

The Correspondent

Early Intervention Program

Early Head Start

Wise Adult Day Health

Taunton Area School to Career

Volume 22, Issue 5



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May, 2017



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The "Pot of Gold" Scratch Ticket Raffle was so successful, AHS is going to do it again....Spring into Summer Scratch Ticket Raffle is here. Tickets are available for \$10 each. Win 100 \$10 scratch tickets.

Proceeds from the fundraising events will support our Lifelong Learning fund. This fund is used to provide vital support for children, youth, adults and seniors in our programs who are developmentally disabled or delayed, and families experiencing economical and/or educational challenges in Attleboro, Brockton, Fall River, New Bedford, Norton and the Greater Taunton Area. For instance, it allows us to provide therapeutic equipment for Early Intervention, Welcome Bags for Early Head Start, and community, social and education opportunities in our Wise Adult Day Health Programs. In addition, Taunton Area School to Career will continue to bridge business and education thus improving tomorrow's workforce.

Spring into Summer RAFFLE

PRIZE: 100 \$10 Scratch Tickets

Tickets available on May 1, 2017
 Drawing will take place on June 28, 2017
 Cost per ticket: \$10

Proceeds to benefit the AHS Lifelong Learning Fund

ONLY 400 Tickets to be sold

Top Ticket Seller: \$75
2nd place Seller: \$25

See Debbie Howland for tickets to buy or sell

AHS Expansion Update

As you can see, the expansion of 7,200 square feet is almost complete. The sidewalks and walkways have been completed and the parking lot is ready to be paved.

In the new building there are several new Early Intervention offices, a new playgroup room, a maintenance office, new bathrooms, a file room as well as a new room that will be able to accommodate 50+ people and will be used for staff meetings, trainings, etc.

Thank you to all the staff, families and visitors for their patience while we continue with construction.

Also Thank you to Home Depot who has allowed the AHS staff to park in their lot.

Please stay tuned for information on a ribbon cutting ceremony.



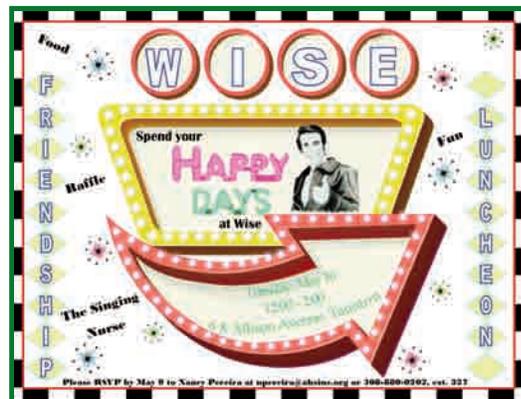
Wise Adult Day Health

by Nancy Pereira

Friendship Luncheon

Wise Adult Day Health is celebrating its 31st annual Friendship Day Celebration on May 16th from Noon to 2 pm. Wise participants will be rocking around the clock with our 1950's themed luncheon event. May is Older American's month and Wise has always celebrated by hosting this annual event. All the participants are welcome to invite friends, loved ones and caregivers to join them at their program to see it first hand and experience some of the fun they get to enjoy here every day.

"The event is about celebrating aging in a healthy, positive way; promoting independence, preventative care and fostering long lasting friendships that keep our participants engaged and connected.", explains Program Director, Nancy Pereira. Entertainment will be provided by Pamela Tietze, "the Singing Nurse". It will be an event of great food, entertainment, raffles and fun! If you are interested in joining the festivities, please feel free to RSVP to Nancy at 508-880-0202 ext. 327.



Tap Happy!

Wise participants enjoyed a fun and creative activity courtesy of Tap n Time! Instructor Belle really gets the crowd going with their tap slippers and percussion instruments,



Participants enjoyed Tap n Time with Belle

playing and tapping along to familiar favorite tunes. Movement is so important in maintaining our health and independence and Tap n Time is such an invigorating low impact "exercise" for the participants! The energy is high and Belle is so engaging with the folks, and really makes it a fun experience for them.

Egg-ceptional Activities

Spring has finally sprung and Wise celebrated its arrival with the annual Egg Coloring Event. There is something about those vibrantly hued dipping dyes that just make this



Mary helped Peter and Phillip painting eggs.

activity so appealing to everyone. Participants got really creative dying beautifully festive eggs in every possible color combination that they were able to take home for themselves and caregivers to enjoy. Egg coloring brings back so many wonderful childhood memories for our folks and offers great opportunities for them to reminisce with each other about their fond memories.

