

# The Correspondent

Early Intervention Program

Early Head Start

Parent-Child Home Program

Wise Adult Day Health

Residential Services

Volume 15, Issue 1

February 2010



## J.M. McDonald Foundation awards grant to Early Childhood Programs

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Associates for Human Services' Early Childhood Programs (Early Head Start, Early Intervention and the Parent-Child Home Program) were awarded a \$10,000 grant from the J.M. McDonald Foundation. This grant will help AHS provide supports to families who are economically disadvantaged, have children with developmental delays or are at risk for education difficulties.

The grant will fund activities that will work on parent-child relationships, and improve developmental skills in the areas of thinking, language, motor and social skills, thus preparing children for future successes.

AHS thanks the J.M. McDonald Foundation for their continued support over the past 5 years. In the past the Foundation has provided grants for the Early Intervention Sponsor-A-Child Fund and the Early Childhood Safety Fund. These grants helped AHS purchase specially adaptive equipment, toys and books for children with developmental disabilities as well as safety items (such as gates, car seats, outlet plugs) to help make their home a safe environment. Thank you again to the J.M. McDonald Foundation.



## April 1st Wine Tasting

AHS will hold it's 2nd Annual **April Fool's Wine Tasting** on Thursday, April 1, 2010 at Occasions, 473 South Street West, Raynham. The event will be held from 5:00 - 8:00 pm. Raynham / Taunton Wine & Liquors is organizing this event with AHS. Tickets (\$15 in advance or \$20 at the door) are also available now.

All money raised will support the AHS Lifelong Learning Fund. This fund helps provide additional support to children, adults and seniors in our community who are enrolled in AHS programs, but may not have access to sufficient resources.



# Wise Adult Day Health

## Wise Update

Wise participants have been keeping busy with indoor activities during January due to the winter weather. Yoga, with Nancy Cunningham, started again Jan. 7 and will continue on Thursday mornings through February. On January 15, Jen Cansler facilitated a group activity recognizing Martin Luther King Day which included a game matching prominent figures in African American history with their accomplishments.

Billy and several others helped Ray Pratt take down the Christmas tree and other Holiday decorations. Valentine's Day decorations are now up.

Tuesday afternoon movie continues to be a favorite activity, especially during these months. Several special activities are scheduled for the month of February:

- February 1 - Intergenerational Group with Candida Rose
- February 1-12 Valentine's Day Sale in the craft shop. Check out our special chocolate collection.
- February 4 - Dr. Shoemaker, podiatrist
- January 22 - February 12- Valentine's Day craft activities
- February 11- Valentine's Day celebration with special treats by the Wise cooking group
- February 15- President's Day observed, Wise closed
- February 17- Ash Wednesday- Short service and ashes at Wise



Jean N. and Chris L. get their nails painted by Jennifer Cansler on a recent rainy day.

## Farewell to Bob

Wise lost one of its younger members this past Christmas. Robert "Bob" Cardin had been diagnosed with Alzheimers when he was 56. His wife Rollande of 41 years, was his companion and steadfast advocate during the 7 years of his disease. Bob will be remembered for his gentle smile and determination among his peers and staff at Wise.

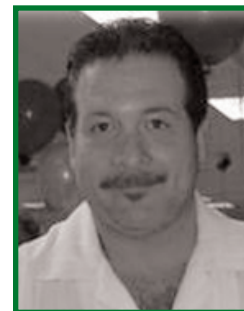


Bob had been a builder most of his life. He was featured in the Taunton Gazette for building his family a wonderful log cabin in Middleboro. His craftsmanship was top-notch. In the end he passed away within the very walls that he built surrounded by his wife Rollande, daughter Jennefer Roderick of Middleboro, three sons Richard of New Hampshire, Paul of New Bedford and Michael of Lakeville.

Bob will be warmly remembered by the staff at Wise, for the many lessons that the progression of his disease presented and for his loyal and dedicated wife and caregiver, Rollande.

## Promotion in Wise

Ray Pratt was recently promoted to a new role at Wise. His new title is Program Supervisor which carries more responsibility and supervision of many of the daily operational aspects of Wise. Ray has worked for AHS and Wise for over 22 years. He has been with Wise through many transitions over the years and has had an impact on many decisions made, practices put in place, and necessary adjustments. Wise has been able to realize continued success in spite of the many challenges presented, due in part, to Ray's ability to grow with the program, be flexible, creative and demonstrate leadership skills. We feel this will greatly benefit Wise as we meet new challenges being presented now and going forward.



