

The Correspondent

Early Intervention Program

Early Head Start

Wise Adult Day Health

Taunton Area School to Career

Volume 22, Issue 11



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November, 2017

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Inside this issue:

November is Diabetes Month	2
Center Stage	2
Staff Profile	3
Child Safety & Prevention	3
Making the Most of Playtime	4
Adapting Play Activities	4
22nd TASC Dinner	5
Yes, Mentoring Works	6
Holiday Assistance	6
It IS Easy Being Green	7
Cold vs. Flu	7
Wish List	8



Mentors receiving 5 year longevity awards at the TASC Business Recognition Dinner were (pictured l-r): Art Gareau (Water Solutions Group), Larry Gantz (Taunton Firefighters Local 1931), Joanne Briody (Shrivers Clinical Services), Rep. Shaunna O'Connell, Sue Gustafson (Princess House) with Trish O'Brien, TASC Career Mentor Coordinator, and Dan LeBrun, TASC Program Director.



Thank You District Attorney Thomas Quinn for the "surprise" and generous grant award of \$2,500 to Taunton Area School to Career, Dan LeBrun, Program Director.

WINE & CRAFT BEER TASTING

TO BENEFIT

Associates for Human Services, Inc.

THURSDAY

November 9, 2017

RAYNHAM PARK (new location!!!)

1958 Broadway, Raynham, MA 02767

5:30—8:30 pm

Tickets—\$25 in advance, \$30 at the door

Wise Adult Day Health

by Nancy Pereira

November is Diabetes Awareness Month

Diabetes is a disease that occurs when an individual's body does not produce or properly use insulin, resulting in too much sugar in the bloodstream. Diabetes is among the leading causes of disability in the U.S and is linked to a variety of health problems. One in ten Americans have diabetes and another 84 million adults are at risk for developing it. When left uncontrolled, diabetes can lead to nerve damage, kidney disease, blindness, heart disease, stroke, dental disease and other health issues. Recognizing the signs and symptoms are important for early detection. Symptoms include:

- * Increased thirst and urination
- * Weight loss
- * Fatigue
- * Hunger
- * Numbness in hands or feet
- * Skin problems (dry & itchy)
- * Slow healing
- * Yeast infections
- * Irritability
- * Vision issues

Experiencing one or more of these symptoms on a frequent basis might be indicative that an appointment with your doctor is advised. The good news is, there are changes you can make in your daily behavior that can minimize your risk of developing diabetes or that can help you manage it, such as proper meal planning, portion control and eating a healthy diet. Engaging in more physical activity and reducing your weight are also ways to help you lessen the likelihood of developing this disease or helping you to manage its effects. Quitting smoking is another great way to reduce your risk and complications of diabetes. It's important to make sure you are getting your regular checkups to stay on top of potential risk factors.

Attending Wise Adult Day Health is a great way to assist in the care and management of diabetes. Our meals and snacks are prepared in accordance with federal nutrition guidelines and with the oversight of a registered dietician. Our nursing staff is able to monitor blood sugar levels and administer needed insulin. Our RN Healthcare Coordinator, Julie Iampietro is always happy to make herself available to review diabetes management with our participants and caregivers, should they need information or have any questions or concerns.

Center Stage

Rick Ferreira entertains the Wise Adult Day Health participants with his karaoke fun! Rick is an enthusiastic and gregarious emcee who gives every participant the opportunity to take "center stage" and express their inner superstar! Be it contemporary hits or the golden oldies, the Wise participants just love grabbing the microphone and singing along to their favorite tunes. He puts a smile on every face and a song in every heart.



Ellen joined in the karaoke fun with Rick.

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

Steve Baker is November's highlighted Early Intervention staff person. Steve began his job at AHS' Early Intervention Program in September of 2015. He received his diploma in nursing from Bristol Community College in Fall River and holds a certificate in dental assisting from Massasoit Community College in Brockton. Prior to coming to Associates for Human Services' Early Intervention Program, Steve was a Certified Dental Assistant. Steve is a service coordinator in EI, is part of assessment teams and the oral health program. Steve brings his knowledge, diligence, enthusiasm and organizational skills to the program. Thank you for 2 plus years of working with the children and families in the program.



Adoption Process

Step 1: Choose an Agency - To become an adoptive parent to a child in foster care, you can work with the Department of Children and Families (DCF) or one of the agencies with whom DCF contracts.

