

The Correspondent

Early Intervention Program

Early Head Start

Wise Adult Day Health

Taunton Area School to Career

Volume 22, Issue 8



"Like" us on Facebook

www.facebook.com/AHSInc

August, 2017



Annual Awards Dinner

Inside this issue:

That's Entertainment	2
Getting to Know You	2
EI Staff Spotlight	3
Exercise During Pregnancy	3
Babies Love to Play	4
10 for 10: Activities	4
Professionals in Training	5
Career Mentor Program	5
Sun Safety 101	6
It IS Easy Being Green	7
Raffle Items Wanted	7
Wish List	8

Associates for Human Services, Inc. (AHS) recently celebrated their Annual Awards Dinner at Stoneforge Restaurant. Attendees included board members, volunteers, staff, partners and guests. Several longevity awards were presented including Raymond Pratt, Wise Adult Day Health Program, who received recognition for 30 years of service; Patricia Bushika, Early Intervention Program, received recognition for 25 years of service; and Diane McKay, Kristine Ryan, and Penny Dermody, Early Intervention Program, Meagan Rudenauer and Valerie English,



pictured l-r: Diane McKay, Valerie English, Raymond Pratt, Penny Dermody, Meagan Rudenauer, Patricia Bushika, and Kristine Ryan

Early Head Start Program, were recognized for 10 years of service. Presenting the Longevity Awards were AHS Board of Directors Martin Kenney, Chair, Kelly Hoye, Vice-chair, Michael Suneson, Secretary, Lucy Provazza, Treasurer, and Directors, Carol Sullivan, Marcy Couitt, Jeff Marques, Jerry Plouffe and Kayla Durkee. Volunteers were also recognized and presented with a gift for their support and contributions to the agency.

23rd Annual Spaghetti Supper & Raffle

Friday, September 22, 2017
5:00 - 6:30 (Supper) Raffles
6:30 - 7:30 (Raffle)

St. Nicholas of Myra Church Hall
499 Spring Street, North Dighton
\$10.00/adults
\$7.00/seniors
\$5.00/children Great Food

Special Raffle: Take your chance at winning an iPad Air 2, 32 GB
Raffle tickets: \$5 for 1 or \$10 for 3

Presented by Associates for Human Services, Inc.
Call Debbie at 508-880-0202 for tickets

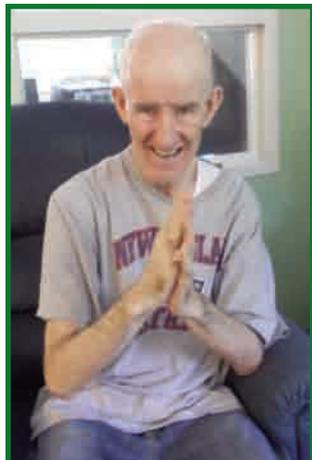


pictured l-r: Martin Kenney, Kelly Hoye, Carol Sullivan, Marcy Couitt, Jeff Marques, Raymond Pratt, Michael Suneson, Jerry Plouffe, Lucy Provazza, and Kayla Durkee

Wise Adult Day Health

by Nancy Pereira

That's Entertainment!



Bill clapping along to Mike's performance

It's no secret that the Wise participants love live music and dancing, so Activity Director, Linda Kerr, is always on the lookout for new local performers to entertain at the program. She was thrilled to introduce our newest entertainer, solo guitarist and singer, Mike Higgins. Mike was a fabulous new addition to the list of talented musicians we have enjoyed at Wise over the years. Mike covered some great old time folk classics that everybody knew. His friendly, peaceful demeanor and soothing voice completely engaged the group, with everyone happily singing along. The participants really enjoyed his performance and are looking forward to his next visit.



Mike Higgins entertained the participants at Wise

Getting to Know You

Wise has a varied activities program and one of the favorite activities is a game called Conversation Ball. These are beach balls labeled with different topics, questions or trivia to get a conversation started. The individual catches the ball and picks a random topic on the ball for the activity director to lead the discussion. It might be naming your favorite vegetable or what was your favorite pet as a child, etc. It's a great way to begin conversations that the group can take in several directions. Encouraging memory and recall, it has the added benefit of simply getting to know each other and building friendships through finding out the things we have in common!



Getting to Know You

Wise celebrated the 4th of July with their annual Independence Day party. Participants and staff wore their red white and blue to show their patriotic spirit. It was a fun day of activities and entertainment.



