

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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April, 2017



Top of the Morning to Ye!

Several staff participated in the St. Patrick's Day Celebrations including the Pot of Gold Scratch Ticket Raffle and Best Dressed Leprechaun.

Congratulations to Patricia Bushika on winning the Raffle and scratching over \$1,000 in cash prizes. Debbie Howland won the Best Dressed Leprechaun, Valerie English won second and Mary Cremins came in third. It was a lot of fun to see staff all dressed up for the contest. Congratulations to all!



The "Leprechaun" gets ready for the Pot of Gold Raffle.

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Wise staff and volunteers were feeling "green and lucky" during the St. Patrick's Day Celebration

SAVE the Date

On Tuesday, May 16th, 2017 Wise Adult Day Health will be celebrating it's 31st Annual Friendship Day Event, 12 noon to 2pm. Please join us for a 50's theme luncheon with entertainment provided by Pamela Tietze, the Singing Nurse! Invitations to follow!



Wise Adult Day Health

by Nancy Pereira

Advisory Council Volunteers Needed!

In our continued commitment to quality programming and compliance with Department of Public Health regulations, Wise Adult Day Health has been conducting Participant and Family Advisory Council (PAC) meetings. Established in July 2015, the PAC advises the program on matters including, but not limited to, participant and provider relationships, community services and needs, quality improvement initiatives, and participant education related to safety and quality, etc. The PAC meets 3 to 4 times per year for one hour. Membership is voluntary, but the commitment is for a minimum of one year from January through December. We are currently still looking for new members to join the PAC for the 2017 January to December Calendar year. Membership is open to current or former participants and/or family members or caregivers, or interested healthcare professionals outside the program who work with the target population. Interested individuals should contact Program Director, Nancy Pereira at 508-880-0202 ext. 327. We really encourage your participation and hope you take advantage of this opportunity to be a part of our ability to continue to provide the quality adult day health services on which you have come to rely. We need and appreciate your input toward continuing to make meaningful improvements in the lives of the individuals we serve here at Wise.

Luck of the Irish

Wise participants got St. Patrick's Day into full swing at the top of the morning with the Singing Monaghans! Their acapella ditties such as



Dave & Philip enjoyed the Monaghans

“When Irish Eyes are Smiling” and “My Wild Irish Rose” made for a delightful holiday sing-along! Our always festive participants got decked out in their best St. Paddy's Day garb and enjoyed a full day of all things Irish from the wonderful entertainment to trivia games, word searches and coloring. Top that all off with a delicious St. Paddy's Day snack of green cupcakes and yogurt parfaits to make everyone's Irish eyes smiling!

Our Year Ahead

Wise Adult Day Health is always looking for ways to improve our participant's experience here at the program. We highly value the input and suggestions from our participants, families and caregivers anytime throughout the year, however, March and April herald our agency's formal process of gathering consumer input. In March, Wise sent out our Family, Guardian and Caregiver satisfaction surveys. Surveys were mailed out with self-addressed stamped envelopes for your convenience. If you haven't yet received your survey, please feel free to call Program Director, Nancy Pereira at 508-880-0202 extension 327 and request one be sent out to you. These surveys are your opportunity to let us know the areas of service in which you feel we sparkle and shine or where you feel we need to apply a bit more elbow grease! The surveys are in a simple yes or no format and you can comment or elaborate on any area. We thoroughly review these surveys and take your comments and suggestions very seriously as we devise our strategic plan for the coming year. It is our goal to continue to implement a program of best practices with the quality services on which you have come to rely.

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

The Early Intervention highlighted employee for April is Jennifer Dowd.

Jennifer has her Associates Degree in Occupational Therapy Assistant Technology from New England Institute of Technology. She



is certified by the National Board for Certification in Occupational Therapy (NBCOT) and licensed in Massachusetts and Rhode Island. Jennifer began with Early Intervention in September 2013. She quickly grew in her skills and expertise and was assigned to work with children who need assistance in sensory integration, feeding, upper body and hand skills. Jennifer is also trained to work with children using 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. She is active in assisting in child play groups, as well as running her own. Jennifer is extremely creative, flexible, eager to take on new challenges, and consistently has a positive attitude in everything she does. Congratulations and thank you to Jennifer for 3 ½ years of working in Early Intervention.