## 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 lunch is served daily along with two snacks. For more information or referrals, please call the Wise Program Director, Debra Brower, at 508-880-0202, ext. 327.

# *Residential Services*

## **Restructuring of Independent Support Program**

Recently, the Residential Program has explored various models of service delivery to people in our Independent Support (IS) Program, evaluating what system would enable AHS to enhance the delivery of support services.

The IS program was previously designed so that each person had one staff or possibly shared a staff for the number of hours that were allotted to them through our DDS contracts. What we knew was this did not always work for people and limited their supports in some areas. After thoughtful discussions, we determined that to provide the best quality services, we would need to re-structure the entire program. The model that we chose has a full time Program Supervisor and two Support Staff for 20 and 22 hours per week. This structure and schedule allows us to provide coverage to people seven-days a week as well as enhance service delivery.

The most important change is the increased supports that people are receiving both individually and as a group. Opportunities for developing new skills are offered, such as CPR and 1st Aid classes, Fire Safety and evacuation training. People have begun to develop new support systems within the IS network by providing these group and individualized supports and activities, as well as skills enhancement, such as grocery shopping and going to the laundromat with one or two other people.

As we move forward we will begin to include increased opportunities for individual and group activities to build skills in areas such as cooking, laundry, social and recreational skills. Individuals will have broader choices and opportunities within their community and surrounding communities such as volunteerism and other new experiences.

Successes have already been noted, as two people recently got together for dinner and to do their grocery shopping, and are working on coordinating their work and personal schedules so they can do it regularly. A summer camping trip is in the planning stages, as are cooking and bowling groups. People are getting involved in the planning of these activities together and individually.

People appear to be enthusiastic about the new structure as do various family members who have also provided positive feedback regarding the changes to date.

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## **Other Tidbits....**

George M. & Frank P. are enjoying bowling every Friday night at the AMF bowling alley. Erin C. has two new friends, whom she plans events with several times a month, going to the movies, out to dinner and visiting together. Virginia A. recently made a new friend through her workshop. The folks at Field St. made their own Valentine cards and mailed them to friends, families and other folks. George M. is looking forward to re-connecting with his cousin, Beverly, over the next month or two. Kathy B. and Shannon P. from Maple St. recently began volunteering twice a month at the Taunton Animal Shelter and they are enjoying it, looking forward to their time there. Heather B. from Powderhorn Dr. began participating in the new skills program offered by the Northern Bristol County ARC in Middleboro last month. Shelley A. continues to enjoy participating in Meals-On-Wheels through her work program.

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## **Residential ...**

The **Residential Program** provides a variety of supports to individuals with developmental disabilities, living throughout the community in single-family homes and apartments. Individuals are supported to achieve optimal independence through choices and opportunities that enhance their quality of life. Please call Ann Doyle, Program Director, at 508-880-0202, ext. 330 for more information; referrals are made through the Department of Mental Retardation.

# Early Childhood Programs

Early Intervention

Parent-Child Home Program

Early Head Start

## PCHP Updates

February is Dental Health Month. As a result, PCHP families will be receiving a book about visiting the dentist and caring for their teeth. Our 2 year olds will receive a Dora the Explorer book entitled Show Me Your Smile! A Visit to the Dentist. In this book, Dora visits the dentist, has an x-ray, gets her teeth cleaned, and a filling. Dora shows the children how visiting the dentist is a positive experience. Our 3 year olds will receive an Usborne book by Anne Civardi entitled Going to the Dentist. This book also shows two children visiting the dentist for their regular checkup. It discusses what makes healthy teeth.

We would also like to encourage you to check out other books on dental health from your local library such as: Taking Care of My Teeth by Terri DeGezelle, Why Must I Brush my Teeth by Jackie Goff, Clarabella's Teeth by An Vrombaut, Teeth are Not for Biting by Elizabeth Verdick, Does a Lion Brush? by Fred Ehrlich, and Danny Goes to the Dentist by Robert Robinson. Remember if you have access to the internet you can order some of these books online through the Taunton Public Library (iBistro) and pick them up when they are available. Everyone should have a library card by now. If you haven't received an application from your home visitor, be sure to ask for one so we can get one to you. A cute website that deals with dental health is [www.colgatebsbf.com](http://www.colgatebsbf.com).