David Lima and Linda Kerr, Wise staff

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

Beth Williamson Ruse is our EI August high-lighted person for the month. Beth graduated from Syracuse University with a Bachelor's in Social Work, and then went on to graduate from Boston University with her Master's degree in Social Work. She was hired by AHS to work in the Early Intervention program in the Fall of 1994. She worked as a service coordinator, parent group leader, and member of assessment teams. She was promoted to a supervisor in 1999, and remained supervisor until 2004 when she had her first child. At that time, she worked part time as a service coordinator, parent group leader and assessment team member. She left in 2008 to focus on being a stay at home mom.



While home, she trained at the Benson Henry Institute for Mind Body Medicine at Massachusetts General Hospital, and graduated from their Advanced Specialty Training Program. Knowing the stress that families face, especially those whose children have medical diagnoses, developmental delays and/or special needs, she wanted to bring this work to EI. In 2011, EI re-hired her part-time to run Stress Management/Resiliency Building/Mind Body groups for parents and caregivers in the summer, and in 2016 increased her hours to include overseeing the initiative Parent Interacting With Infants (PIWI). Thank you, Beth for the expertise you bring to the program and the vital skills you share with the families!

Exercise During Pregnancy

Most of us love the summertime unless we're pregnant. What used to just feel like a pretty warm and sticky day often feels a lot more intense for a hot soon-to-be mama. ***Avoid high heat times of day for outdoor workouts*** This seems like a no-brainer, but know that the lunchtime run or walk you used to do is probably going to have to be rescheduled to the morning or evening if you want to get outside and temps are soaring.

Make sure you're hydrated well before exercising

Yes, you've heard this a million times but it's even more important now that there are two of you, and you've got heat and humidity in play. By the time you actually feel thirsty, your body is already 1 to 2% dehydrated. General hydration guidelines recommend that individuals consume at least 17-20 ounces of water two to three hours before exercise, 7-10 ounces of fluid every 10-20 minutes during exercise, and after exercise consume 16-24 ounces of fluid for every pound of bodyweight lost during exercise.

Lighten up your workout duds

When it comes to apparel, opt for light-colored clothing made out of lightweight synthetic or polyester materials that will dry quickly and help to wick away moisture, allowing for regulation of core body temperature.

Always wear sunscreen when exercising outdoors

Skin can be particularly sensitive to products when you're pregnant--more so than when you're not, but remember that sunscreen is a must for outdoor activities. Sunglasses should be worn to protect your eyes and a hat with a large brim is always a good idea to help shade your face.

Put on your heart rate monitor—and monitor it!

The general rule of thumb is to keep your heart rate below 140 BPM (beats per minute) during cardio workouts, but be mindful of your heart rate during lower intensity activities as well in the summer. Biking, swimming and yoga may not produce a big sweat but may increase heart rate and blood pressure, so using training monitors throughout your workout should be considered.

Source: <http://www.fitpregnancy.com/exercise/prenatal-workouts/summer-safety-tips-how-exercise-heat>

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.

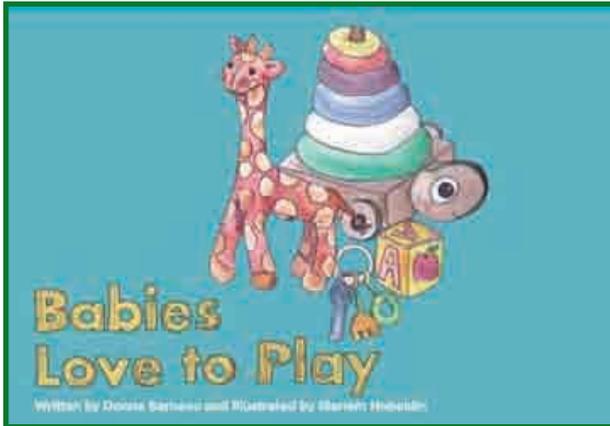
Early Intervention Program is an integrated developmental service available to families of children, between birth and three years of age, for whom there are developmental concerns due to identified disabilities, certain birth circumstances, or environmental circumstances (e.g. cerebral palsy, prematurity, 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

Babies Love to Play



Some parents have trouble playing with their children. Because of trauma they experienced as children or lack of good role models, they find it hard to be silly or joyful when they interact with their children. Play is essential for the healthy development of babies and toddlers. A baby's brain develops through "Serve and Return" interactions with caregivers. Because play is so critical for healthy brain development, Family Foundations gives their families the booklet pictured below entitled *Babies Love to Play*. Family Foundation's Donna Sarneso authored this wonderful resource for parents. The booklet is full of activities, songs, and rhymes that parents can use to play with their babies.



