

The Correspondent

Early Intervention Program

Early Head Start

Wise Adult Day Health

Taunton Area School to Career

Volume 24, Issue 2



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February, 2018



Thank You Mansfield Bank Charitable Foundation



A great big Thank You to Mansfield Bank Charitable Foundation for awarding Early Head Start (EHS) a Community Grant to install a new floor in the 2nd socialization classroom at Trinitarian Church. EHS provides parent-child activity opportunities in a community shared classroom for enrolled infants and toddlers, as well as a caregiver. Our enrollment has increased enough to provide a 2nd classroom to families. Children now have two classrooms complete with quality materials and appropriate flooring to crawl, walk, fall and climb and enhance all their child development skills safely.

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Career Mentor Kick-off Breakfasts



(pictured: Career Mentors Jeff Postell, Boston College Police; Kathleen Tunney, Associates for Human Services, and Mark Gailey, TMLP - retired, all meet with their students.)

The Taunton Area School to Career (TASC) Program held a Career Mentoring Kick-off Breakfast at Taunton High School and Bristol County Agricultural High School. Read more about the events, the program and the need for more career mentors on page 5.

Wise Adult Day Health

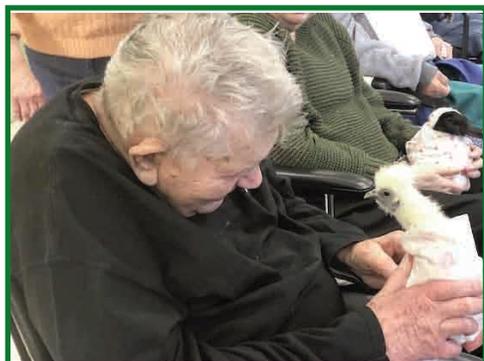
by Nancy Pereira

Barn Babies-Boom!

Wise participants enjoyed a visit from Barn Babies Traveling Petting Zoo. A menagerie of furry friends included swaddled kittens, bunnies and chickens as well as a duo of active Chorky pups and an adorable piglet and baby goat! “Pet therapy can play a huge part in an individual’s overall health and wellness,” notes program RN and Healthcare Coordinator, Julie Iampietro. “The simple act of petting the soft fur of a kitten or bunny elicits an immediate calming effect known to reduce stress and anxiety which is particularly important for elders and individuals experiencing Alzheimer’s and other types of dementia.” Reducing stress is known to be a key factor in the prevention of heart disease, lowering cholesterol levels and preventing heart



Catherine was excited to hold a baby bunny.



Even a baby chicken is cute and cuddly to Phil.

attacks. Interaction with animals is directly linked to fighting depression as it eases feelings of loneliness, bringing withdrawn people out of their shells and improving their overall well-being. Pet therapy has the ability to impact all individuals regardless of handicap or disability. Those with language difficulties particularly benefit from such interactions as there is no need for words. They can just be present in the moment of joy. “Wise Adult Day health is proud to be able to offer pet therapy activities as part of our meaningful activity curriculum” notes program director, Nancy Pereira. “The smiles are worth a thousand words!”

Heart Smart

February is Heart Health month which is a great time to think about simple strategies that we can all do to improve our heart health and overall well-being. Our Wise program nurses are available to provide education to our participants and families for a proactive approach in helping them to maintain their optimum health. There are many ways you can reduce your risks of heart-related diseases by making a few simple lifestyle changes. Remember, it doesn’t have to be an all or nothing process! You can start by making small changes gradually and build on each success. There are 3 simple strategies you can begin to employ right now to improve your heart health. These are Eating Right, Staying Active, and Practicing Gratitude. Participants who attend Wise have the benefit of these three strategies on a daily basis! We provide nutritionally balanced, portion controlled meals and snacks, a daily exercise program to stay active and it’s easy to keep a great attitude when you’re surrounded by friends and having fun!



The participants really enjoy the exercises that they do daily.

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.