Orajel offers several ways to make brushing fun:

1. Brush with your child; stand together at the sink showing them how fun it is to brush.
  2. Use a cute toothbrush; possibly let your child pick one out from those that are appropriate. It should be small enough for your child to hold comfortably, with a small, rounded head and very soft, polished bristles. You may have to replace it before the recommended 3-4 months depending on how much your child chews on it.
- (cont. on page 5)

## Active Children Together

Active Children Together (ACT) Sports Camp is a sports program offered to children who have special needs between the ages 0-12 years old, and live in the Taunton, Raynham and Bridgewater communities. Their mission is to provide age and ability-appropriate exercise, athletics, and an opportunity for community-based socialization for children with special physical, developmental and/or complex medical needs who otherwise would not have the opportunity to participate in team sports or regular school or community sport activities.



ACT staff includes an Occupational Therapist who oversees the adaptive physical education aspects of the program. Children will be supported by teen and college age volunteers who will provide one-on-one support and the opportunity of social and inclusion experiences beneficial to everyone participating in the program.

For more information please call The ARC of Northern Bristol County and speak with any of the following Family Support Staff.

508-226-1445 or toll free 888-343-3301

Beth Bogus, ext. 3118

Donna Brown, ext. 3105

Sandy Boyer, ext. 3123

## 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 Ronna Schaffer at 508-880-0202, ext. 354 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.

**Parent-Child Home Program** is a home-based literacy and parenting program, which helps prepare children to succeed in school, emphasizing parent-child verbal interaction. Please call Debbie Jenkins at 508-880-0202, ext. 362 for more information or to make a referral.

# Early Childhood Programs

Early Intervention

Parent-Child Home Program

Early Head Start

## EHS Updates

The recommendation from the American Academy of Pediatric Dentistry is that all children age 1 and over be seen every 6 months by a dentist. It is also important that teeth be brushed after meals beginning with the eruption of the first tooth. Before that time, it is recommended that babies' gums be wiped with a wet gauze to remove any leftover formula. In the Early Head Start program, during the month of February, curriculum emphasis is on Oral Health. Parent Child Advocates (PCAs) bring out books and other fun dental health related materials on home visits and have these available in the classrooms. In addition, all children and parents who attend playgroups are encouraged to brush their teeth after lunch and toothbrushes are available to all. Toothbrushes and toothpaste are also provided to all new families in our welcome bags. Early Head Start sponsors visits every 6 months by Commonwealth Mobile Oral Health Services (CMOHS) at 68 Allison Ave for all children enrolled in AHS early childhood programs. Our next scheduled date is April 9, 2010. Flyers will be given to all parents in March. CMOHS has been providing mobile services to Head Start programs, children in DCF and Public School systems for over 20 years. We are pleased to be able to partner with CMOHS to bring these important services to our young children. CMOHS shares these important facts with us:



- Tooth decay remains one of the most common diseases of childhood – 5 times as common as asthma and 7 times as common as hay fever.
- By age 17, more than 7 percent of children have lost at least one permanent tooth to decay.
- Children and adolescents living in poverty suffer twice as much tooth decay as their more affluent peers, and their disease is more likely to go untreated.
- More than 51 million school hours are lost each year because of dental-related illness.

We encourage all families whose children who are not up to date on their dental exams, to complete the consent forms and call Sandy at 508-880-0202 ext. 340 or 338 to make an appointment, or for more information.