Six songs from the book are included on the *Babies Love to Play* CD that also has four original songs about dressing, brushing teeth and hair, making food, and going to sleep. The songs are available for download at <https://www.ocd.pitt.edu/Babies-Love-to-Play/319/Default.aspx>

For more information about *Babies Love to Play* contact Donna Sarneso at 412-244-5366 or by email at dgrace@pitt.edu

10 for 10: Ten Activities to Occupy Toddlers

Toddlers are busy little people, working hard to explore their world and learn everything they can. They move from one challenge to another in a matter of minutes and require a great deal of chasing, engaging, cleaning up after, and redirection.

These ten creative activities will keep toddlers occupied for at least ten minutes at a time, and they are great for encouraging both an increase in their attention span and developing motor skills.

1. **Sorting Machine** - Most toddlers love to sort things. For a toddler who enjoys organizing, provide a few handfuls of multi-colored, O-shaped cereal and a muffin pan. With a little direction, s/he will sort the cereal by color into the muffin pan cups and enjoy a healthy snack. For a non-edible activity, use blocks or colored manipulatives.

2. **Future Picasso** - A bowl of soft, chopped fruit with a little cream cheese and graham crackers is great for an entertaining, edible art project. First, spread the cream cheese on the graham cracker. Then have the toddler press fruit chunks into the cream cheese to create a nutritious work of art. You may just inspire the world's next Picasso.

3. **Toy Rotation** - A bin filled with toys can be stashed away for months in a closet or cupboard. When the forgotten toys are reintroduced, toddlers feel they have rediscovered them.

4. **Shake It Up** - Place toys or treats inside clear containers with the lids attached. Children love to shake and rattle things, and when a toddler realizes a treat is inside, the activity will be even more appealing.

5. **Water Colors** - Add a drop of blue food coloring to a shallow wading pool or sand and water table. Toss in some sea creature toys. For a change of theme, use green food coloring and jungle creature toys. It makes a great outdoor activity on warm days. Remember to closely supervise any waterplay.

6. **Paper Play** - Consider allowing toddlers to wrap themselves in toilet paper and pretend they are snowmen, or to decorate the room with toilet paper streamers. You may want to use the game as a potty training introduction or celebration of a potty success.

7. **Lid-Le Ideas** - Try presenting toddlers with a tub of plastic containers and their detached lids. Children

(continued on page 6)

Taunton Area School to Career

2017 YouthWorks: "Professionals in Training"

The 2017 edition of YouthWorks is in full swing, with 38 students working in 16 different sites around the Taunton area. Students participating in this program aim to work at least 125 hours this summer, typically 25 hours a week for five weeks. To ensure that students felt prepared to start work, they took part in a three-day work readiness training that taught them how to be professional in a work setting, how to work well with others, and how to handle tough situations that may arise while at their sites.



Sam Hardy sorts through some nuts and bolts at Whittenton Hardware on Bay Street in Taunton

Some of the private sector, non-profit, and public work-sites that have partnered with TASC to give YouthWorks



Isabella Arruda shows off her first project, a bird house

participants a variety of work options, include: Correia Insurance, Whittenton Hardware, Boys & Girls Club of Taunton (Camp Riverside), Homes for our Troops, and several Taunton Public Schools. TASC also continues to organize and offer two project-based work opportunities: a Carpentry & Landscaping project group, as well as the Cullinary "Fruitylicious Jams & Jellies" social enterprise group.

YouthWorks is funded through the Commonwealth of Massachusetts, Executive Office of Labor and Workforce Development. It is administered by the Commonwealth Corporation, and managed by the Bristol Workforce Investment Board. TASC/AHS helps run the local Taunton YouthWorks Program.

Career Mentor Program: Looking Back at 2016-17 and Ahead to 2017-18

A May or June 'Closing Breakfast' at each of our three participating high schools brought closure to the 2016-17 TASC Career Mentor Program. As usual, July was a time of reporting, reflection and evaluation. While the end of year reporting for each of our funding sources is a necessity, it is also an opportunity. Mentor and mentee surveys, activity spreadsheets, mentor logs and mentee Pathways to Success Action Plans are reviewed not only to prepare high quality and accurate reports, but also to assess the 2016-17 program's strengths and successes and to designate areas for improvement. The reporting shows that our mentor/mentee matches were very busy this year. They participated in 219 TASC arranged events, and 189 one-on-one meetings, for a total of 408 mentor/mentee meetings. Some 46 of our 47 matches successfully completed the program, and 1 match dropped from the program to meet the mentee's unanticipated personal needs. That is a fantastic 98% success rate!