Autism Awareness Month

Autism cannot be cured, but the condition often can be effectively treated, especially if treatment is begun early in the person's life. April is Autism Awareness Month, a time to inform people about autism and to improve understanding of autism and the quality of treatment.

Sensory Friendly Films

Many children with autism cannot enjoy films the way their peers do because of the intense sensory input experienced by seeing a movie in the theater where the volume is very loud and the seating arrangement is constricting. The National Autism Society has organized special showings at AMC theaters throughout the United States called "Sensory Friendly Films." At these movies, the volume is low, the lights are not dimmed, and children are allowed to stand, walk, dance or otherwise be active during the film. Take your family to one of these showings during April to experience a movie from another perspective and meet some new friends.

Read a Book

Whether you belong to a book club or just want to read up on autism on your own, there are many books to increase your knowledge and understanding of this condition. Read some informative nonfiction such as "Animals in Translation" by Temple Grandin, an animal behaviorist who uses her autism to aid her in understanding animals. If you're looking for a novel, there are several with autistic protagonists, such as "Saving Max" by Antoinette van Heugten, a thriller about an autistic teenager.

Attend a Speech

The organization Autism Speaks has become influential throughout the country. Its mission is "to fund global biomedical research into the causes and treatment of autism; to promote public awareness and understanding about autism; to lobby for insurance and increased federal spending; and to offer much needed services for affected families." Visit its website to find an informative speech to attend during April.

Source: http://www.ehow.com/list_7548570_autism-awareness-month-activities.html?utm_source=eHowDesktopShare%26utm_medium=email

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. Our first child care center parent meeting was conducted in conjunction with Brockton Day Nursery, with parents learning more about the Early Head Start Program services, and tax return information.

Home based/Socializations: We are maintaining our enrollment of 42 children with a waitlist. Parents will be planning outdoor trips to the neighborhood parks and field trips now that the warmer weather is approaching.

Policy Council Membership: Six 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 meetings; please ask your PCA or PCC for more details.

Professional Development: Partnership classroom staff continue receiving their CDAs. All have been successful. We also currently have 2 home-based staff participating in college classes to attain their Bachelor degree. Many EHS staff are participating in the Partner's in Perinatal Health Conference in May.

Grant Opportunities: AHS has submitted a new grant to the United Way of Plymouth County with hopes to support transportation for our child care partner sites in Brockton. Official notification has been received that AHS is not a recipient for the additional CCP expansion grant. However, we remain ready for the next opportunity when available!

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. We are also looking for input on topic ideas that you would like to see more on our Facebook page.

PINTEREST: We are at www.pinterest.com/ahs_taunton with boards on parenting tips, eating healthy, safety and much more. Check it out.

Child Abuse Prevention

April was first declared Child Abuse Prevention Month by presidential proclamation in 1983.

Positive Parenting Tips

(<http://www.cdc.gov/ncbddd/childdevelopment/positive-parenting/index.html>)

Guides, on this site, discuss developmental milestones, and offer tips on positive parenting (for ages 0–17) and on keeping children safe. Information includes identification of specific conditions, data and statistics, research, free materials, multimedia and tools, and links to other websites.

Help for Parents (<http://www.childhelp.org/pages/help-for-parents-caregivers>)

Offers access to the National Child Abuse Hotline for parents of children who are being abused or who have been abused. Trained counselors are available 24/7, with communication in 140 languages through translators. All calls are anonymous and toll-free: 1-800-4-A-CHILD (1-800-422-4453). Also offers resources on parenting including dealing with difficult behavior, setting limits, using time-out effectively, and safety.

About Child Abuse

(<http://www.childhelp.org/pages/what-is-child-abuse>)

Describes child abuse and the four major forms: physical abuse, sexual abuse, neglect, and emotional abuse. Offers advice on identifying child abuse, dealing with the aftereffects, resources for help, reporting child abuse, and much more.

Parent Resources: Tip Sheets (http://circleofparents.org/parent_resources/index.html)

Guides that offer advice on how to deal with many issues parents face, including tantrums, discipline, defiance, lying, schoolwork, time-out, and sibling rivalry.