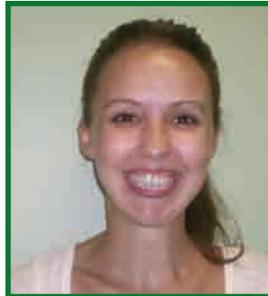
Early Childhood Programs

Early Intervention

Early Head Start

Staff Spotlight

Jessica Joyal is February's high-lighted staff person. Jessica began volunteering at AHS Early Intervention Program in the summer while attending Bridgewater State University, from 2011 to 2015. In July 2015, she worked part-time as a teacher assistant and in October, 2015 was hired full-time as a Developmental Specialist. Jessica graduated with a Bachelor's Degree in Communication Disorders from Bridgewater State University. She has also focused on working with children who are deaf or hard of hearing and utilizes American Sign Language in her work. She is a Service Coordinator and also assists with our SCERTS plans and Literacy appointments when needed. Jessica brings her energy, flexibility and caring to the families that she works with. Thank you for your 2 years of service to Early Intervention!



Baby Teeth

If you think your baby's toothless smile is cute, just wait until their first few teeth make an appearance.

When Do Baby Teeth Come In?

A baby's 20 primary teeth are already present in the jaws at birth and typically begin to appear when a baby is between 6 months and 1 year.

Most children have a full set of 20 primary teeth by the time they are 3. Check out this baby teeth eruption

chart to see the order in which teeth break through.

Every child is different, but usually the first teeth to come in are located in the top and bottom front of their mouth.



When teeth first come in, some babies may have sore or tender gums. Gently rubbing your child's gums with a clean finger, a small, cool spoon or a wet gauze pad can be soothing. You can also give the baby a clean teething ring to chew on. If your child is still cranky and in pain, consult your dentist or physician.

Why Baby Teeth Matter

Baby teeth are very important to your child's health and development. They help him or her chew, speak and smile. They also hold space in the jaws for permanent teeth that are growing under the gums. When a baby tooth is lost too early, the permanent teeth can drift into the empty space and make it difficult for other adult teeth to find room when they come in. This can make teeth crooked or crowded. That's why starting infants off with good oral care can help protect their teeth for decades to come.

Source: <https://www.mouthhealthy.org/en/az-topics/b/baby-teeth>

Caring for Your Baby's Teeth

- Begin cleaning your baby's mouth during the first few days after birth by wiping the gums with a clean, moist gauze pad or washcloth. A baby's front four teeth usually push through the gums at about 6 months; some children don't have their first tooth until 12 or 14 months.
- For children younger than 3 years, start brushing their teeth as soon as they begin to come into the mouth by using fluoride toothpaste in an amount no more than a smear or the size of a grain of rice. Brush teeth thoroughly twice per day. Supervise children's brushing to ensure that they use the appropriate amount of toothpaste.
- Until you're comfortable that your child can brush on his or her own, continue to brush your child's teeth twice a day with a child-size toothbrush and a pea-sized amount of fluoride toothpaste. When your child has two teeth that touch, you should begin cleaning between their teeth daily.

Source: <https://www.mouthhealthy.org/en/az-topics/b/baby-teeth>

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

Tantrums May be Helpful

Believe it or not, temper tantrums are an important part of your toddler's emotional health and well-being. Toddler tantrums are one of the most challenging aspects of parenting. Here are 10 reasons why your toddler's tantrum is actually a good thing.

Better out than in - Tears contain cortisol, the stress hormone. When we cry, we are literally releasing stress from our bodies. Tears have also been found to lower blood pressure and improve emotional well-being, provided there's a loved one close for support. You may have noticed that when your toddler is on the brink of a tantrum, nothing is right. She is angry, frustrated, or whining. You may have also noticed that after the storm has passed, she is in a much better mood.

Crying may help your child learn - A few years ago I was working as a babysitter for a 5-year-old. He was building with some Legos and started having a tantrum because he got stuck. However, after having the tantrum, he sat down and fixed the Lego structure. I've seen many moments like this, where a child is struggling and expressing their frustration helps them to clear their minds so they can learn something new. Research suggests that, for learning to take place, a child must be happy and relaxed, and expressing emotional upset is all part of this process.

Your child may sleep better - Sleep problems often occur because we parents think the best approach to tantrums and upsets is to try to avoid them. Then, a child's pent-up emotions bubble up when the brain is at rest. Just like adults, children also wake because they're stressed or trying to process something that's happening in their lives. Allowing your child to get to the end of her tantrum improves emotional well-being and may help sleep through the night.

