

The Correspondent

Early Intervention Program

Early Head Start

Wise Adult Day Health

Taunton Area School to Career

Volume 22, Issue 9



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September, 2017



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23rd Annual Spaghetti Supper & Raffle

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

Face Painting Raffles Great Food

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

Special Raffle: Take your chance at winning an iPad, 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

22nd Annual TASC BUSINESS RECOGNITION DINNER

at the Taunton Holiday Inn
 October 25, 2017
 5:00 pm

For more information, call Dan LeBrun at 508-880-022, ext. 408

WINE & CRAFT BEER TASTING

TO BENEFIT
 Associates for Human Services, Inc.

THURSDAY
 November 9, 2017
 RAYNHAM PARK (new location!!!)
 5:30—8:30 pm

Tickets—\$25 in advance, \$30 at the door
 Featuring over 100 fine wines from around the world, a hearty selection of craft beers and select specialty liqueurs.

Wise Adult Day Health

by Nancy Pereira

Adult Day Health Week

During the week of September 17 through September 23, 2017, Adult Day Health programs across the country will be celebrating National Adult Day Health week! This year’s theme is Celebrating Diversity in Adult Day Health. Wise Adult Day Health participants will be enjoying a myriad of various entertainers and engaging in activities geared toward celebrating our wonderfully diverse world! Be it African or Native American, Asian, or Hispanic heritage, etc. our participants will be traveling the virtual globe exploring all of it’s wondrous and various flavors!

BINGO BASH

Bingo is a staple activity here at Wise Adult Day Health as we certainly are not at a loss for hardcore BINGO enthusiasts! At Wise, Bingo is not just about calling numbers and filling the card with chips. Activity Director, Linda Kerr keeps the fun going with all variations of the game to prevent it from getting boring or routine. For example, Healthy Bingo, pictured below, utilizes bingo cards with squares of healthy food items instead of numbers.



Cheyenne helps Dottie with her Bingo card

Not only does the food item



Melissa hopes for a Bingo win!

get called but the group will also be engaged in discussion about it during the game. For example, if the picture is an apple, the staff will begin to ask basic questions such as “how many of you like apples?” “What are some things we can make with apples?”, etc. It’s an opportunity to stimulate the mind with conversation and cognitive recall.

Luau Day

The Singing Nurse, Pamela Tietze, joined the Wise participants for our Luau Day event. The group enjoyed a morning of lively entertainment. “It’s hard to keep seated when Pamela is performing!” notes Program Director, Nancy Pereira. “She is truly engaging and really gets people on their feet. The whole program just exudes with happiness and joy during her performances.”



Bill sings along with Pam during Luau Day.

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

Priscilla Bergeron is September's highlighted staff person. Priscilla began here at AHS' Early Intervention Program in November of 2015. She graduated with a Bachelor of Science in Health Education and Biology from Rhode Island College. As a student teacher she taught high school students and then worked as a Lead School-Age Teacher in Barrington for four years. She then worked at Community Counseling of Bristol County in Taunton as a Therapeutic Mentor for three years before she began her work here at Early Intervention. Priscilla brings her knowledge, energy, flexibility and resourcefulness to the families that she works with. Thank you for your upcoming 2 year anniversary of service to Early Intervention!



Fruit, Veggies & Toddlers

If eating fruits and vegetables is one of your toddler's least-favorite activities, consider this: One of the simplest ways to get your child interested in eating vegetables is to eat yours. Don't get frustrated. Count on at least ten exposures before your child even ventures a nibble of a new food.

Helpful tips:

- * Let kids pick fruit or veggies when you go shopping.
- * Make fruit smoothies.
- * You can mix vegetables into a hamburger mixture for vegetable meatloaf.
- * Add chopped fruit, especially berries and bananas, to your child's cereal.
- * Offer a fruit salad, with a mix of watermelon, grapes, and strawberries as a dessert or snack.
- * Try dried fruit.
- * Mix in some chopped fruit with gelatin.

Source: www.whattoexpect.com/toddler-nutrition/getting-kids-to-eat-vegetables.aspx#

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.

Social Emotional Regulation

What is "social emotional regulation"?

Emotions are an important part of our daily lives. They affect our actions, even if we are not always aware of them. The understanding and balancing of emotions is called emotional regulation. Emotional regulation is a general term that includes several parts: being aware of and paying direct attention to emotions, understanding and labeling emotions, and managing emotional reactions to meet important goals.

