

The Correspondent

Early Intervention Program

Early Head Start

Wise Adult Day Health

Taunton Area School to Career

Volume 22, Issue 7



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July, 2017



A Visit from Congressman Kennedy

Associates for Human Services was honored to welcome Congressman Joseph Kennedy III for a visit. Although Congressman Kennedy is aware of our four programs and who we serve, he eagerly listened as each Program Director updated their program for him, as well as discussed their request for his support on federal funding.

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AHS senior managers explained to Kennedy their individual programs and their needs.



Kennedy also saved some time at the end, to visit our participants at the Wise Adult Day Health Program. The seniors were happy to have a visitor and took the opportunity to shake hands and have pictures taken.

Congressman Kennedy urged each program to contact politicians and local officials to visit AHS, see the programs and hear the stories of the people we serve. Kennedy said it was important to "show people those kids. Show people those parents and seniors. Ask people what they would want for their kids and their seniors".



Congressman Kennedy and Kit Tunney take a moment to check-in with Peter, a wise participant.

Wise Adult Day Health

by Nancy Pereira

Elder Abuse Hotline

It's no secret that seniors are often at risk of being the victims of abuse, neglect and fraud. For those of us in professional positions as mandated reporters, we know the importance of timely intervention to protect this vulnerable population whose health, safety and welfare depend on an outside caregiver. In order to simplify the process of filing a complaint on behalf of an at-risk senior, the Executive Office of Elder Affairs recently centralized their Elder Protective Services abuse reporting system by creating a single phone number. This phone number will be available 24 hours a day, 7 days per week with all calls going directly to the Massachusetts-based call center, regardless of the location of the reporting party or the elder in question.

The initial report will be taken by live hotline personnel who will take the verbal information and refer it to the local Protective Services Agencies for screening, handling, investigation and service planning. Mandated reporters are additionally still required to submit a written report within 48 hours of the verbal hotline report, to the local protective services agency which, for the greater Taunton area, is Bristol Elder Services, Inc.

The new 24/7 statewide hotline went into effect on June 30, 2017.

Whether you are a mandated reporter or simply a concerned friend or neighbor who may have direct knowledge or observation of behaviors that you believe are causing an elder to be at risk, knowing the how, when, and where to report your concerns is of paramount importance in getting the elder the help they may need. Calls can be made anonymously.

To report suspected elder abuse, please do not hesitate to call the statewide 24-hour hotline at 1-800-922-2275.

Milestone of Mention

Wise Adult Day Health wishes to extend its heartfelt congratulations to Program Coordinator Raymond Pratt for his 30 years of tireless, dedicated service to the Wise participants and program. "When I first met Ray 4 years ago, I was immediately impressed with his care and commitment to the participants at Wise," notes Program Director Nancy Pereira. "In complimenting him on his genuineness of care, he simply responded 'it's a calling'. I was inclined to agree!"

Ray has been the single most consistent caregiver in many of our participants lives for the past 30 years, and they feel safe and confident in his care. Ray goes out of his way to ensure the participants are involved and having fun and they adore him. He makes every participant feel special. Please join us in congratulating Ray on achieving this major milestone with Wise!



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

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Staff Spotlight

Kate Cavacco is July's Early Intervention highlighted staff person. Kate came to the AHS Early Intervention Program in April 2012. She graduated with an Associates Degree in Applied Sciences and is a Certified Occupational Therapy Assistant. Kate has had experience working with a variety of adults and children with physical and mental health conditions. Kate is very knowledgeable in sensory integration techniques, oral motor interventions, massage, etc. She is also skilled in using SCERTS (social communication emotional regulation transactional support) program and strategies that are part of the child's plan. Kate brings to the team her creativity, enthusiasm and compassion in her everyday work. Thank you for your 5 years of service to AHS!