You said 'no,' and that's a good thing - Chances are the tantrum your toddler is having is because you said no. And that's a good thing! Saying no gives your child clear boundaries about acceptable and unacceptable behavior.

Your child feels safe to tell you how he or she feels - Tantrums are actually a big compliment, even if it doesn't always feel that way! In most cases, children aren't using tantrums to manipulate us or get what they want. Often your child is accepting the no, and the tantrum is an expression of how he or she feels about it. You can stand firm with the no, and empathize with resulting sadness. The upset about the broken cookie or the wrong color socks is just a pretext, and it's love and connection that is really needed. (cont.)

Tantrums May be Helpful (cont)

Tantrums bring you closer together - It may be hard to believe at the time, but watch and wait. Your angry child may not look appreciative of you being there, but she/he does. Let your child get through the storm of feelings without trying to stop or fix them. Offer hugs. Your child will soak up your unconditional acceptance and feel closer to you afterwards.

Tantrums can help your child's behavior - Sometimes children's emotions come out in other ways, such as aggression, having trouble sharing, or refusing to cooperate on simple tasks like getting dressed or brushing teeth. Having a big tantrum helps your child release the feelings that can get in the way of his/her natural, cooperative self.

If the tantrum happens at home, there's less chance it will happen in public - When children get to fully express their emotions, they will often choose to have



their upsets at home where they sense we are more available to listen. "The more we can find time and space to listen to our child's feelings of upset at home, the fewer bottled-up feelings they'll carry along with them on every excursion."

Your child is doing something that most people have forgotten how to do - As your children grow older, they will cry less; this is maturing and learning to regulate his emotions. Partly it's learning to 'fit into' a society that isn't very accepting of emotional expression. When we adults get angry or stressed or "lose it" with our kids, it's often because we need a good cry too! So let your child have that mood-enhancing tantrum while her or his emotions still flow freely.

Tantrums are healing for you, too - When we are present for our child's tantrum, it kicks up big feelings in us. When we were young, our parents may not have listened to our outbursts with empathy. Our child's upset can trigger memories of how we were treated. Parenting can be a healing path for our own emotional challenges when we get support and a chance to be listened to ourselves.

Source: <https://www.parents.com/toddlers-preschoolers/discipline/tantrum/10-reasons-your-toddlers-tantrum-is-actually-a-good-thing/>

Taunton Area School to Career

by Dan LeBrun

Project Intern

Late this month, Taunton Area School To Career (TASC) is starting this year's edition of Project Intern for students at Bristol County Agricultural High School (BA). Project Intern is a six-week program that will provide 8-10 BA juniors or seniors a work-based learning experience, related to the student's vocational interest, at a local business. The program will kick off on February 26th and run through April 6th.

Participating in Project Intern gives students the chance to see what a typical day in their chosen career field might be like. In some cases, students may be placed in companies that offer careers in the student's field, but that they had not considered before. The program aims to cultivate and reinforce interest in the student's vocational field and pathway; demonstrate the application of classroom instruction in a real-life setting; and offer students the chance to have a workplace mentor.

Students will journal and keep a portfolio of their internship experience. Through this process, a link is formed between the lessons learned in the classroom and the work-based experience. Each student's skills development will be evaluated using the MA Work-Based Learning Plan, a standardized state educational tool. Finally, all students will also create a final project by working with their teacher and workplace supervisor. At the end of their internship, students will present their completed projects at an annual Project Intern Showcase & Recognition Reception, to be held sometime in May.



Emma discussed her internship at Regal Tree & Shrub Experts, at the 2017 Project Intern Showcase & Recognition Reception.

Career Mentoring - Now Begun at All 3 Partnership Schools

The 2017-18 Career Mentoring Program is well underway. The expanded program at Taunton Alternative High School (TAHS), which offers eight group sessions, began in late October for four students. During February, these students and mentors are joining those from THS and BA as part of the traditional career mentoring program's array of activities.

A Kick-Off Breakfast took place on January 31 at Taunton High School, where over 40 "mentees" met the adult volunteer who will spend time with them over the next several months. Each Career Mentor will provide a listening ear and guidance on career pathways, plus bring their mentee on college and business site tours arranged by TASC. Some of the THS students come from our Bridge to STEM Employment program, a three-year TASC venture that gives monthly opportunities to students interested in STEM careers. Now juniors, these students were offered - and roughly nine seized - the chance to be matched with a career mentor for the next year or so. This is one of several new models being implemented this year as part of TASC's enhanced, more flexible Career Mentoring service.