Books can be powerful tools to help even very young children cope with their emotions.

Title	Author	Age Range
<i>Baby Faces</i>	Margaret Miller	birth to 2
<i>Oh, David!: A Diaper David Book</i>	David Shannon	birth to 2
<i>Oops!: A Diaper David Book</i>	David Shannon	birth to 2
<i>If You're Happy And You Know It: My First Taggies Book</i>	Ken Geist, Ed.	birth to 2
<i>I Am Happy: A Touch and Feel Book of Feelings</i>	Steve Light	birth to 3
<i>My Many Colored Days Board Book</i>	Dr. Seuss	birth to 5
<i>The Feelings Book</i>	Todd Parr	birth to 5
<i>Lots of Feelings</i>	Shelly Rotner	18 months to 3
<i>Grumpy Bird</i>	Jeremy Tankard	18 months to 3
<i>When I Am/Cuando Estoy</i>	Gladys Rosa-Mendoza	18 months to 3
<i>Taking a Bath With the Dog and Other Things That Make Me Happy</i>	Scott Menchin	18 months to 5
<i>The Way I Feel</i>	Janan Cain	2 to 6
<i>Today I Feel Silly: And Other Moods That Make My Day</i>	Jamie Lee Curtis	2 to 6

As you share these books with your child, it's important to remember not every book is for every child. Because some of the books listed above address sensitive topics, it is always a good idea to read them by yourself before reading them to your child. That way you can be sure they reflect your family's values and are appropriate for your child's temperament, age, and developmental stage.

Source: www.zerotothree.org

Early Childhood Programs

Early Intervention

Early Head Start

How to Find a Responsive Childcare Setting?

When selecting a quality childcare setting for your child, parents should also consider responsive care; the need for caregiving staff to adapt their approach to meet the child's needs. This is called responsive care. To do so, caregivers need to be excellent observers of the children in their care, and search for the meaning behind children's gestures, gurgles, cries, and glances. Responsive caregivers wonder why a particular behavior is occurring, come up with an educated guess, and interact with the child to see if they're correct. Is a crying baby tired? Hungry? Wet? Lonely? Frustrated?

Responsive caregivers adapt their response based on the reason behind the behavior as well as the style of the individual child. This ensures that all children are treated as unique, with their own thoughts, feelings, preferences, and needs.

Responsive Child Care Issues to consider:

- * Are children allowed to function on individual schedules?
- * Do parents receive daily written reports about their children's day (and formal progress reports twice per year)?
- * Are parents free to visit at any time during the day?
- * Does the caregiver adhere to state-regulated caregiver/child ratios?
- * Is the caregiver's turnover rate for families under 20%? Why do families leave?
- * When caregivers leave, how do staff help children understand the transition?
- * Do staff receive medical benefits, vacation leave, and continuing education support?
- * How do caregivers respond to child-initiated interests?
- * How can parents get involved in the program?
- * If you are nursing, is the caregiver responsive and accommodating?

Source: *Matching Your Infants' or Toddler's Style to the Right Child Care Setting* by Zero to Three and *Child Care Aware*



Health & Safety Factors to Consider

Quality child care providers are ones that also make health and safety issues a top priority. Use the questions below as general guidelines, and contact Child Care Aware for more information (1-800-424-2246).

- * Are diapering, sleeping, food preparation and play areas separate?
 - * Are there clearly written sanitation procedures specific to each area? Are there instructions posted on proper diapering and food storage/preparation procedures?
 - * Do staff receive training on health/safety issues?
 - * Are infants' and toddlers' toys washed and disinfected regularly?
 - * Is there a sick-child policy?
 - * Do adults regularly conduct safety checks of all areas inside and out for potential safety hazards?
 - * Do staff maintain children's personal grooming standards (for example, hand-washing)?
 - * Are all infants put to sleep on their backs?
 - * Is the staff equipped with appropriate first aid materials? Do staff members know basic first aid techniques (for example, CPR)?
- Do staff practice fire drills and evacuation procedures? Is there a written policy in place for evacuation procedures?

Source: *Matching Your Infants' or Toddler's Style to the Right Child Care Setting* by Zero to Three and *Child Care Aware*

Use Baby Straps

September is Baby Safety Month, sponsored annually by the Juvenile Products Manufacturers Association (JPMA). This year, JPMA is helping educate parents and caregivers on the importance of properly using straps on all juvenile products (car seats, booster seat, high chairs, etc.)