Step 2: Enroll in Massachusetts Approach to Partnerships in Parenting (MAPP) Training - After preliminary paperwork and screenings are performed and met with approval, prospective adoptive parents will be invited to attend a training and preparation course.

Step 3: Begin the Homestudy - The homestudy is a process and a document that involves a series of interviews with an adoption social worker as well as the family's submission of documents.

Step 4: Waiting for Your Child - Once your homestudy is completed and approved, your social worker will work with you to identify a child who is a good fit with your family.

Step 5: Matching and Visitation - The family meets with their worker and the child's social worker at a disclosure meeting to discuss the child in more detail.

Source: <http://www.mareinc.org/Steps-in-the-Adoption-Process.html>

Child Safety & Prevention

Tips for a Safer Environment

Use safety gates. Even before your baby crawls, install safety gates to match your home and protect curious children from harm. Hardware mounted gates should be installed at the top and bottom of the stairs.

Prepare for bedtime. Remove all soft, fluffy and loose bedding from the baby's sleep area. This includes pillows, blankets, quilts, bumper pads, sleep positioners, sheepskins, stuffed toys and other soft products.

Be mindful of plants. Choose decorative plants that are nontoxic. Common household plants can often cause serious sickness.

Update your exterior. Place a welcome mat outside your home or apartment. Pesticides and other toxins may be carried inside on the soles of people's shoes.

Keep things tidy. Storage bins offer a great way to store toys and baby supplies, preventing anyone from tripping.

Get creative. Hand paint electrical outlet covers to blend into walls. Install door knob covers as a means to keep little hands from opening doors.

Lock it up. Put locks on anything and everything that can open.

Be cautious of choking hazards. Be vigilant about coins, marbles, keys, jewelry, paper clips, water bottle tops, safety pins, removable rubber tips on doorstops, jeweled decorations on children's clothing, crayons, and hard and round foods.

Check out your furniture. Use angle braces or anchors to secure large furniture to the wall. Place TVs, VCRs and stereo systems on lower furniture, as far back as possible.

Set Hot water. Set hot water heaters no higher than 120 degrees F. A lower water temperature reduces the chance of scald burns. Munchkin's White Hot Super Safety Bath Ducky can help you manage the temperature of water in your children's baths.

Source:

<http://www.parentguidenews.com/Articles/NovemberBringsChildSafetyPreventionMonth>

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

Making the Most of Playtime

Follow your child's lead - Provide an object, toy, or activity for your baby or toddler and then see what he/she does with it. It's okay if it's not the "right" way...let him show you a "new way."

Go slowly - It's great to show your child how a toy works, but try to hold off on "doing it for him" every time. You can begin something, such as stacking one block on another, and then encourage your child to give it a try. Providing just enough help keeps frustration at bay and motivates your child to learn new skills.

Read your child's signals - Your little one may not be able to tell you with words when s/he's had enough or when s/he's frustrated. But there are other ways—like using sounds, facial expressions, and gestures. Reading the signals that precede a tantrum help you know when to jump in or change to a new activity.



Look at your play space - Is the area child-friendly and child-safe? Is there too much noise or other distractions? Is the area safe to explore? Is this a good place for the activity you've chosen, such as running, throwing balls, or painting? Checking out space beforehand can prevent a tantrum, an accident, or a broken lamp.

Play it again, Sam - While this desire to do things over and over again is not necessarily thrilling for moms and dads, it is for their young children. They are practicing in order to master a challenge. And when they can do it "All by myself!" they are rewarded with a powerful sense of their own competency—a confidence that they are smart and successful beings. The more they practice and master new skills, the more likely they are to take on new challenges and the learning continues. So when you're tempted to hide that toy that you don't think you can stand playing with yet one more time, remember the essential role repetition plays in your child's development.