The Career Mentoring service at Bristol County Agricultural High School (BA) started with a Kick-Off Breakfast on February 1st. About 14 students met their career mentors as part of the event.

We Need Female Mentors!!

Unfortunately, when the above article was written, TASC was still seeking 6-8 career mentor volunteers - nearly all female - for students who want to be matched and who have both school and parental authorization.

Please consider becoming a career mentor to a high school teen... we need you! Or tell someone you believe would be a great mentor! Contact Trish O'Brien, TASC Career Mentoring Coordinator, at (508) 880-0202, ext 409, or reach her by email at tobrien@ahsinc.org. Thank you!

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



Taunton Area School to Career
A Program of Associates for Human Services, Inc.
Proudly Presents the 14th Annual




Where community businesses and civic groups partner with local students for a traditional spelling bee!

Taunton High School – Auditorium
April 11, 2018 - Wed., 5:30 PM (Teams arrive - 4:45PM)

Prizes Include:

- Bragging Rights for the Business/Team Champion!
- \$1,750 in college scholarships for HS Seniors on top 3 teams!
- E-readers & Amazon Gift Cards for 8th Graders on top 3 teams!

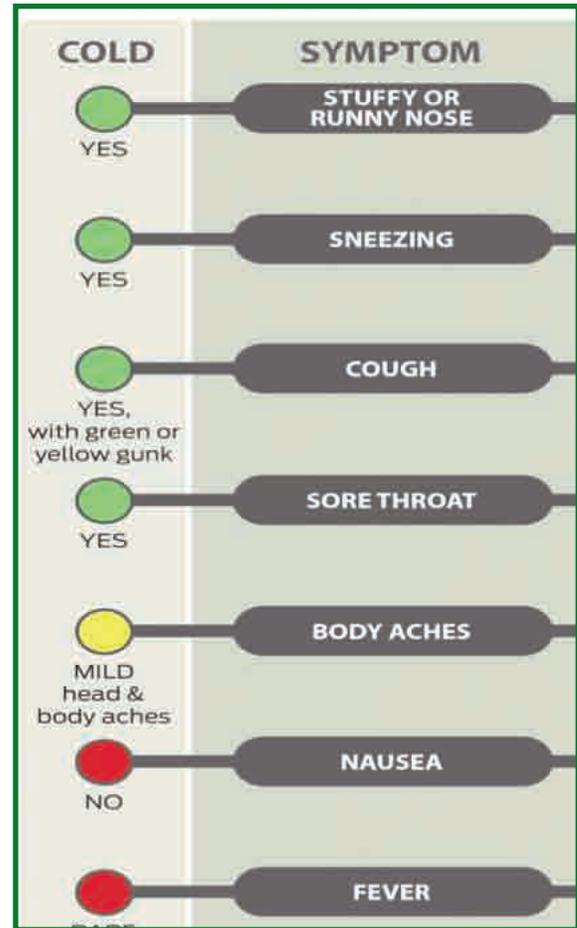
Spectators & Team Supporters Welcome!
Live Broadcast on local Cable TV! [Comcast Channel 9, & Verizon Channel 23]

To participate or sponsor contact:
Debbie Howland (x333), or Dan LeBrun (x408), at 508-880-0202
(dhowland@ahsinc.org; dLeBrun@ahsinc.org)



This event benefits TASC, a program of AHS, and the Taunton area students it serves, who come from Bristol County Agricultural High School, Taunton Alternative High School, and Taunton High School.

Is it a Cold or is it the Flu?



Planet Green Recycle Program

Associates for Human Services participates in the Planet Green Recycle Program which helps raise funds with an e-waste recycling program.

What is electronic waste? E-waste includes waste from electronics, including discarded mobile phones, refrigerators, electronic office equipment, computers, television sets and electronic entertainment devices. According to GreenPeace.org, electronic waste is now responsible for 5% of municipal solid waste across the world, and e-waste affects more than just developed countries.

AHS, Inc. collects empty printer cartridges, and old cell phones and sends them to Planet Green and in turn, Planet Green sends us a check. This money goes into the Lifelong Learning Fund that helps support AHS' four programs.