In addition to the many achievements highlighted in the data gathered, the reporting also shows the need to offer flexible alternatives for time-involved aspects of the program. Potential adjustments are currently under consideration.

Past mentor and mentee recommendations have led to increasing the program duration by 10 days and altering the selection of some of the TASC arranged events. In a similar fashion, plans are underway to address challenges and recommendations, as well as to build on the current successes of the program. Stay tuned!

Lastly: it is never too early to invite caring, community-minded professionals to become a TASC Career Mentor! Anyone interested in this chance to make a real difference in the life of a young person, please contact Trish O'Brien, Career Mentor Program Coordinator, at 508-880-0202 or tobrien@ahsinc.org.

Taunton Area School to Career is aimed at *Empowering Youth to Succeed* - by *Bridging Business and Education to Improve Tomorrow's Workforce*. It is a partnership of employers and school systems in Greater Taunton that offers at-risk teens and other high school students a variety of high-quality, career development experiences. TASC ultimately contributes to the economic and social well-being of the community by affording youth the kinds of opportunities that help them develop the skills necessary for living and working in the 21st century. For more information or referrals, please call Dan LeBrun, at 508-880-0202, ext. 408.

Resource/Information Page

Sun Safety 101

With the right precautions, kids can safely play in the sun. Here are the most effective strategies:

Avoid the Strongest Rays of the Day

First, seek shade when the sun is at its highest overhead and therefore strongest (usually 10 a.m. until 4 p.m.).

If kids must be in the sun between these hours, be sure to apply and reapply protective sunscreen — even if they're just playing in the backyard.

Cover Up

One of the best ways to protect your family from the sun is to cover up and shield skin from UV rays. Because infants have thinner skin their skin burns more easily than that of older kids. But sunscreen should not be applied to babies under 6 months of age, so they absolutely must be kept out of the sun whenever possible. If your infant must be in the sun, dress him or her in clothing that covers the body, including hats with wide brims to shadow the face. Use an umbrella to create shade.

Use Sunscreen Consistently

For kids age 6 months and older, select an SPF of 30 or higher to prevent both sunburn and tanning. Choose a "broad-spectrum" sunscreen.

For sunscreen to do its job, it must be applied correctly. Be sure to:

Apply sunscreen whenever kids will be in the sun. Apply sunscreen about 15 to 30 minutes before kids go outside. Don't forget about lips, hands, ears, feet, shoulders, and behind the neck.

Reapply sunscreen often, approximately every 2 hours, as recommended by the American Academy of Dermatology.

Apply a waterproof sunscreen if kids will be around water or swimming. Water reflects and intensifies the sun's rays. Be sure to reapply sunscreen when kids come out of the water.

The American Academy of Dermatology recommends that all kids — regardless of their skin tone — wear sunscreen with an SPF of 30 or higher.



Source: www.mass.gov/dph

10 for 10: Ten Activities to Occupy Toddlers

can find and affix the matching lids to each container. Cleaned and dried plastic bottles like those used for condiments (ketchup and mustard), and grated cheese have distinctive lids that are easily identified and attached.

8. **Roughin' It** - Turn over a table or gather chairs into a circle in the center of the room, then drape blankets over them to construct tents. Flashlights and a non-sticky snack can create a fun environment while you read a story or sing songs.

9. **Obstacle Course** - Use nap mats on their sides, propped against chairs or tables, to form walls for a maze. Pillows can

be hopped over, crawled on, or used as stepping stones in an obstacle course. Play Follow the Leader in the obstacle course, changing the leader each time you reach the beginning.

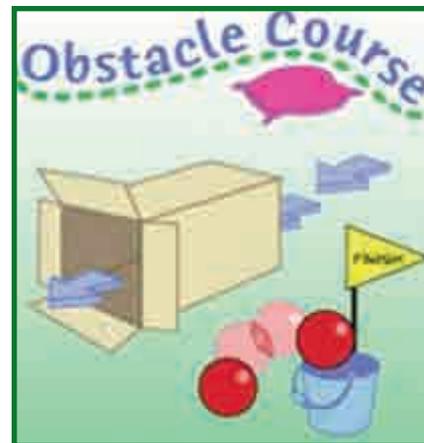
Encourage the children to vocalize - can they travel as kittens, as cows, as racecars?

10. **Footsteps** - Place a small amount of washable paint on a pie tin or sturdy paper plate. Encourage the toddler to step into the paint with a bare foot, or feet, and walk across banner paper. She or he can even have a different color for each foot. This activity can be confined to a wading pool or tarp to ensure easier clean-up.