## Parent Group Topics

**Monday, February 8, 2010** (10:30 - 11:30 am) -

Depression in Children

**Tuesday, February 9, 2010** (9:00 - 10:30 am) -

Managing a busy schedule

**Wednesday, February 10, 2010** (9:00 - 10:30 am) -

Picky eaters/portions according to new pyramid and adding calories to food

**Wednesday, February 10, 2010** (12:30 - 2:00 pm) -

Picky eaters/portions according to new pyramid and adding calories to food

**Thursday, February 11, 2010** (9:00 - 10:30 am) -

Managing a busy schedule

**Friday, February 12, 2010** (9:00 - 10:30) - How to

introduce new food & What is a proper diet

**Monday, February 22, 2010** (10:30 - 11:30 am) -

Separation Anxiety

**Tuesday, February 23, 2010** (9:00 - 10:30 am) -

Winter time activities

**Wednesday, February 24, 2010** (9:00 - 10:30 am) -

How to explain & prepare for a new sibling

**Wednesday, February 24, 2010** (12:00 - 2:00 pm) -

Allergies

**Thursday, February 25, 2010** (9:00 - 10:30 am) -

Winter time activities

**Friday, February 26, 2010** (9:00 - 10:30am) -

Allergies



## PCHP Update

(cont. from page 4)

3. Allow them to bring a "friend" such as a stuffed animal with them into the bathroom to watch them brush.
4. Make up a funny story to tell about tooth brushing.
5. Make a sticker poster or coloring chart to record each time they brush
6. Sing a toothy song – make up a silly song to sing every time you brush. Use a familiar tune like "Old MacDonald had a Farm."

If you are interested in information on the Parent-Child Home Program or are interested in signing up to participate, call Debbie Jenkins at (508)880-0202.



# Activities

Source: [www.familytlc.net](http://www.familytlc.net)

## Box Sledding

Toddlers love to sit inside boxes. Why not pretend this box is a winter sled and take your child for a ride through the house?

**Materials:** a box large

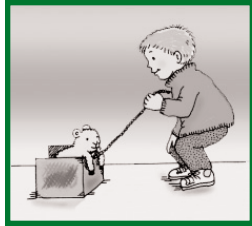
enough for your child to sit inside, rope, tool to make holes and cut off top, crayons or stickers

**Directions:** Poke two holes about 3 inches from the top on one of the short sides. Thread the rope through the holes and knot inside for a handle. Help your child to decorate this box with crayons and stickers.

**How to play:** Let your child sit inside the box and pull around the house as if you are sledding in the snow. As a variation, ask your child to put a favorite stuffed animal inside the box. Let your child pull the box and take the toy for a sleigh ride.

Toddlers can begin to explore their surroundings. When you talk as you take your child on a "ride" through the house, it helps develop language skills.

\*\*\*\*\*Do not play this near any stairs\*\*\*\*\*



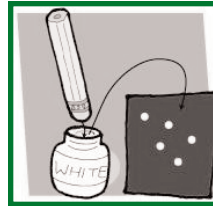
## Snow Dots

Here is an art activity that is perfect for a "stuck indoors" day. Watch your child's creativity flourish as you demonstrate this easy technique.

**Materials:** an unsharpened pencil with a new eraser top, white tempera paint, shallow container for paint, dark construction paper

**Directions:** Pour a small amount of white paint into the shallow container. Dip the eraser tip into the white paint and show your child how to press it onto the paper to make a white dot. Encourage child to tap, tap, tap the tip onto the paper to make a picture.

Being creative together helps your child develop both physically and mentally.

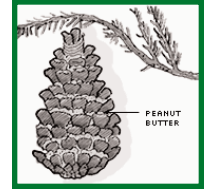


## Bird Treats

Do you love to watch birds? Make a bird feeder together and watch the birds flock to your yard.

**Materials:** 1/2 cup peanut butter, Tbsp. bacon drippings or suet, 1/4 cup birdseed, a pine cone, bowl, ribbon (about 18" per cone), measuring cups and spoons

**Directions:** Help your child measure and mix together peanut butter, bacon drippings or suet, and birdseed in a bowl. Spread the mixture over the pinecone. Tie a piece of ribbon or string around the cone. Make a loop so that the cone can be hung from a tree branch. Choose a tree that you can view easily from a window in your home. It might take a few days, but soon the birds will find the treat. You both will enjoy watching the different types of birds as they visit. While you are having fun together, this activity generates a sense of wonder, curiosity, and provides experiences related to nature and science.



# Health Corner

## Dental Health Month

National Children's Dental Health Month (NCDHM) is recognized in the month of February. Each year, since 1949, the American Dental Association (ADA) has sponsored National Children's Dental Month to raise awareness about the importance of oral health. Although it is "Children's Dental Health Month", everyone should practice good oral hygiene.