Please help by bringing in your old phones and printer cartridges.

Heart Healthy Senior: 7 Day Shop

- Tomatoes, cabbage, spinach, greens
- Apples, oranges, bananas, pears, peaches
- Frozen broccoli
- Frozen berries without added sugar
- Margarine and spreads without trans fats
- Vegetable oil (canola, olive, peanut, sesame)
- Light or fat free salad dressing and mayonnaise
- Fat free or low fat (1%) milk
- Fat free or low fat yogurt
- Cheese (less than 3 grams of fat per serving)
- 100% whole wheat bread
- Whole grains (brown or wild rice, barley, bulgar)
- Whole grain breakfast cereals (oatmeal)

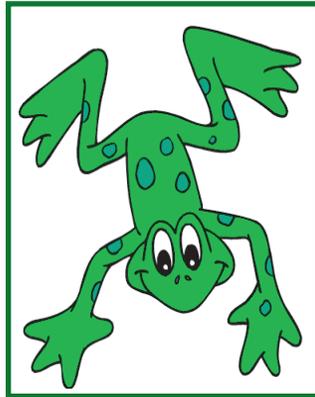
Source: <https://www.aplaceformom.com/blog/2013-02-06-senior-heart-healthy/>

Resource/Information Page

It IS Easy Being Green

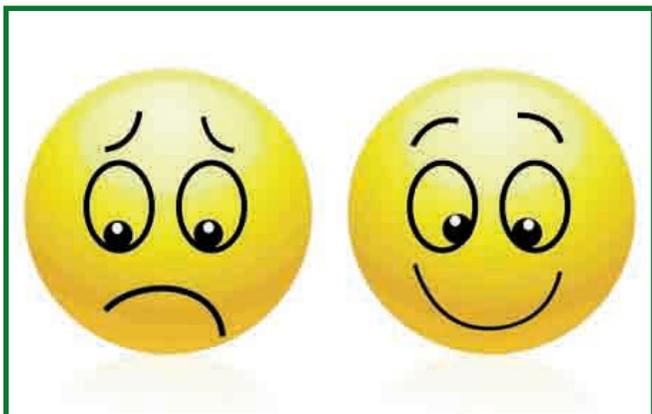
by Chrissy Collins

Are you slogging through winter dreaming about warm weather and flip-flops? Well what if I told you that you can find happiness during the winter too. It is the act of embracing whatever is in front of you today. Below is a list of ideas to help transform your mindset. It's free, accessible and brings you toward happiness. You are in control!



1. It's freezing out.....Great, I get to wear my cozy sweater
2. The roads and sidewalks are slippery.....Great, I can slow down wherever I am going
3. I'm stuck in the house.....Great, I can clean out that closet or room that has been weighing me down
4. My kids have been sick.....Great, I can take care of them to show how much I love them
5. My car is filthy.....Great, when it gets cleaned I will really appreciate it
6. I miss my ice coffee.....Great, I can sample a bunch of different teas all winter to find the one I love
7. I want to sit outside and have my dinner.....Great, I can invite friends over for soup and bread
8. I hate shoveling.....Great, I needed fresh air and some exercise
9. We lost electricity....Great, I can light a candle and curl up to read a book
10. I miss my flip-flops.....Great, I am wearing them to the nail salon!

You get the idea. Changing your mindset changes your mood. Let me know how it goes. I know you can do it! Chrissyc1@cox.net



American Heart Month

Plan for Prevention

Some health conditions and lifestyle factors can put people at a higher risk for developing heart disease. You can help prevent heart disease by making healthy choices and managing any medical conditions you have.

Eat a healthy diet. Choosing healthful meal and snack options can help you avoid heart disease and its complications. Be sure to eat plenty of fresh fruits and vegetables—adults should have at least 5 servings each day. Eating foods low in saturated fat, trans fat, and cholesterol and high in fiber can help prevent high cholesterol. Limiting salt or sodium in your diet also can lower your blood pressure.

Maintain a healthy weight. Being overweight or obese can increase your risk for heart disease.

Physical activity. Activities can help you maintain a healthy weight and lower cholesterol and blood pressure. The Surgeon General recommends that adults should engage in moderate-intensity exercise for at least 30 minutes on most days of the week.