Source: <https://www.zerotothree.org/resources/1081-tips-on-playing-with-babies-and-toddlers>

Adapting Play Activities

You may be a parent, relative, or caregiver of a child that has special needs. A physical, mental, or social disability can pose the occasional challenge to play time. Still, all children learn through play and any play activity can be adapted to meet a child's unique needs. The guidelines below can help you think about how to make playtime enjoyable and appropriate to your child's skills, preferences, and abilities:

- Think about the environment. How do variables like sound or light affect your child? What is the background noise like in your play area? Is there a television or radio on? Are there many other kids around? If your child seems distressed during playtime, and you've tried everything else, move to a quieter, less stimulating area to play.
- How does your child respond to new things? Some infants and toddlers, particularly if they have a special need, are easily over-stimulated, while others enjoy a lot of activity. Try starting playtime slowly, with one toy or object, and gradually add others. See what kind of reactions you get. Are there smiles when a stuffed bear is touched and hugged? Does your child seem startled by the loud noises coming from the toy fire engine?
- How does your child react to different textures, smells, and tastes? For example, some objects may be particularly enjoyable for your little one to touch and hold. Others may "feel funny" to them. Read your child's signals and modify the play experience accordingly.
- Involve peers. It is important for a child with special needs, just as it is for a child who is typically developing, to establish relationships with peers. Arrange playdates or look



for opportunities for your child to play with other children, such as at the park or during a library story hour. Having fun with peers is an important way that children learn social skills like sharing, conflict resolution, and empathy—and also help prepare children for the school setting later on.

Source: <https://www.zerotothree.org/resources/1081-tips-on-playing-with-babies-and-toddlers>

Taunton Area School to Career

22nd TASC Business Recognition Dinner a Major Success

by Dan LeBrun

The TASC annual dinner and auction event held on October 25th at the Taunton Holiday Inn was one of the program's most successful ever. The event ran smoothly, ended earlier than perhaps ever before, and appears to have raised about as much as last year's record total. As our biggest fundraiser, it is critical to help us continue offering student internships, career mentor matches, and other opportunities that foster work skills, academic achievement and career development - which in turn prepare high school students for tomorrow's workforce.

The event honored several special companies and individuals whose generosity, and willing commitment of time and resources, have provided critical support for TASC youth services over the past years. Three businesses and one individual were given a 2017 Recognition Award for their multiple years of support. The award recipients were: General Dynamics Mission Systems, Princess House, United Way of Greater Attleboro/Taunton, and Taunton City Mayor Thomas Hoye. Interestingly, they represent the private, non-profit, and public sectors.

At the dinner, TASC also honored and appreciated the dedication of volunteers who have served 10 or 5 years as Career Mentors. They are part of TASC's signature service, Career Mentoring, which has impacted many hundreds of students' lives over nearly 25 years, and is recognized as one of the first and best such programs in the state.

Program Director Dan LeBrun commented, "I found myself last year referring to these very dedicated & committed business professionals as "Priceless": you just can't "buy" volunteers who give their time and talent to help students develop dreams and then help them set academic, career and personal goals that empower their success to achieve those dreams. They are "Priceless" indeed. Perhaps you've heard this anonymous quote before: 'One hundred years from now, it will not matter what my bank account was, the sort of house I lived in, or the kind of car I drove; but the world may be different because I was important in the life of a child.' Mentors exemplify that quote."

Three Career Mentors were awarded a 10 year plaque of dedication to Career Mentoring: Brenda Flores, of Webster Bank; Mary Ann Jablonski, originally with DePuy Synthes, and Mark Gailey, formerly with TMLP. Another eight mentors did or will receive a 5 year dedication plaque: Joanne Briody, of Shriver Clinical Services; Larry Gantz, from the Taunton Fire Dept.; Art Gareau, of Water Solutions Group; Sue Gustafson, of Princess House; Shaunna O'Connell, Taunton's State Representative; as well as Audrey Chretien, from DePuy Synthes, Steve May, of Power 3 Communications, and Jamie Stebbins, from Solberg Manufacturing.

Also featured during the evening was a presentation by Taunton High School senior Jeremiya Andrade. A "mentee" this past year, he spoke about his experience and the many benefits of his having been part of TASC's Career Mentoring Program. In addition to awards and talks, a terrific array of silent auction items and some eleven live auction items were also part of an exciting, fun evening

Last but certainly not least, TASC/AHS extends a hearty and heartfelt thanks to the 40 terrific event sponsors for their support. Likewise we are very grateful to all Event Committee members for taking time out of their busy schedules to help ensure the continuation and growth of TASC's mission. Special gratitude goes to multiple-year dinner/auction Committee Chair, Kelly Ann Bento of Webster Bank, and core members Debbie Dutra of The Lopes Companies, Mary Ann Jablonski, formerly of Depuy Synthes, Karen Reamsnyder of Raynham Veterinary Hospital, as well as AHS Development Coordinator Debbie Howland." Most assuredly, we truly appreciate every single person who helped before or at the event, donated auction items, made a cash contribution, or any way helped make this event as successful as it was!