Maintaining good oral hygiene is one of the most important things you can do for your teeth and gums. Healthy teeth not only enable you to look and feel good, they make it possible to eat and speak properly. Good oral health is important to your overall well-being.

Daily preventive care, including proper brushing and flossing, will help stop problems before they develop and is much less painful, expensive, and worrisome than treating conditions that have been allowed to progress.

In between regular visits to the dentist, there are simple steps that each of us can take to greatly decrease the risk of developing tooth decay, gum disease and other dental problems. These include:

- \* Brushing thoroughly twice a day and flossing daily
- \* Eating a balanced diet and limiting snacks between meals
- \* Using dental products that contain fluoride, including toothpaste
- \* Rinsing with a fluoride mouthrinse your dentist recommends
- \* Making sure that your children under 12 drink fluoridated water or take a fluoride supplement if they live in a non-flouridated area

Your dentist or hygienist can help you learn good oral hygiene techniques. SMILE!!

Source: [www.colgate.com](http://www.colgate.com)

## Pets!

When thinking of ways to reduce stress in life, usually techniques like meditation, yoga and journaling come to mind. These

are great techniques, to be sure. But getting a new best friend can also have many stress relieving and health benefits. While human friends provide great social support and come with some fabulous benefits, there are certain benefits to owning a furry friend: cats and dogs! Research shows that, unless you're someone who really dislikes animals or is absolutely too busy to care for one properly, pets can provide excellent social support, stress relief and other health benefits—perhaps more than people!

Source: <http://stress.about.com/od/lowstresslifestyle/a/petsandstress.htm>

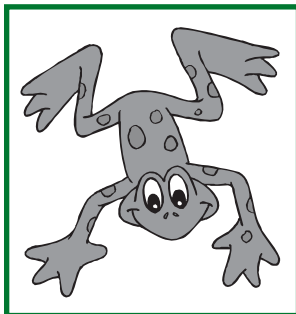


# Resource/Information Page

## It IS Easy Being Green

by Chrissy Collins, Early Intervention Counselor

February is the month to give back to nature by helping to feed, shelter and keep your neighborhood birds safe. You're right, I said, "birds." The winter months are very hard on our birds. Caring for them gives us a strong sense of doing our part in the world. The concept is helping out nature rather than taking away from her. Below is a list of ideas you can do to support our feathery creatures:



Suet food is the best winter food. It provides a large boost of protein.

Put your suet feeders close to the home near bushes or shelter. Birds are uncomfortable with strong winds and could use the protection.

Birds need plenty of roosting places, therefore, make sure to leave out your birdhouses and keep the food and water near their nesting places.

Unfrozen fresh water is vital to a birds well-being in the winter. Birds need a daily



bowl of water to drink or they will resort to eating snow which will lower their body temperature putting them at risk for dying.

If you are looking for a major idea, investing in a birdbath heater, that comes with at least a three year guarantee, will keep the birds in your neighborhood extremely satisfied.

Spread cracked corn on top of the snow for a quick feed for a tired bird.

Don't forget to clean off all your feeders so that nutrition is easily accessible.

Lastly, if you feel extra giving, shovel around feeders to allow for easier access to spilled seed on the ground.

Try all or some ideas and know that you are doing your part for nature. Let me know how it is going at [chrissy1@cox.net](mailto:chrissy1@cox.net).

## Warning Signs

### Heart Attack Warning Signs

Some heart attacks are sudden and intense. But most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

\* Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

\* Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

\* Shortness of breath with or without chest discomfort.

\* Other signs may include breaking out in a cold sweat, nausea or lightheadedness

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.

Calling 9-1-1 is almost always the fastest way to get lifesaving treatment. Emergency medical services (EMS) staff can begin treatment when they arrive. EMS staff are also trained to revive someone whose heart has stopped.

### Stroke Warning Signs

If you or someone with you has one or more of these signs, don't delay!

\* Sudden numbness or weakness of the face, arm or leg, especially on one side of the body

\* Sudden confusion, trouble speaking or understanding

\* Sudden trouble seeing in one or both eyes

\* Sudden trouble walking, dizziness, loss of balance or coordination

\* Sudden, severe headache with no known cause

Immediately call 9-1-1 or your emergency response number so an ambulance can be sent for you. Also, check the time so you'll know when the first symptoms appeared.