Falls are the leading cause of non-fatal injuries for all young children. Every day in the U.S., approximately 8,000 children are treated in the emergency room for fall-related injuries.

The best way to prevent injury is direct supervision—watch, listen and stay close to your child. Child safety devices, like safety belts and straps, should always be used when available. Straps, safety belts, and harnesses on baby gear reduce the risk of infant fall injuries.

Source: <https://babysafetyzone.org/hot-topics/baby-safety-month>

Taunton Area School to Career

YouthWorks 2017: A Summer of Success

The Taunton YouthWorks program held its Closing Ceremony recently at the Taunton Holiday Inn, after a final three hours of training. Participants were presented with a Certificate of Completion for achieving the 125 hours of work during the summer. Several students were also presented with special certificates for outstanding work, leadership, enthusiasm, politeness and other valuable career traits.

Six employees from First Citizens Credit Union, as well as staff from the Bristol Workforce Investment Board and AHS, graciously assisted in the last piece of training for the students: practice, or “mock”, interviews. Feedback from the interviews gave the students valuable information on what questions to expect, how to represent yourself, and what areas to improve upon. The professionals spoke briefly to the entire group, offering tips from their own experiences that may be helpful to students in the future.

YouthWorks is a youth summer jobs program funded through the Commonwealth of Massachusetts, Executive Office of Labor and Workforce Development, and administered by the Commonwealth Corporation. Taunton YouthWorks is managed by the Bristol Workforce Investment Board, with the Taunton Career Center; and implemented by TASC.

The Summer 2017 Taunton YouthWorks program saw 34 youth complete a 5-6 week YouthWorks participants & TASC Staff at Closing Ceremony job experience in one of 16 different worksites. TASC is grateful for all the worksites – private, non-profit, and public – who agreed to be part of the program. They included: Boys & Girls Club of Taunton (Camp Riverside), Citizens for Citizens, Correira Insurance, First Parish Church, Girls Inc., Homes for Our Troops, Our Daily Bread, Pro-Home, Taunton Career Center, Whittenton Hardware, YMCA Taunton Branch, as well as 3 different Taunton public schools. A few students were part of two TASC-sponsored work groups: a Fruitylicious Jams & Jellies culinary group, and a Carpentry/Landscaping group at THS.

Cheyenne Amaral and Kristen Dunderdale, TASC co-coordinators of Taunton YouthWorks, as well as TASC Program Director Dan LeBrun, were very pleased with the program’s accomplishments. “We had a very good group of youth this summer who did a great job, per feedback from their individual site supervisors. This kind of career development project gives participants critically important preparation and a leg up for making their own path towards a future career,” said LeBrun.



New Options, More Flexibility for TASC Career Mentor Program!

The 2017-18 TASC Career Mentor Program is destined to be our most exciting year yet! Growth and changing needs are prompting us to create a program full of new options, while maintaining our traditional opportunities and the core goals of our program.

We will need to recruit a larger cadre of mentors to make the program work! We expect our new, flexible options will help us serve more students, and meet an increasing need. And if all goes well, we will welcome another local high school to our list of partner schools, currently Bristol County Agricultural, Taunton Alternative, and Taunton High Schools.

Besides more matches, some of the Career Mentor Program new options will begin earlier in the school year. Thus, the need for mentors is greater than ever and we need to identify them sooner!

Designed to offer flexibility for mentors and mentees alike, the new program boasts a menu of TASC-planned tours, seminars and activities scheduled not only during the school day, but after school and during school vacations as well. There will be similar flexibility when the mentor, with his or her mentee, design and arrange their one-on-one meetings, and together plan activities based on what works best for them.

If you have ever wondered about being a Career Mentor, this is the perfect year to step up and join our team of dedicated mentors! If you know someone who would be a fantastic mentor, tell them about it and encourage them. It’s shaping up to be a fantastic mentoring year ahead!

We hope nearly all who have mentored in the past will come back, and believe you will enjoy the new flexibility. There are new students waiting to be the beneficiaries of your generosity, time and talent. Whether rejoining or becoming a new member of our team, take the step and contact Trish O’Brien, AHS/TASC Career Mentor Program Coordinator, at 508-880-0202x409 or Tobrien@ahsinc.org for more information.