Toddler Finger Painting

3 tablespoons sugar
1/2 teaspoon salt
1/2 cup corn starch
2 cups water

Combine ingredients in small saucepan. Warm until mixture thickens. Cool completely. Pour into separate containers. Add food coloring to create desired colors. Non toxic and toddler friendly. Some of the benefits to finger painting include: good for sensory integration, senses of hearing, touching, smelling and tasting are used, and it improves fine motor development, strengthens finger and hand muscles. Remember to focus on process, not finished product!



Cooking with a Toddler

1. **Say Good-bye To Perfectionism** - An egg (or two, or three), WILL get dropped on the floor. Get over that. Milk shall spill. Flour will get everywhere. Expect to mop the floor after. Nothing will be picture perfect, so forget those visions of fancy royal icing cookie creations dancing in your head.
2. **Timing Is Everything** - Don't start a recipe when your toddler is tired or hungry. You also don't want them overly excited either. Choose that magical time after a session at the park and a snack, for example – and wrap their cute little bodies up in an apron.
3. **Prep Your Ingredients Beforehand** - Never invite little ones on the scene before prepping all that you can ahead of time. All tools of trade are out, as well as ingredients. Anything that you can do to make things flow better (like measuring), without actually doing the whole thing yourself, you should.
4. **Go With The Flow & Play It Safe** - You don't have to be so stringent as to have assigned tasks, but you can try and keep the potential for fight breakouts between siblings to minimum by putting one toddler on dry ingredients and another on the wet. This may not last but it's a good way to begin the process. Always keep the unsafe tools out of reach and practice/teach safety regarding the use of the oven and other culinary tools you might be using. Use non-breakable bowls and measuring cups. Let them taste test as they go and if you have really young toddlers in the mix, have play food and extra bowls on hand that they can use. You drew a bath beforehand to dump them in, right? Good.
5. **Savour & Congratulate!** - Let them eat. High fives all over the place. Baking with your toddlers is indeed all about practicing patience; the fine art of letting go and accepting imperfection. Also, it's an excellent way to bond with your child, and teach them a really important life skill. Cooking is important!

Source adapted from: <http://www.babble.com/toddler/5-tips-for-baking-with-a-toddler-2/>

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: Final touches are being prepared for completion of the EHS playgrounds at partner sites. Plans also will include shade structures, where necessary.

Home based/Socializations: Families participated in a cultural awareness celebration by sharing special family recipes, made from traditions in individual families. 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 here.

Policy Council Membership: We continue to recruit for alternate parent members and welcome anyone to our next meetings. The 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.

Grant Opportunities: We recently received notification a United Way grant award. We hope 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 is 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 interest you.

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

EI Team Training Day

AHS' Early Intervention program had a 1/2 day training day recently.

Thank you to Christine Marchetti Collins and Beth Ruse for a great training on embedding outcomes in



everyday activities and the importance of families as the major member of the team. Also a shout out for a great lunch catered by Mill City BBQ. Everyone did a great job working together on their team activity! Thank You for a successful year!

Family Fun Summer Activities

Celebrate sunshine and bask in those summer days with kid-friendly activities that bring families together.

Go on a Park Crawl - Research all of the parks in your town and visit each one. Your kids will love pointing out their favorite attractions at each location. Be sure to load up on sunscreen, drinking water and bug spray. Also, make sure you have a map or smartphone handy to help you navigate to the next park. Make it memorable by taking a picture at each stop.

Make a Splash - Backyard water games are synonymous with smiles. Enjoy the classic warm weather activities of water play, playing on a slip and slide and, as always, swimming in an outdoor pool. Backyard fun also means your freezer is just a few steps away, so stock it with cool treats, such as popsicles.

Catch a Cool Movie by Car - Relive the nostalgia and simplicity of seeing a movie at a drive-in theater. Your kids will love the experience of a movie under the stars, and because many allow you to pack your own summer-time snacks and beverages, you'll love the savings.

Create a Family Masterpiece - Get crafty with the kids and let them create their own giant mural - on a bed sheet. Simply lay an old one out on the lawn and let the kids paint away. They will love to proudly hang up their creation in the basement recreation room or any other place where they play. Be sure to supply kid-safe paints, brushes, sponges and other items around the home for tracing shapes and designs.