Don't smoke. Cigarette smoking greatly increases your risk for heart disease.

Limit alcohol use. Avoid drinking too much alcohol, which can increase your blood pressure.

Take your medicine. If you're taking medication to treat high blood pressure, high cholesterol, or diabetes, follow your doctor's instructions carefully.

Source: <http://www.cdc.gov/features/heartmonth/>

Pot of Gold RAFFLE

Proceeds to benefit AHS Lifelong Learning Fund

PRIZE: 100 \$10 Scratch Tickets
OR \$1,000 CASH

Drawing will take place on March 16, 2018




\$10 each

ONLY 400 Tickets to be sold

See Debbie Howland for tickets to buy
AHS, 68 Allison Avenue, Taunton
508-880-0202, ext. 333

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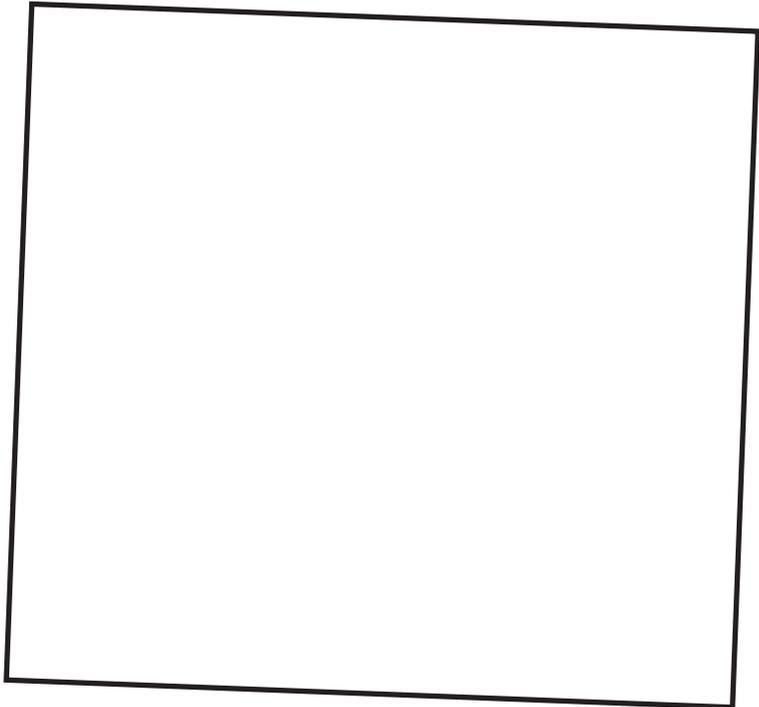
"Choice, Opportunity, Support"

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
- * Soft Tissues

Useless Trivia

- * It's possible to lead a cow upstairs...but not downstairs.
- * Tigers have striped skin, not just striped fur.
- * An ostrich's eye is bigger than its brain.
- * Two-thirds of the world's eggplant is grown in New Jersey.
- * Only some roses are red, but violets are always violet.

Special Days to Celebrate in February

- 1st - National Freedom Day
- 1st - No Politics Day
- 2nd - Groundhog Day
- 3rd - Feed the Birds Day
- 4th - Superbowl Sunday
- 4th - Thank a Mailman Day
- 5th - National Weatherman's Day
- 8th - Boy Scout Day
- 9th - National Pizza Day
- 11th - Make a Friend Day
- 12th - Clean Out Your Computer Day
- 13th - Mardi Gras/Fat Tuesday
- 14th - Ash Wednesday
- 14th - National Organ Donor Day
- 14th - Valentine's Day
- 15th - Single Awareness Day
- 16th - Chinese New Year
- 17th - Random Act of Kindness Day
- 19th - President's Day
- 22nd - Be Humble Day
- 22nd - International World Thinking Day
- 26th - Carnival Day
- 26th - National Pistachio Day
- 26th - Tell a Fairy Tale Day
- 27th - Polar Bear Day
- 28th - National Tooth Fairy Day



Early Head Start staff held a two-day training on the use of the new PROMIS Mobile App. Lihung Ma, Cleverex trainer, instructed staff on how to use the mobile version of their existing database, PROMIS, which now allows for real-time entry.