A TIA, or transient ischemic attack, is a "warning stroke" or "mini-stroke" that produces stroke-like symptoms but no lasting damage. Recognizing and treating TIAs can reduce your risk of a major stroke. The usual TIA symptoms are the same as those of stroke, only temporary. The short duration of these symptoms and lack of permanent brain injury is the main difference between TIA and stroke.

Source: <http://www.americanheart.org>



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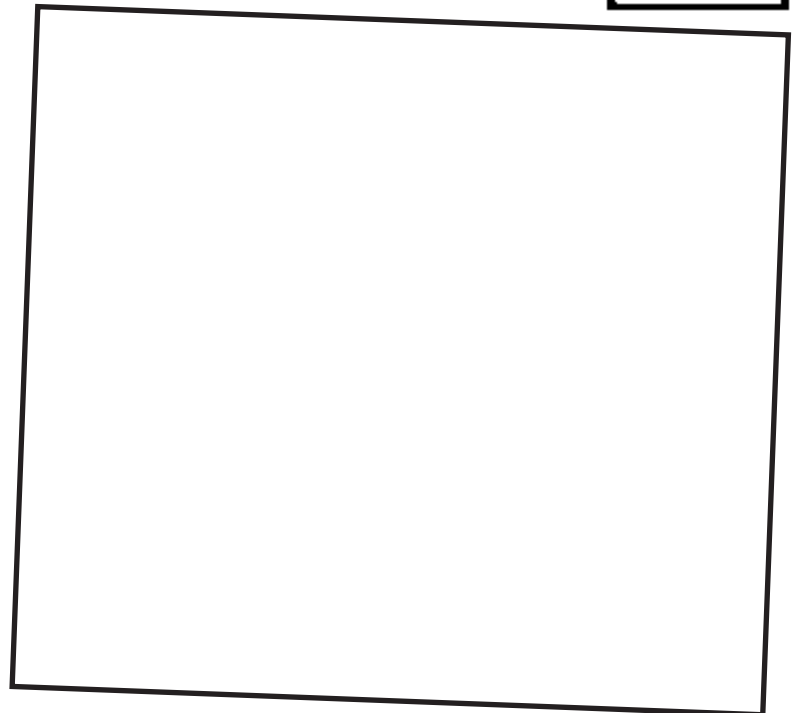
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E-mail: [dhowland@ahsinc.org](mailto:dhowland@ahsinc.org)

*"Quality Service for Quality Life"*



## Wish List

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

- \* Stickers
- \* High Volume Blender
- \* Dehumidifier
- \* 12 x 16 carpet
- \* Double stroller
- \* Soft facial tissues
- \* 100% fruit juice
- \* Sports DVDs
- \* Bird Food
- \* Relaxation CDs
- \* Recliners

## Special Days to Celebrate in February

American Heart Month  
American History Month  
Black History Month  
Children's Dental Health Month  
National Wild Bird Feeding Month  
1st - National Freedom Day  
2nd - Groundhog Day  
5th - National Weatherperson's Day  
5th - Western Monarch Day  
7th - Super Bowl XLIV  
8th - Clean Out Your Computer Day  
8th - Boy Scouts' Day  
10th - Umbrella Day  
11th - White T-Shirt Day  
14th - Chinese New Year  
14th - National Organ Donor Day  
14th - St. Valentine's Day  
15th - Family Day  
15th - President's Day  
16th - Mardi Gras  
17th - Random Acts of Kindness Day  
17th - Ash Wednesday  
21st - Love Your Pet Day  
22nd - World Thinking Day

## Unusual Facts

- \* Pogonophobia is the fear of beards.
- \* There are 240 white dots in a Pacman arcade game.
- \* Certain millipedes give off cyanide gas as a defensive mechanism.
- \* The Tasmanian Devil stores body fat in its tail and an unhealthy devil often has a thin tail.
- \* Calico cats are almost always female. However, 1 in 3000 calico cats are males.
- \* Scientists estimate that between three to five new stars are born every year within our own Milky Way galaxy.



The Greater Taunton Health & Human Services' Coalition meeting was recently held at AHS