Source: <http://www.omaha.com/momaha/fun-kid-friendly-summer-activities-for-the-whole-family/>

Taunton Area School to Career

Powering Students in STEM

Students from the Bridge To STEM Employment (or BTSE) group from Taunton High School had the occasion recently to learn more about STEM opportunities that are right in their back yard! STEM jobs are those in the fields of Science, Technology, Engineering and Math. On June 1st, the BTSE group went to visit Electrochem Solutions in Raynham, MA, where they learned how the employees work together to design, create and build high-grade batteries. The twenty-eight THS sophomores heard presentations, watched a video, and took part in some hands-on learning to ensure they understood the process which Electrochem employees use when creating their products. They also received a tour of the facility, seeing first hand where meetings take place; walking through the manufacturing line, and the loading docks; as well as seeing how materials are counted and checked prior to being utilized.

During lunch, the group heard from and spoke to employees from each of the departments, including the Master Scheduler and even the President. Employees spoke about their job responsibilities, the education and career paths they took (both conventional and unconventional), and advised the students to always follow their passions. One employee who spoke was a Taunton High School graduate, which made it easy for the group to relate to her. One student noted afterwards that it was cool to see a past Taunton High graduate being so successful: "I saw her and thought I can actually be something." This is the kind of realization and moment that exemplifies TASC's mission, "Empowering Youth To Succeed."

A warm TASC "thank you!" to all employees at Electrochem Solutions, who welcomed the group with smiles and wonderful advice. The BTSE students left happy and excited to learn more!



Career Mentor Program: A Successful Year, with Many Personal Successes

As part of celebrating a successful year of mentoring, mentors and mentees from the TASC/AHS Career Mentor Program attended Closing Breakfasts in late May and early June. Certificates of Appreciation were presented to 46 mentors from 31 different area businesses and organizations who generously shared their time, attention, skills, wisdom and talents, each with his or her mentee. And 46 mentees were awarded Certificates of Participation for their successful completion of the program.

It seemed like it was just yesterday when mentors and mentees anxiously gathered to be introduced, at each of TASC's partner schools: Bristol County Agricultural High School, Taunton Alternative High School and Taunton High School. However, after taking part in one-on-one meetings, tours, presentations and seminars, the adults and youth grew increasingly comfortable in their established mentor/mentee relationships and proud of their many successes. As one mentee commented, "I gained not only a friend, but a role model. Someone who can help me when I truly need it."

This year's Mentor Program boasts many individual success stories. Thanks to the guidance, support and financial contribution of one mentor, a young man will attend the MA State Police Summer Academy. Another mentee, whose family had been homeless, found new housing and moved into their new home with the assistance of his mentor. A shy high school junior became a Closing Breakfast student speaker through the guidance and teaching of her mentor.

(cont. on page 6)

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 Mentor Program: (cont)

Another young lady, whose anxiety prevented her from participating in ice breaker games, speaking in small groups or even sitting within the group at the program's start, progressed to participating in group activities, speaking in small groups and sitting in the center of discussion groups.

These are only a few of the stories that illustrate the impact of the Career Mentor Program. In addition to these individual stories, there are numerous tales of mentees gaining knowledge of many education and career opportunities available to them. Most mentees learned about the preparation and skills necessary for success. Many have decided to go on to some form of higher education after completing high school. A few already selected the college or trade school of their choice. Some even selected a future career. Everyone has set goals and designed a plan that will provide direction toward achieving those goals.

When asked what they gained from the program, mentees commented: "Confidence and a sense of direction;" "what I need to do to achieve my goals;" and "a better sense of what career I want to have." Yes indeed, another very successful year!

(Congrats and thanks to Trish O'Brien, our TASC Business Specialist and Career Mentor Program Coordinator!)



Clayton Whitford, and his mentor Jim Tusino, from Guaranteed Builder & Development, Inc., received their certificates at the Bristol County Agricultural High School Closing Breakfast.