Conclusion

With all their energy, providing constant stimulation for toddlers can be difficult. These inexpensive and easy ideas will afford early childhood educators a few minutes of downtime while encouraging children to use their minds and their bodies to explore, play, and learn in their new world.

Source: http://www.earlychildhoodnews.com/earlychildhood/article_print.aspx?ArticleId=500



Resource/Information Page

It IS Easy Being Green

by **Chrissy Collins**

Close your fridge door as quickly as possible particularly in August. It's worth being reminded of a common sense tip: you can save money and energy by opening your refrigerator as infrequently as possible, opening the door only as widely as necessary and closing it as quickly as possible.



To help remember this concept, imagine your fridge as being full of water. It comes gushing out each time you open the door. The more frequently, the wider and the longer you open the door, the more water that ends up on your floor.

Cold air in your fridge is like that water: it's heavier than warm air, so it comes tumbling out each time the fridge door opens and the more cold air that escapes, the more your fridge needs to work to replace it. That costs a great deal of energy and money (which we all can't afford to waste).

So the next time you open your fridge, imagine that it's full of water and act accordingly. Your fridge will thank you by using less energy! Let me know how it goes at Chrissyc1@cox.net.

Calling Taunton Residents The City of Taunton's Master Plan Advisory Committee wants your input!

There is a survey on the City of Taunton's webpage (search Taunton Tomorrow or survey), which is intended to solicit community input for the Master Plan. Please feel free to take the survey yourself and encourage your colleagues, family, and friends to do the same.

The link to the survey is:

<https://stantec.typeform.com/to/iu25xb>

Senior Citizen's Day

National Senior Citizens Day honors our senior population. On this day, we encourage you to recognize and show appreciation for the value and contribution of elderly people to home, family and society.

In his Presidential Proclamation (August 19, 1988), President Ronald Reagan said "For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older."

On National Senior Citizens Day, we should:

- * Spend some time with senior citizens
- * Show our appreciation for senior citizens
- * Do volunteer work in support of the elderly

If you are a senior citizen, enjoy your day any way you desire. After all, this is your day! Make sure to take advantage of senior citizens specials and discounts.

The Origin of National Senior Citizens Day:

On August 19, 1988, President Ronald Reagan issued Proclamation 5847 creating National Senior Citizens Day to be August 21.

Source: <http://holidayinsights.com/moreholidays/August/seniorcitizensday.htm>

Raffle Items Wanted

AHS 23rd Annual Spaghetti Supper & Raffle is in the planning phase. This event is a great fundraiser for all AHS Programs.

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.

Please consider donating an item for our Raffle (maybe a gift certificate to your favorite restaurant, store, or hair dresser, or even a themed gift basket). We usually have over 100 items (including a special raffle for an iPad Air 2!!)

See you September 22, 2017. Buy your supper tickets soon; we typically sell out well before the event.

ASSOCIATES FOR HUMAN SERVICES, INC.

Non-Profit Org.
U.S. Postage
PAID
Taunton, MA
Permit No. 55



68 Allison Avenue
Taunton, MA 02780

Phone: 508-880-0202
Fax: 508-880-2425
TTY: 508-880-0950

E-mail: dhowland@ahsinc.org

"Choice, Opportunity, Support"

Check out our
web site!

www.ahsinc.org



"Like" us on Facebook
www.facebook.com/AHSInc

Wish List

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

* Magazines

Useless Trivia

* Mel Blanc (the voice of Bugs Bunny) was allergic to carrots.

* There are no clocks in Las Vegas gambling casinos.

* The first product to have a bar code was Wrigley's gum.

* Average life span of a major league baseball: 7 pitches.

Special Days to Celebrate in August

Family Fun Month
National Eye Exam Month
National Picnic
1st - National Girlfriend's Day
3rd - National Watermelon Day
4th - International Beer Day
4th - US Coast Guard Day
5th - Work Like a Dog Day
6th - Friendship Day
6th - Sister's Day
7th - International Forgiveness Day
9th - Book Lover's Day
10th - Lazy Day
10th - National S'mores Day
11st - Son and Daughter Day
12th - Middle Child's Day
13th - Left Handers' Day
15th - Relaxation Day
21st - Senior Citizen's Day
22nd - Be an Angel Day
24th - Vesuvius Day
25th - Kiss & Make Up Day
26th - Women's Equality Day
27th - Global Forgiveness Day
30th - Toasted Marshmallow Day
31st - National Eat Outside Day

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