertise and influence curriculum development to meet industry standards.

Some of the businesses participating this year include: Thistle Hollow Farm in Berkley, Village Wolf in New Bedford, Warren Animal Hospital in Warren, RI, Buttonwood Park Zoo in New Bedford, Dighton Water District, and Regal Tree & Shrub Experts in South Easton.

At the end of the program, the students prepare a display showing what they have learned during their internship. Parents, supervisors, and teachers are invited to attend this Closing Exhibition Ceremony.



Participants in the Project Intern Closing Exhibition Ceremony in 2016



During Match Activities Week, three mentors, who won tickets, brought their mentees to a Boston Celtics game.

**Taunton Area School to Career** is aimed at Empowering Youth to Succeed. It 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. TASC ultimately contributes to the economic and social well-being of the community by offering school age youth opportunities to seek and understand the skills 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

## Taste of Eating Right

Nutrient-rich foods and beverages provide vitamins, minerals, protein, carbohydrates and other essential nutrients that offer health benefits with relatively few calories.

When your daily eating plans include foods like vegetables, fruits, whole grains, lean meats, poultry, fish, eggs, fat-free or low-fat dairy, beans, nuts and seeds in the appropriate amounts, you are able to get many of the nutrients your body needs, all with relatively low amounts of calories.

Here are practical ways to add nutrient-rich foods and beverages to your daily diet:  
 \*Make oatmeal creamier by using fat-free milk instead of water.  
 Mix in some raisins, dried cranberries, cherries or blueberries, too.

\*Make sandwiches on whole-grain bread, such as whole wheat or whole rye. Add slices of avocado, tomato or cucumber to lean roast beef, ham, turkey or chicken.

\*When eating out, look for nutrient-rich choices, such as entrée salads with grilled seafood and low-calorie dressing, baked potatoes topped with salsa, grilled vegetables and reduced-fat cheese and yogurt parfaits made with strawberries and blueberries.

\*Drink nutrient-rich, low-sugar beverages such as low-fat or fat-free milk or 100-percent fruit juice.

\*Top foods with chopped nuts or reduced-fat sharp cheddar to get crunch, flavor and nutrients from the first bite.

\*Spend a few minutes to cut and bag vegetables so they are in easy reach of every family member. Some ready-to-eat favorites include red, green or yellow peppers, broccoli or cauliflower flowerets, carrots, celery sticks, cucumbers, snap peas or radishes.

\*Serve meals that pack multiple nutrient-rich foods into one dish, such as hearty, broth-based soups that are full of colorful vegetables, beans and lean meat. Make chili with a dollop of low-fat yogurt. Serve these with whole-grain breads or rolls.

\*For dessert, enjoy a tropical treat by blending mango, plain low-fat milk, ice and a splash of pineapple juice, or stir chocolate syrup into a cup of coffee-flavored yogurt, freeze and enjoy.



Source: [www.eatright.org](http://www.eatright.org)

## Flu Prevention

The Southeast area has been experiencing a severe influenza outbreak that has unfortunately already resulted in loss of life and serious hospitalizations. The center for disease control is recommending taking precautions to keep yourself and your loved ones healthy and safe. You should follow these simple guidelines for at least 7 days or 24 hours after the resolution of fever and flu like symptoms, whichever is longer.



1. Flu shots- it's not too late to get them!
2. Washing your hands is key!
3. In caring for anyone with influenza, wear a face mask when entering the sick person's room, remove it upon leaving the room.
4. Wash your hands before and after gloving up, providing treatments and any contact with potentially contaminated surfaces.
5. Make sure you wear gloves to prevent contact with respiratory secretions or potentially contaminated surfaces.
6. Change gloves in between providing care for various individuals and perform good hand hygiene.
7. If someone is ill, it is best to keep them separated in a private bedroom or area so as to lessen the possibility of the flu spreading.
8. If the person with influenza is being transported, have them wear a facemask.
9. Notify other health care professionals if a case of influenza is suspected or confirmed.
10. Make visitors aware of confirmed or suspected cases of influenza and restrict admission to affected homes.
11. Restrict ill visitors from the home or workplace.
12. If you or someone in your care is displaying flu-like symptoms, please take it seriously and act quickly to get care.
13. Please keep symptomatic individuals home.
14. Remember, elderly and children tend to be more susceptible. It is better to err on the side of caution to keep everyone healthy and safe.
15. An ounce of prevention can save a life.

Source: [www.flu.gov](http://www.flu.gov)

# Resource/Information Page

## It IS Easy Being Green

by Chrissy Collins

For those who celebrate, Spring is fast approaching and I was researching the best way to dye an egg the natural way. Many of our spices and vegetables when mixed with vinegar can do the trick. It is positively easier with dye tablets but dyeing with vegetables and spices is a more magical lesson for the kids. Also, if you plan on eating your dyed eggs, then limiting your exposure to the chemicals in the dye would go along with our "green" attitude.