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

Hurricane Preparedness

The Atlantic Hurricane Season is June 1st through November 30th – longer than many of us may realize. Hurricanes are strong storms that can be life-threatening as well as cause serious property damage.

Threatening hazards such as flooding, high winds and storm surges and tornados can occur and being prepared can make all the difference in how you weather the storm.

A hurricane WATCH is in effect when hurricane conditions are a threat within 48 hours. This is the time to review your preparedness and make sure you have a plan and necessary supplies in place.

A hurricane WARNING is in effect when hurricane conditions are expected within 36 hours. This is the time to make sure you complete your storm preparations and evacuate the area if being directed to do so by local authorities.

It's always wise to be prepared for the unexpected whenever there is threat of a major storm and to ensure you have certain basic disaster supplies on hand in the event of a weather emergency. See below for a list for an Emergency Preparedness Kit.

Emergency Preparedness Kit:

Bottled water (at least a 3 day supply of 1 gallon per person per day)

Non-perishable and easy to prepare foods

Manual can opener

Battery operated or hand crank radio and flashlights

Extra batteries (for radio, flashlights, etc.)

Medications (7 day supply minimum)

Sanitation and personal hygiene items and trash bags

Emergency blankets

Extra clothing with sturdy shoes

Multipurpose tool or tools

Rain gear

Insect repellent and sunscreen

Extra cash

First aid kit

Pet supplies (dog food, collar w/ ID, leash, bowl, carriers)

Baby supplies (bottles, formula, baby food, diapers)

Fill up your vehicle's gas tank

Keep a list of emergency contact information/ numbers

Important personal documents

Know your local shelters

Fully charged cellular phone



Raising Earth Friendly Kids

As with most good habits, the best way to teach them is to be a good role model yourself. By showing that you care about and respect the environment, your kids will do the same. Here are suggestions you can try:

Teach respect for the outdoors. This can start in your own backyard. Help kids plant a garden or tree. Set up bird feeders, a birdbath, and birdhouses. Kids can clean out and refill the bath daily, and clean up seed debris around feeders and restock them.

On a larger scale, you can plan family vacations that focus on the great outdoors. You can plan a short trip which may include a day at a state or national park.

Recycle - Recycling is easy, and in some communities, mandatory. Check with your

local recycling office and be sure you know all the rules. You may need bins for each type of recyclable: One for plastic, one for glass, one for paper, and one for cans. Kids can sort items, place them in the correct bins, and take the containers out to the curb for collection.

Drink your own water - Bottled water is expensive and, experts say, not any cleaner or safer than tap water. In fact, much bottled water is actually tap water that has been filtered. The water that comes out of home spigots in the United States is extremely safe. Municipal water supplies are monitored constantly and the test results made public. And unless they're recycled, the plastic bottles — most commonly made from polyethylene terephthalate (PET), which is derived from crude oil — can end up in landfills.

Clean green - Many natural products can replace commercial — and possibly hazardous — cleaning preparations. Just a few examples: to deodorize carpets, sprinkle them with baking soda, wait 15 minutes and then vacuum; use vinegar and baking soda for everything from oven cleaning and drain clearing to stain removal and metal polishing. Lots of websites offer green cleaning tips, and many stores carry pre-made nontoxic cleaners for those who don't want to make their own.

Lend a hand - Many communities sponsor green activities, like pitching in to help clean up a local park or playground. Maybe the area around your child's school could use sprucing up.

Source: http://kidshealth.org/parent/positive/family/go_green.html#



Resource/Information Page

It IS Easy Being Green

by Chrissy Collins

In a recent study by the National Cancer Institute and the National Center for Nutrition Policy and Promotion, it was revealed that nearly everyone fails to meet dietary requirements. Deficiencies can wreak havoc on immune and organ function, and can affect mood and appearance. Greens are truly alkalizing, which is critical for our overly acidic diets. They are loaded with proteins, minerals, and vitamins. Try adding these fall favorites into your diet:

1. **Arugula**-This slightly sweet and spicy, fragrant green is available year round but especially tasty in fall. They are a great addition to salads or sautéed and an excellent source of folic acid if you're planning on becoming, or already are, pregnant.

2. **Brussel sprouts**-Like their cousin, cabbage, they have been shown to lower risks of cancer. You can roast them in olive oil, salt and a little bit of rosemary.