Mayor Tom Hoye receives a Recognition Award at the recent TASC Dinner.

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

Yes, Mentoring Works

by Trish O'Brien

Last year, the AHS/TASC Career Mentor Program served 47 high school students from Taunton, Bristol County Agricultural and Taunton Alternative High Schools. While it's not often readily apparent if the mentor experience is beneficial for the mentee, we are fortunate to be able to share several success stories from our 2016-17 program. One mentee, whose dream is to be a state trooper, attended the MA State Police Summer Academy because of the support and assistance of his mentor, and a healthy dose of desire and determination on his own part. Two other mentees became adept at public speaking after they participated with their mentors in our Toastmaster's Public Speaking Seminar. Gratitude and excitement were expressed by a mentee for his mentor's guidance in exploring a college which resulted in the student being offered a scholarship.



Why am I telling you this? I want you to know that mentoring works! True, I am highlighting recent positive results; and it is also true that not every mentor has a success story to tell – at least not yet. While some of our successes seem small, to the mentees, they make an incredible difference. One mentee experienced the thrill of his first Red Sox game, another learned to overcome anxiety in group situations and yet another gained confidence enough to go on to college. There are many other stories I could share, many I don't know about and others that won't be evident for years to come. Yes, mentoring works.

Since we know career mentoring works, we don't want to turn away any student who wants the opportunity of a mentoring relationship. Our new flexible program model has resulted in tremendous demand. We have a greater than 80% increase in students interested in this year's program! We need mentors to meet this increased demand!

Students aren't the only ones who reap rewards from the mentoring experience. There is special satisfaction when a mentor learns about the impact he or she has had on a mentee. It's a feeling that can't be measured! If you think you or someone you know would like to share in the rewards experienced by mentors, contact Trish O'Brien at Tobrien@ahsinc.org or 508/880/0202x409 to learn more about becoming a career mentor. You won't regret it!

Holiday Assistance

Corline Cronan's Family, Inc.

The Corline Cronan's Family coordinates donations of food, turkeys and volunteers for a hot meal for the homeless, less fortunate, lonely citizens on Thanksgiving, Christmas and Easter holidays. The meal site is Coyle Cassidy High School. Meals are also delivered to shut-ins. All attendees can take away a second meal, a bag of canned and non-perishable groceries, as well as gently used clothing. In addition, new items such as blankets, knit hats, gloves, and personal hygiene have been provided at various times. Please call (508) 823-8443 for more information Website: <http://corlinecronan.weebly.com>

Citizens for Citizens, Operation Christmas

Operation Christmas distributes toys to parents of children, from birth to 12 years of age, to be given as gifts at Christmas. Applicants must have an application signed by school dept, DTA, DCF, or an appropriate human service agency to document a need. The programs serves Taunton, Raynham, Dighton and Berkley.

1 Taunton Green, Taunton, MA 02780

Phone: (508) 823-6346

Director: Debbie Araujo, daraujo@cfcinc.org

Literacy Tips

Modify picture books for infants. Since the storyline in a children's book may be too difficult for young children to understand, simplify it. Use your own words to describe the pictures.

Simply tell your child what is in the picture (i.e. "Look, a duck", "The duck is in the water.") Remember, the story itself is less important than the pleasure of the experience you are having with your child. As your child progresses you can rephrase the story in a shortened form.

Be dramatic. Using different vocal expressions can make the experience more fun. There are many types of tones you might try, for instance, surprise, whispering, drawing out vowels. If you want to soothe your baby try using books that have a repetitive rhythm, rhymes, and gentle words (like those you might find in Goodnight Moon.)



Resource/Information Page

It IS Easy Being Green

by Chrissy Collins

My household is all a bustle with the energy of a 10-week-old puppy, which got me thinking of how I can support the environment while enjoying little Louie. As “green” citizens we care about the environmental impact of what we’re eating, so it only makes sense to be just as mindful about what we’re feeding our pets. However, ecological-impact calculations for food are based on the processing of human-grade meat—which has a much greater footprint than by-products of the human food industry. And most commercial pet food is based largely on these by-products—things like animal and soybean meals or dried egg. So it is essentially using “leftovers.” When choosing your pet food, look for ingredients that include secondary products, such as animal bone meal or organ meat and less corn and soybean. Also look for high quantities of plant-based ingredients. Many pet foods are animal-based, and in general, animal products have a larger footprint than plant products. Pet foods that offer sustainably certified fish are also planet-friendly. Try avoiding products with artificial flavors and ingredients you have trouble pronouncing. Another way to be “earth friendly” is to buy our animals food in bulk. Let me know how it is going at Chrissyc1@cox.net.