To achieve colored eggs in pastel colors start by boiling a kettle of water. Add 1 1/2 tsp. of white vinegar to five separate coffee mugs.

Then add:

Yellow egg- 1 tbsp. of turmeric

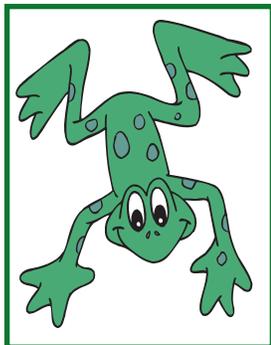
Peach egg- 2 papery peels of an onion

Lime Green egg- 1/4 c chopped red cabbage and 1 tsp. turmeric

Pink/Purple egg- 1/4 cup of shredded beets

Blue eggs- 1/4 c of chopped red cabbage

Add a cup of boiling water to each cup. Don't forget to buy white eggs. These eggs require a longer soaking time but they are worth it. Experiment in your own kitchen and make a new color. Let me know how it goes at [chrissyc1@cox.net](mailto:chrissyc1@cox.net)



## Strategic Planning

AHS programs and departments are all getting ready for strategic planning. If you've been enrolled in our programs for awhile, you already know what to expect! If you're new this year, here's the process. Your program staff will deliver or mail a satisfaction survey to you. Please fill it out and return it to us, as soon as possible, in the sealed envelope provided. We will use your comments and suggestions to enhance our programs to better meet your needs and to be more efficient. Thank you for your assistance!



Signs of Alzheimer's	Typical age-related changes
Poor judgement and decision making	Making a bad decision once in a while
Inability to manage a budget	Missing a monthly payment
Losing track of the date or the season	Forgetting which day it is and remembering later
Difficulty having a conversation	Sometimes forgetting which word to use
Misplacing things and being unable to retrace steps to find them.	Losing things from time to time

Source: <http://www.healthline.com/health/alzheimers-disease/difference-dementia-alzheimers>

## Eating to Reduce Inflammation

Luckily, eating with reduced inflammation in mind may be easier than you think.

\* Let fruits and vegetables make up at least half your plate at meals. Take care to regularly fit in fresh, frozen or dried berries and cher-



ries. Be sure to eat a variety of vegetables, including leafy greens such as kale, chard and brussels sprouts.

\* Opt for plant-based sources of protein including beans, nuts and seeds.

\* Choose whole grains instead of refined ones. Give up white rice and replace it with brown, black or wild rice; whole oats or barley for cream of wheat; and whole-wheat bread instead of white.

\* Pick heart-healthy fats as opposed to not so healthy ones. Olive oil, avocados, nuts and seeds are a few delicious choices.

\* Choose fatty fish such as salmon, sardines and anchovies to get a dose of omega-3 fatty acids.

\* Season your meals with fresh herbs and spices. They pack a flavorful and antioxidant-rich punch.

Though diet is important, it's not the only factor. Quality and duration of sleep and other lifestyle factors can have a direct impact on inflammation.

Source: <http://www.eatright.org/resource/health/wellness/preventing-illness/inflammation-and-diet>

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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

- \* "Jay" used to be slang for "foolish person." So when a pedestrian ignored street signs, he was referred to as a "jaywalker."
- \* Lyme disease is named after the town of Lyme, Connecticut, where several cases were identified in 1975.
- \* Michael Jackson's 1988 autobiography Moonwalk was edited by Jacqueline Kennedy Onassis.

## Special Days to Celebrate in March

- Irish American Month
- National Craft Month
- National Nutrition Month
- 1st - Ash Wednesday
- 1st - Peanut Butter Lovers' Day
- 2nd - Old Stuff Day
- 3rd - Caregiver Appreciation Day
- 3rd - Employee Appreciation Day
- 4th - Hug a GI Day
- 6th - Int'l Working Women's Day
- 9th - Popcorn Lover's Day
- 11th - Johnny Appleseed Day
- 12th - Girl Scouts Day
- 14th - National Pi Day
- 15th - Ides of March
- 17th - St. Patrick's Day
- 18th - National Quilting Day
- 19th - Poultry Day
- 20th - Proposal Day
- 20th - International Earth Day
- 21st - Fragrance Day
- 23rd - National Puppy Day
- 25th - Waffle Day
- 27th - National "Joe" Day
- 30th - National Doctor's Day
- 31st - Nat'l Clam on the Half Shell Day
- 2nd Week - National Crochet Week

## Pot of Gold Raffle

**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**

**Who will be  
the big  
winner!!**