Mentors and mentees toured New England Institute of Technology (Nursing Program)



Protect Your Skin

There are simple, everyday steps you can take to safeguard your skin from the harmful effects of UV radiation from the sun.

Wear proper clothing - Wearing clothing that will protect your skin from the harmful ultraviolet (UV) rays is very important. Protective clothing examples include long-sleeved shirts and pants. Also, remember to protect your head and eyes with a hat and UV-resistant sunglasses. You can fall victim to sun damage on a cloudy day as well as in the winter, so dress accordingly all year round.

Avoid the burn - Sunburns significantly increase one's lifetime risk of developing skin cancer. It is especially important that children be kept from sunburns as well.

Go for the shade - Stay out of the sun, if possible, between the peak burning hours, which, according to the Centers for Disease Control and Prevention (CDC) and the World Health Organization (WHO), are between 10 a.m. and 4 p.m. You can head for the shade, or make your own shade with protective clothing - including a broad-brimmed hat, for example.

Use extra caution when near reflective surfaces, like water, snow, and sand. Even the windows of a building can reflect the damaging rays of the sun. That can increase your chance of sunburn, even if you're in what you consider a shady spot.

Use extra caution when at higher altitudes - You can experience more UV exposure at higher altitudes, because there is less atmosphere to absorb UV radiation.

Apply broad-spectrum sunscreen - Generously apply broad-spectrum sunscreen to cover all exposed skin. The "broad spectrum" variety protects against overexposure to ultraviolet A (UVA) and ultraviolet B (UVB) rays. The FDA recommends using sunscreens that are not only broad spectrum, but that also have a sun protection factor (SPF) value of at least 15 for protection against sun-induced skin problems.

Re-apply broad-spectrum sunscreen throughout the day - Even if a sunscreen is labeled as "water-resistant," it must be reapplied throughout the day, especially after sweating or swimming. To be safe, apply sunscreen at a rate of one ounce every two hours. Depending on how much of the body needs coverage, a full-day (six-hour) outing could require one whole tube of sunscreen.

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

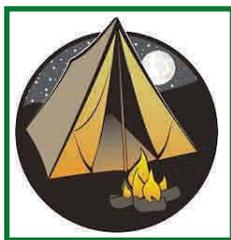
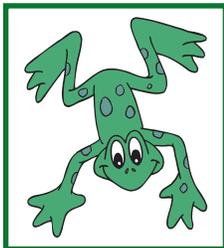
Resource/Information Page

It IS Easy Being Green

by Chrissy Collins

Whether you are camping in a tent or an RV there are always ways to go "green". Camping is getting back to nature and, with all our technology, nature is exactly what we all need to recharge ourselves. Here are ways to reduce your carbon footprint.

- * Bring a recycling bin, deposit your trash correctly.
 - * Skip buying bottled water and fill and freeze water in a juice container. Freezing the jugs can help you keep food cold in your cooler.
 - * Leave your electronics at home.
 - * Cook on an open flame rather than a propane grill.
 - * Equip your motor home with solar roof panels.
 - * Use campgrounds close to home to save on gas usage.
 - * Practice leave "no trace" camping; which means to leave the wilderness exactly the way you found it (ie. Stay on trails so not to destroy plants, etc.).
 - * Buy used camping gear.
 - * Bring reusable plates and cutlery instead of paper and plastic.
- Have fun and let me know how it goes at Chrissyc1@cox.net.



Heat-related Illness

Health and lifestyle may raise the threat of a heat-related illness, according to the National Institute of Aging. These health factors increase the risk for seniors:

- * Poor circulation, inefficient sweat glands, and changes in the skin caused by normal aging
- * Heart, lung, and kidney diseases, as well as any illness that causes weakness or fever
- * High blood pressure or other conditions that require changes in diet; for example, people on low-salt diets may face an added risk
- * The inability to perspire caused by some drugs, including diuretics, sedatives, tranquilizers, and certain heart and blood pressure medicines
- * Being substantially overweight or underweight
- * Drinking alcoholic beverages

Take time this summer to check on aging loved ones and seniors residing in your neighborhood. Invite him or her into air conditioning, offer to take them to the mall, a movie or another cool building. Do anything you can to help seniors beat the heat this summer!