Prevent Child Abuse America (PCA America)

(<http://www.preventchildabuse.org/index.php>)

An organization that works to prevent the abuse and neglect of our nation's children by building awareness, providing education, and inspiring hope to everyone involved in the effort.

Tips and Brochures

(<http://www.preventchildabuse.org/index.php/news-and-publications/tips-and-brochures>)

List of prevention and parenting tip sheets, e.g. An Approach to Preventing Child Abuse; The Relationship Between Parental Alcohol or Other Drug Problems and Child Maltreatment; Twelve Alternatives to Lashing Out at Your Child; and Maltreatment of Children With Disabilities. Source: <http://www.nctsn.org/resources/public-awareness/national-child-abuse-prevention-month#q6>

Taunton Area School to Career

13th Annual Business-Education Spelling Bee

Taunton Area School to Career would like to thank our 21 sponsors, 22 teams and all of our great volunteers for making our 13th Annual Business-Education Spelling Bee on March 8 a huge success! The first place winners were from Taunton High School (Teachers Kaitlyn Kelly and Mike Fox, Jennifer Andrews from Guidance, with THS Senior Fharley Paiva and 8th grader Aidan Scully). Second place winners were Mayor's Worthy Cause (Dan DeAbreu, Jennifer Hoye, Erica Allard; with THS Senior Cameron Lacourse and 8th grader Evan Francis). Third place Team was from Silvia & Quinn, P.C. (Jeanne Quinn, Tricia Quinn, and Kerry Hebert; with THS Senior Trisha Hebert and 8th grader Madison Dufault).



Members of the 3rd place team of Silvia & Quinn, P.C.



Dr. Julie Hackett, Superintendent of Taunton Public Schools, acted as the Pronouncer for the Spelling Bee



Taunton High School winners: Aidan Scully and Fharley Paiva accept the trophy for First Place.



Mayor Tom Hoye, Spelling Bee MC, and Don Cleary, TASC Council Member

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

Volunteer Week

In honor of National Volunteer Week (April 23-29), Associates for Human Services would like to thank all of our volunteers for all their hard work, dedication and support.

With busy lives, it can be hard to find time to volunteer. However, the benefits of volunteering are enormous to you, your family, and your community. The right match can help you find friends, reach out to the community, learn new skills, and even advance your career. Volunteering can also help protect your mental and physical health. Studies have shown that there is a strong relationship between volunteering and health: those who volunteer have lower mortality rates, greater functional ability, and lower rates of depression later in life than those who do not volunteer. Volunteering has a positive impact on you and your community.

Be part of your community - We sometimes take for granted the community that we live in. Volunteering is ultimately about helping others and having an impact on people's well-being. What better way is there to connect with your community and give a little back? As a volunteer, you certainly return to society some of the benefits that society gives you.

Motivation and sense of achievement -

Fundamentally, volunteering is about giving your time, energy and skills freely. As a volunteer you have made a decision to help on your own accord, free from pressure to act from others. Volunteers predominantly express a sense of achievement and motivation, and this is ultimately generated from your desire and enthusiasm to help.

There are numerous volunteer opportunities available. The key is to find a volunteer position that you would enjoy and are capable of doing. The following questions can help you narrow your options:

- * Would you like to work with people or would you rather work in solitude?
- * Do you prefer to work alone or as part of a team?
- * Are you better behind the scenes or do you prefer to take a more visible role?
- * How much time are you willing to commit?
- * How much responsibility are you ready to take on?
- * What skills can you bring a volunteer job?
- * What causes are important to you?

In your search for the right volunteer opportunity, don't limit yourself to just one organization. The more satisfaction you have as a volunteer, the better your contributions and the more likely you'll continue.

<http://www.worldvolunteerweb.org/resources/how-to-guides/volunteer/doc/benefits-of-volunteering.html>

Stress Awareness

Stress happens. Sometimes it's unavoidable, at times it's unbearable. That's why taking time for yourself is a necessity.