3. **Escarole**-These tender leaves are a delicious addition to salads, soups and stews. A staple in Italian white bean soup, they are an excellent source of vitamin A.

4. **Kale**- A million ways to prepare it, super fast and super delicious.

5. **Parsley**-It's a powerhouse of nutrition from vitamin C and calcium to balancing your wonky PMS moods. It's also a natural breath freshener.

6. **Celery**-Naturally cooling, as in calming, eating raw celery is a great way to chill out when stressed. It's versatile and makes one of the best creamy soups you've ever tasted.

7. **Broccoli**-From stir-fry and soups to pasta and pizza, you really can't go wrong with broccoli. Sometimes it's best just steamed with a little bit of salt and olive oil drizzle.



Self Improvement Month

As human beings, we are our own worst critics. Most of us are guilty of focusing on our weaknesses instead of our strengths. We all have areas we would like to improve, but improvement requires work and effort. September is Self-Improvement Month. During this month-long event, work on different areas of your life that need improvement. But instead of being overwhelmed by every area we wish to improve, take it one week at a time.

Below are a few suggestions for bettering yourself each week this month.

Week 1: Mentality - Sit back and evaluate how you feel about yourself. Do you get down on yourself because you do not finish your to-do list every day or because you are not the best cook? This week, focus on how you can improve your mentality toward yourself. First, forgive yourself and let things go. Don't hold a grudge against yourself because you are not Mother-of-the-Year or Wife-of-the-Decade. Second, be grateful. Gratitude is one of the best remedies for improving your mentality and attitude toward yourself and those around you.

Week 2: Physical - Focus on the physical areas in your life that could use some improvement. Whether you have weight to lose, you want to boost your energy or just cut your salt intake, set goals to make this happen during this week. If an increase in physical fitness is your goal, create a realistic fitness plan that you can stick to for several months. This could mean exercising three days a week, add more weight lifting to your current physical activities and more.

Additionally, take a look at your diet. When you eat healthy food, you will feel much better about yourself.

Week 3: Spiritual - Your spirituality requires continual improvement. When looking to improve your spirituality, find one area you can focus on this week to feel closer to your human spirit or soul as opposed to material or physical things.

Week 4: Social - Evaluate your relationships with those you care about most including your spouse, children, extended family and friends. Think about how you can be a better spouse, a better parent and friend. Do you need to put down your distractions and focus more on those you love? Think about the qualities you admire most in your family members and friends.

Self-improvement isn't a task you ask someone else to do, it must be accomplished only by yourself. This month is the perfect time to evaluate yourself, find the areas you wish to improve and dedicate the entire month to improving those areas and watching yourself gradually become the person you want to be.

Source: <https://familyshare.com/2775/week-by-week-guide-how-to-celebrate-self-improvement-month>

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web site!

www.ahsinc.org



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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
- * Soft Tissues

Useless Trivia

- * The name Wendy was made up for the book "Peter Pan."
- * Leonardo da Vinci could write with one hand while drawing with the other.
- * Daffy Duck's middle name is "Dumas"
- * South Dakota is the only state which shares no letters with it's capital.
- * A duck's quack doesn't echo.

Special Days to Celebrate in September

- Baby Safety Month
- Self Improvement Month
- 2nd - International Bacon Day
- 2nd - VJ Day, WWII
- 4th - Labor Day
- 6th - Read a Book Day
- 7th - Neither Rain nor Snow Day
- 8th - International Literacy Day
- 8th - Pardon Day
- 9th - Teddy Bear Day
- 10th - Grandparent's Day
- 10th - National Pet Memorial Day
- 11th - 911 Remembrance
- 13th - Positive Thinking Day
- 13th - Uncle Sam Day
- 15th - POW/MIA Recognition Day
- 16th - Step Family Day
- 16th - Mayflower Day
- 16th - Working Parents Day
- 17th - Citizenship Day
- 17th - National Women's Friendship Day
- 17th - Wife Appreciation Day
- 21st - International Peace Day
- 22nd - Autumn Equinox - Fall Begins
- 22nd - Native American Day
- 23rd - Oktoberfest begins in Germany
- 28th - National Good Neighbor Day

Raffle Items Wanted

AHS' 23rd Annual Spaghetti Supper & Raffle is Friday, September 22.

Proceeds from the fundraising events will support our Lifelong Learning fund, which provides 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 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, 32 GB!!)

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