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 Highlighted Early Intervention employee for May is Debra Jenkins. Deb received her Bachelor's degree in Middle School and Elementary Education with a minor in Social Science from Gordon College, and her Masters of Education from Cambridge College. She began her career at Associates for Human Services in March, 2004 when she was hired as a Parent Child Home Program Visitor and then advanced to be the Coordinator. She then transferred to Early Intervention in 2013 and began working with EI as a Developmental Specialist. Besides carrying her own caseload, Deb also developed and coordinates the 10-week Literacy Program here at Early Intervention; that has been made possible by the United Way of Taunton/Attleboro, and Plymouth and the CDBG (Community Development Block Grant). Debbie has a vast wealth of knowledge, is always open and flexible to taking on new tasks. Thank you Deb, for your 14 years of dedication to Associates for Human Services!



BP Tours Early Intervention



Bristol-Plymouth Practical Nurse Program students visited AHS to learn about the services offered by Early Intervention and to explore the role of the nurse as a member of a transdisciplinary team, in working with children and families. The students were also oriented to the role they will play while shadowing the nurses from EI during an upcoming clinical experience. We are excited to be in the second year of this collaboration between the Bristol-Plymouth Practical Nurse Program and Early Intervention. This is a fantastic opportunity to expose the nursing students to this area of nursing, as well as to educate them regarding the great work being done at Early Intervention.



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

Child Care Partnerships: Children are finally enjoying regular outdoor time with their new playgrounds designed especially for infants and toddlers to crawl, walk, run and jump safely with high quality artificial turf and lots of room to explore safely.

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

Policy Council Membership: Members are finishing up the approval of all new policies and procedures related to the new federal performance standards. 6 Parents along with 3 community representatives are attending our Policy Council meetings 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 EHS 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 continue receiving their CDA's. All have been successful. We also currently have 2 Home based staff participating in college classes to attain the Bachelor degree. Many EHS staff are participating in the Partner's in perinatal Health Conference in May.

Grant Opportunities: We completed our site visit with the United Way of Plymouth County with a tour of the Westfield Child Care Center in response to the grant submitted with hopes to support transportation in our child care partner sites in Brockton. Transporting infants and toddlers comes with an extra set of health & safety recommendations and responsibilities that simply are not affordable with current state reimbursement rates.

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 and topic ideas that you would like to see more.

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

Physical Activity

Benefits of physical activity for young children.

What to do when outdoor play is unavailable?

Physical activities range from very simple play for toddlers and infants to more challenging, fun activities for preschoolers and school-age children.

Remember to always ensure that all activities are safe and developmentally appropriate for young children when engaging in physical activities.

The benefits include

- developing muscular strength and endurance;
- building and encouraging self-esteem;
- increasing stability;
- building strong muscles, heart, and bones;
- developing object control skills;
- developing locomotor skills;
- enhancing thinking skills;
- developing object, color, and shape recognition; and
- developing cardiovascular endurance.

Source: <http://www.nfsmi.org/documentlibraryfiles/PDF/20120501081030.pdf>

Foster Parenting Process

1. First, call 1-800-KIDS-508 to talk about your interest in becoming a foster parent.
2. A social worker will visit your home or upon your request, send you a Registration of Interest form.
3. Your home must pass the Physical Standards Check. They verify that your home has working safety equipment; such as smoke detectors, and that the living and sleeping quarters in your home provide adequate space.
4. Background Record Checks are completed on each household member over age 14 to ensure that your household is a safe environment for placing a child.
5. When your home has passed the Physical Standards Check, they will send a foster care application form.
6. After they receive your completed application, you are invited to attend the Massachusetts Approach to Partnership in Parenting (MAPP) training program.
7. One of the MAPP Social Workers will visit you in your home, meet you and other household members, and will request references from you. Following the visits and reference checks, the Social Worker prepares a Home Study document.
8. When you have successfully completed MAPP, a Department of Children and Families Supervisor will review the homestudy, and will approve you and your family for one or more children. When your family is approved, your home becomes licensed. Placement decisions are based on matching the needs of the children.

Taunton Area School to Career

TASC is seeking youth for our the summer 2017 YouthWorks program!

If you know any 15-19 year old Taunton resident* interested in earning over \$1400 this summer, please have them contact a TASC Career Specialist below to find out how and where to apply.

Kristen Dunderdale: 774-218-7914 or kedunderdale.tasc@gmail.com

Cheyenne Amaral: 508-558-5860 or cheyenne.tasc@gmail.com

(* participants must meet income eligibility guidelines.)