Stress does not merely afflict your mind; it can also affect you on a cellular level. In fact, long-term stress can lead to a wide range of illnesses – from headaches to stomach disorders to depression – and can even increase the risk of serious conditions like stroke and heart disease. Understanding the mind/stress/health connection can help you better manage stress and improve your health and well-being.

Combat Your Stress

If you suffer from chronic stress and can't influence or change the situation, then you'll need to change your approach. Be willing to be flexible. Remember, you have the ability to choose your response to stressors, and you may have to try various options.

- * Recognize when you don't have control, and let it go.
- * Don't get anxious about situations that you cannot change.
- * Take control of your own reactions, and focus on what makes you feel calm and in control. This may take some practice, but it pays off in peace of mind.
- * Develop a vision for healthy living, wellness, and personal- professional growth.
- * Set realistic goals to help you realize your vision.

Relax and Recharge

Be sure to make time for fun and relaxation so you'll be better able to handle life's stressors. Carve some time out of your day – even 10 to 15 minutes – to take care of yourself. Also, remember that exercise is an excellent stress reliever.

Everyone is different, and so are the ways they like to relax and unwind. Here are some ideas:

- Take a walk
- Read a book
- Go for a run
- Have a cup of tea
- Play a sport
- Spend time with a friend or loved one
- Meditate
- Do yoga

While you can't avoid stress, you can minimize it by changing how you choose to respond to it. The ultimate reward for your efforts is a healthy, balanced life, with time for work, relationships, relaxation, and fun.

Source: <http://www.foh.hhs.gov/calendar/april.html>

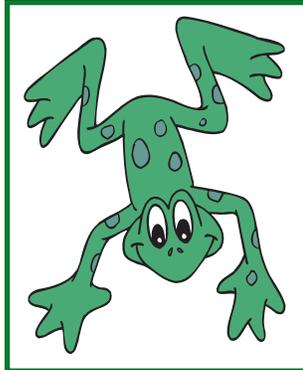
Resource/Information Page

It IS Easy Being Green

by Chrissy Collins

A rain barrel is a small, above-ground storage tank that collects rainwater from gutter downspouts, and stores it for use in the garden. Rain barrels are usually set up so that the water runoff from the gutters of a house, garage, shed or other structure is directed into the barrel. Most rain barrels have a large opening in the top or side of the barrel to allow the water to run in from the downspout. Rain barrels conserve water and help reduce water pollution by decreasing the amount of storm water runoff reaching our streams and rivers.

Plants thrive on natural rainwater with no chlorine, ammonia, fluoride, or other chemicals from municipal water systems. The rainwater collected and stored in rain barrels is ideal for watering lawns and gardens and washing your car. Do not use collected water for drinking, cooking or bathing. Rain barrels can be purchased at your local hardware store or online and they are easy to install. Have fun collecting the spring rains! Let me know how it is going at Chrissyc1@cox.net.



Bubbles Activities

1. Fine Motor Skills – kids will learn to use their hands to hold a wand, coordinate their hands to hold the bottle and dip, open and close the bottle, use their fingers to pop bubbles.
2. Visual tracking – since bubbles move fast, children need to really focus to see where they go.
3. Hand/eye coordination – in order to dip the wand and then blow the bubble.
4. Sensory processing – bubbles are wet, slimy and sticky.
5. Oral motor skills – blowing bubbles is good exercise for little mouths.
6. Social and communication skills – children can ask or sign for “more” as well as learn to take turns.
7. Gross motor skills – as they reach up high and squat and jump and run to catch the bubbles.
8. Following directions – as you guide them in how to pop the bubbles.
9. Identifying body parts- pop them with your finger, your elbow, your knee or your nose!
10. Speech skills- the /b/ and /p/ sounds can be used in bubble play (i.e. “bubbles”, “bye-bye bubbles” and “pop”)
11. Language and cognitive skills – lots of conversation about size, location and movement of the bubbles

To make your own bubble solution

Mix a cup of water, a tablespoon of glycerin (found at health-food stores) and 2 tablespoons of dishwashing detergent.

Source: <http://mamaot.com/2012/08/28/11-benefits-of-playing-with-bubbles/>

Sleep Deprivation

Consequences of sleep deprivation

Decreased Performance and Alertness: Reducing your nighttime sleep by as little as 1 1/2 hours for just one night could result in a reduction of daytime alertness by as much as 32%.