Thank you Personal Best!

Associates for Human Services would like to extend a BIG “Thank You” to Personal Best Karate, Foxboro, MA for organizing the collection, packaging and distribution of over 3,000 turkey baskets to their surrounding towns, including over 116 baskets to families in our Early Head Start and Early Intervention Programs. Families are very grateful for the baskets they will receive on November 19th.



Cold vs. Flu

Cold vs. Flu 101

What should I do to prepare for this flu season?

The Centers for Disease Control recommends a yearly flu vaccine for everyone 6 months of age and older as the first and most important step in protecting against this serious disease. While there are many different flu viruses, the flu vaccine is designed to protect against the three main flu strains that research indicates will cause the most illness during the flu season. Getting the flu vaccine as soon as it becomes available each year is always a good idea, and the protection you get from vaccination will last throughout the flu season.



In addition, you can take everyday preventive steps like staying away from sick people and washing your hands to reduce the spread of germs. If you are sick with flu, stay home from work or school to prevent spreading influenza to others.

What is the difference between a cold and the flu?

The flu and the common cold are both respiratory illnesses but they are caused by different viruses. Because these two types of illnesses have similar flu-like symptoms, it can be difficult to tell the difference between them based on symptoms alone. In general, the

flu is worse than the common cold, and symptoms such as fever, body aches, extreme tiredness, and dry cough are more common and intense. Colds are usually milder than the flu. People with colds are more likely to have a runny or stuffy nose. Colds

Symptoms	Cold	Flu	Allergies
Aches & Pains	Yes	Yes	No
Cough	Yes	Yes	Wet/Dry
Exhaustion	No	Yes	Yes
Fatigue/Weakness	Yes	Yes	No
Fever	Slight	Yes	No
Headache	No	Yes	Slight
Itchy/watery eyes	No	No	Yes
Rash	No	No	Yes
Sneezing	Yes	Slight	Yes
Sore Throat	Yes	Slight	Slight
Stuffy Nose	Yes	Slight	Yes

generally do not result in serious health problems, such as pneumonia, bacterial infections, or hospitalizations. Any questions about treatment for you or your family, please contact your pediatrician or health care provider.

Source: The Centers for Disease Control and Prevention: www.cdc.org

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web site!

www.ahsinc.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.

- * Magazines
- * Soft Tissues

Useless Trivia

- * John Wilkes Booth's brother once saved the life of Abraham Lincoln's son. Irony.
- * The 'spot' on 7UP comes from its inventor who had red eyes. He was an albino.
- * Leonardo da Vinci could write with one hand and draw with the other at the same time.
- * Celery has negative calories! It takes more calories to digest a piece of celery than the celery has in it to begin with.

Special Days to Celebrate in November

- Child Safety & Prevention Month
- National Adoption Awareness Month
- National Caregivers Appreciation Month
- National Diabetes Awareness Month
- 1st - All Saints Day
- 2nd - Devised Egg Day
- 2nd - Men Make Dinner Day
- 3rd - Housewives Day
- 4th - Book Lovers' Day
- 7th - U.S. General Election Day
- 8th - Cook Something Bold Day
- 10th - Forget-Me-Not Day
- 10th - USMC Day
- 11th - Veterans' Day
- 13th - Caregiver Appreciation Day
- 14th - World Diabetes Day
- 15th - America Recycles Day
- 16th - Great American Smokeout
- 17th - World Peace Day
- 18th - National Adoption Day
- 21st - World Hello Day
- 23rd - Thanksgiving
- 24th - Black Friday
- 24th - Evolution Day
- 28th - French Toast Day
- 30th - Stay at Home Because You are Well Day

A "Thank You" to all Caregivers!

Our sincerest thanks
for giving so much of yourself
to provide the care
and attention to
your loved one's needs
We really appreciate
the dedication
the wisdom
the compassion and grace
Your family member
knows he or she is in good hands
and so do we
We are all so very grateful