YouthWorks is a program funded through the Commonwealth of Massachusetts, Executive Office of Labor and Workforce Development, and is administered by the Commonwealth Corporation.

Taunton YouthWorks is managed by the Bristol Workforce Investment Board, with the Taunton Career Center; and implemented by Taunton Area School to Career/AHS.

Explore Career and Education

TASC's Career Mentor Program 'mentees' (students) have been enjoying a very active season of college and workplace visits. Guided by their personal career mentors, 46 mentees have explored a variety of post-secondary education and career options. During March and April, 36 mentees and their mentors visited at least 1 of the many educational institutions we are fortunate to have in or near the Taunton area. In all, some 98 "tours" were experienced by 54 mentees and 44 mentors, at 5 colleges and universities. Mentees learned there is a 2, 4, or 5 year college program waiting to help them achieve their goals, whether interested in exploring or pursuing a future in culinary arts, mechanics, criminal justice, physical or occupational therapy, education, nursing, business, hospitality or even casino management!

Mentees, together with their mentors, have been investigating many career options. Thanks to Trish O'Brien, Career Mentor Program Coordinator, 15 tours, seminars, and presentations were offered to participants from our 3 partner schools: Bristol County Agricultural, Taunton Alternative, and Taunton High Schools. Students have explored careers available in a veterinary hospital, nursing facility, hospital, television studio, correctional facility, human resource agency, FBI agency, construction company or entrepreneurial bakery.

Many other career and education visits are planned. As the program progresses toward June, mentors and mentees continue to develop a deepening relationship - which is the real magic of the program. Many thanks to our "priceless" Mentors!

Career Fair at TAHS

TASC, in collaboration with the administration of Taunton Alternative High School (TAHS), held its 3rd Annual Career Fair at the school on April 12, 2017. Thanks to the organizing efforts of TASC Career Specialist Kristen Dunderdale, the roughly 60 students who attended had the opportunity to learn and receive information about career paths including: law enforcement, culinary arts, human services, healthcare, and business management.

TASC/AHS extends its thanks to the participating businesses and organizations who came to share with students their various work opportunities! They included: MA Department of Corrections, MA State Police, Taunton Career Center, Rob Roy Academy, Morton Hospital, Job Corps, US Navy Recruitment, and Bristol Community College, including General Admissions, Paralegal Studies and Culinary Arts.



Representatives from the MA Department of Corrections, at left, discuss career options with two TAHS students.

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

Career Exploration at THS

On May 18th, Taunton High School will be hosting a Career Exploration Fair from 8:00AM to 10:00AM in the school cafeteria. This fair will provide students with a chance to connect with local business representatives from Taunton and the surrounding areas. We are aiming to invite students who are planning to enter the workforce after graduation, and who may be interested in learning about vocational training programs that will help them to secure jobs in competitive careers. If you are part of a business interested in participating in the fair, please contact Cheyenne Amaral, Career Specialist at Cheyenne.TASC@gmail.com!

TASC Nurtures Teachers of Tomorrow!

TASC brought a small busload of seniors from Taunton High School to a Future Educators Day Conference hosted by Bridgewater State University on April 5th. The conference was designed to introduce top-performing high school students to a career in teaching, providing them with information and tips about what it takes to become a successful teacher in Massachusetts. The day was filled with informative workshops, presented by BSU Professors. "I was most impressed by the variety and knowledge each person had and the love for teaching" one student stated. Eleven other high schools from surrounding cities and towns attended the conference as well, giving our THS Seniors the chance to meet and talk with other students exploring this field. All left having learned more about the profession, with many excited for their future as teachers!



Bubble 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/>

Parenting Books/DVD

The Happiest Baby on the Block– This DVD has great advice and demos on how to calm your baby and keep your sanity.

Dare to Discipline – Dare to Discipline is fairly religious, but the overall concepts are sound in helping to set boundaries and expectations with your little one.

Top 100 Baby Purees – This book provides a great base if you are interested in making your own baby food.

Making the “Terrible” Twos Terrific! - Provides good insight on managing the typical behavior of your 18-36-month old child.

What to Expect Books – Lots of good info in these books that help prepare you beforehand for the first week at home, and then the first several months after birth.