Memory and Cognitive Impairment: Decreased alertness and excessive daytime sleepiness impair your memory and your cognitive ability.

Poor Quality of Life: You might be unable to participate in certain activities that require sustained attention, like going to the movies, seeing your child in a school play, or watching a favorite TV show.

Occupational Injury: Excessive sleepiness also contributes to a greater than twofold higher risk of sustaining an occupational injury.

Automobile Injury: The National Highway Traffic Safety Administration (NHTSA) estimates conservatively that each year drowsy driving is responsible for at least 100,000 automobile crashes, 71,000 injuries, and 1,550 fatalities. The good news for many of the disorders that cause sleep deprivation is that after risk assessment, education, and treatment, memory and cognitive deficits improve and the number of injuries decreases.

Source: <http://www.healthline.com/health/sleep-deprivation/effects-on-body>

Children's Allergies

Early identification of childhood allergies will improve your child's quality of life, reduce the number of missed school days and help you avoid having to use sick time or vacation days to care for your child.



Allergy Symptoms in Children

- * Skin rashes or hives (atopic dermatitis or eczema)
- * Difficulty breathing (asthma)
- * Sneezing, coughing, a runny nose or itchy eyes
- * Stomach upset

Common Allergy triggers in Children

- * Outdoors: tree pollen, plant pollen, insect bites
- * Indoors: pet or animal hair or fur, dust mites, mold
- * Irritants: cigarette smoke, perfume, car exhaust
- * Foods: peanuts, eggs, milk and milk products

If you suspect your child has an allergy, make an appointment to see an allergist. Start a diary before the appointment and keep track of what symptoms your child experiences and what you think causes them.

Source: <http://acaai.org/allergies/who-has-allergies/children-allergies>

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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

Useless Trivia

- * When Coca-Cola announced the return of Coke's original formula in 1985, ABC News interrupted General Hospital to break the story.
- * The Vatican Bank is the world's only bank that allows ATM users to perform transactions in Latin.
- * Michael Jackson's 1988 autobiography Moonwalk was edited by Jacqueline Kennedy Onassis.

Special Days to Celebrate in April

- Keep America Beautiful Month
- National Poetry Month
- Stress Awareness Month
- 1st - April Fool's Day
- 2nd - Nat'l Peanut Butter & Jelly Day
- 4th - School Librarian Day
- 7th - National Beer Day
- 7th - No Housework Day
- 7th - World Health Day
- 10th - Golfer's Day
- 10th - National Sibling Day
- 14th - Ex Spouse Day
- 15th - Husband Appreciation Day
- 15th - Titanic Remembrance Day
- 16th - Easter
- 16th - National Stress Awareness Day
- 17th - Patriot's Day
- 20th - Volunteer Recognition Day
- 23rd - Lover's Day
- 25th - World Penguin Day
- 26th - Administrative Professional Day
- 26th - National Pretzel Day
- 27th - Take Your Daughter to Work Day
- 28th - Arbor Day
- 29th - National Shrimp Scampi Day
- 30th - National Honesty Day

What's Coming up for the Rest of 2017!

Scratch ticket raffle will be held from May 1 - June 21, 2017. \$10 per ticket for a chance to win 100 \$10 scratch tickets. Winner of the Pot of Gold Raffle, drawn on St. Patrick's Day, won over \$1,000! Watch for tickets to become available.

The 23rd Annual Spaghetti Supper & Raffle is scheduled for Friday, September 22, 2017. It will be held at St. Nicholas of Myra, 499 Spring Street, North Dighton. More information to follow.

TASC Business Recognition Dinner will be held on Wednesday, October 25, 2017 at the Holiday Inn, Taunton.

AHS, with Debuca's Wine & Liquors, is hosting a Grand Wine Tasting and Silent Auction on Thursday, November 9, 2017 at a NEW LOCATION. Stay tuned for more details.

Please contact Debbie Howland at 508-880-0202, ext. 333 if you are interested in sponsoring or attending any of the events. Proceeds will support the Lifelong Learning Fund which helps purchase therapeutic toys, equipment, and special programs for clients in our programs.