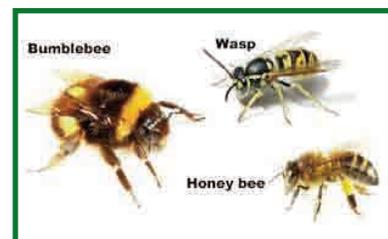
Source: <http://associatedhomecare.com/resources/10-summer-health-tips-for-seniors-to-beat-the-heat>

Bug Bites

The summer months allow us New Englanders the opportunity to finally enjoy the outdoors. A bug bite or sting can certainly put a damper on fun outdoor activities. Parents and caregivers should be aware of the signs of an infection or allergic reaction to bug bites or stings, and know when to seek medical attention.

Bee and Wasp Stings:

- * Remove bee stinger as quickly as possible.
- * Wash the area with soap and water several times a day until area is healed.
- * Apply an ice pack wrapped in a cloth, or a cold, wet washcloth for a few minutes.



If your child's doctor says it's okay, give an over-the-counter oral antihistamine for relief from itching.

If stung anywhere in the mouth, seek immediate medical attention to prevent swelling that may block airways.

Seek medical care if you notice a large skin rash or swelling around the sting site, or if swelling or pain persists for more than 3 days, which could indicate an infection.

Get medical help right away if you notice any of the following: wheezing, difficulty breathing, tightness in the throat, swelling of the lips, tongue or face, dizziness or fainting, nausea or vomiting.

Tick Bites:

Call your doctor if you find a tick on your child. The doctor may want you to save the tick in a sealed container for identification later.



Use tweezers to grasp the tick firmly at its head or mouth, next to the skin.

Pull firmly on the tick until it lets go (do not twist or jerk the tick), then swab the bite site with rubbing alcohol.

Don't use petroleum jelly or a lit match to kill and remove a tick. These methods don't get the tick off your skin, and they may just cause the insect to burrow deeper and release more saliva which increases the risk of disease transmission.

Source: www.kidshealth.org

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Wish List

If you have an item you'd like to donate, please let program staff know, or call 508-880-0202, ext 333.

- * De-humidifier
- * Double Stroller
- * Magazines

Useless Trivia

- * $111,111,111 \times 111,111,111 = 12,345,678,987,654,321$
- * If you keep a Goldfish in the dark room, it will eventually turn white.
- * The longest one-syllable word in the English language is "screeched."
- * A snail can sleep for 3 years.

Special Days to Celebrate in July

- National Cell Phone Courtesy Month
- National Picnic Month
- 1st - Canada Day
- 2nd - World UFO Day
- 3rd - Compliment Your Mirror Day
- 3rd - Stay Out of the Sun Day
- 4th - Independence Day
- 4th - National Country Music Day
- 5th - Work-a-holics Day
- 7th - Chocolate Day
- 8th - Video Games Day
- 10th - Teddy Bear Picnic Day
- 11th - Cheer Up the Lonely Day
- 13th - Embrace Your Geekness Day
- 14th - Bastille Day
- 14th - Pandemonium Day
- 15th - Cow Appreciation Day
- 16th - National Ice Cream Day
- 17th - Global Hug Your Kids Day
- 20th - Moon Day
- 21st - National Junk Food Day
- 23rd - Parent's Day
- 23rd - National Hot Dog Day
- 24th - Cousins Day
- 26th - All or Nothing Day
- 30th - Father-in-Law Day
- 30th - International Day of Friendship

What's Coming up for the Rest of 2017!

Ribbon Cutting Ceremony is scheduled for Monday, September 11, 2017 at 5:00pm. Come see our additional 7,200 square feet of space, take a tour, and enjoy light refreshments.

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 our clients