Source: <http://www.amoderndad.com/2011/06/29/recommended-books-for-new-parents/>

Resource/Information Page

It IS Easy Being Green

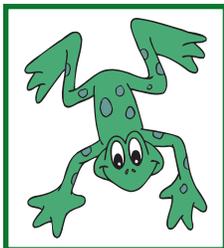
by Chrissy Collins

Kids love to roll around in the grass, but many lawns are maintained with toxic pesticides and fertilizers that can pose serious health risks to children and pets. Pesticides are poisons, intended to kill living things. Most pesticides create some risk to all living creatures, including children.

Some lawn and garden chemicals have been linked with behavioral problems in children, damage to the nervous system and brain, developmental and reproductive defects, and cancers.

Use this checklist to protect your kids from pesticides and have a naturally beautiful lawn:

1. Avoid Pesticides and Herbicides. Weed manually, before seed heads appear. Use boiling water, diluted soap or white vinegar to kill weeds.
2. Develop Healthy Soil. Leave mulched grass clippings to recycle nitrogen. Aerate your soil.
3. Reduce Thatch. Rake the layer of decomposing roots, leaves & stems at the surface of the soil.
4. Choose Native Grass types suited to your climate and soil that are naturally more disease-resistant.
5. Water Deep but not often. Deep but infrequent watering is best and reduces fungal growth. Water grass between midnight and 8AM.
6. Mow High, Not Low. Taller grass chokes out weeds, longer grass takes in more sun and moisture. Keep mower blades sharp to avoid tearing grass.



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.

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.

Older American's Month

May is Older American's Month—a tradition dating back to 1963 to honor the legacies and ongoing contributions of older Americans and support them as they enter the next stage in life. Wise Adult Day Health is joining communities nationwide in celebrating this month with special activities and events.

The 2017 theme, "Age Out Loud", is to give aging a new voice—one that reflects what today's older adults have to say. This theme shines a light on many important trends. Older Americans are working longer, trying new things, and engaging in their communities.

They're taking charge, striving for wellness, focusing on independence, and advocating for themselves. Older Americans are productive, active, and influential members of society, sharing essential talents, wisdom, and life experience with their families, friends, and neighbors. They have lived through wars and hard times, as well as periods of unprecedented prosperity.

While keeping the growing population of older Americans healthy and active will increase the demand for senior services, what is remarkable is the extent to which older Americans themselves are supporting each other. As the new generations of seniors become better educated and more financially secure than their predecessors, they are spending more time making contributions in their communities through civic and volunteer opportunities.

In fact, older Americans are a core component of service delivery to seniors. They volunteer at group meal sites and deliver food to homebound seniors; they act as escorts and provide transportation for older adults who cannot drive; they help seniors with home repair, shopping and errands; and they provide vital counseling, information and referral services. Their energy and commitment reminds all Americans—not just senior citizens and their caregivers—to do their part to enhance the quality of life for older generations.

The annual commemoration of Older American's Month is our opportunity to recognize the contributions of older citizens and join them in providing services and support that empower the elderly. Americans of all ages and backgrounds can volunteer with programs that increase access to quality health services, offer food and nutrition services, provide financial and housing counseling, sponsor social activities and community engagement, and more. Contact your local Area Agency on Aging by visiting <http://www.eldercare.gov> or calling 1-800-677-1116 to find out what you can do to strengthen services for older Americans, this month and all year round.

Source: <https://oam.acl.gov/>

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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

*Rhode Island is the smallest state with the longest name. The official name, used on all state documents, is "Rhode Island and Providence Plantations."

* The largest pig on record was a Poland-China hog named Big Bill, who weighed 2,552 lbs.

* Ernest Vincent Wright wrote a fifty thousand-word novel, "Gadsby," without any word containing the letter "e."

Special Days to Celebrate in May

Foster Care Month
National blood Pressure Month
Older American Month
2nd - Brothers and Sisters Day
3rd - World Press Freedom Day
4th - Star Wars Day
5th - Cinco de Mayo
6th - National Nurses Day
6th - No Diet Day
8th - No Socks Day
8th - World Red Cross Day
9th - National Teachers Day
10th - Clean up Your Room Day
10th - School Nurses Day
12th - Child Care Provider Day
13th - Leprechaun Day
14th - Mother's Day
15th - Police Officer's Memorial Day
16th - Wear Purple for Peace Day
20th - Armed Forces Day
23rd - Lucky Penny Day
25th - National Missing Children's Day
27th - Ramadan
27th - Sun Screen Day
28th - Amnesty International Day
29th - Memorial Day
31st - World No Tobacco Day

What's Coming up for the Rest of 2017!

Scratch ticket raffle is being held from May 1 - June 28, 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.