



"The People Company"

Serving Persons with Special Needs Since 1998

The Connector

Choice ~ Respect ~ Participation ~ Presence

April 2008

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From the Program Director's Desk ~

Focus=Self-Awareness

We run and run and rarely take the time to take care of ourselves. As you will read in Josh's article this month, it is so important to take care of ourselves, so we can take care of others. You may be wondering how you can take care of yourself better than you are now...sometimes it seems like we are just surviving. Here are some small things that we can do for ourselves to improve physical and emotional health as we go through our ever crazier routines.

1. *Maintain healthy eating habits. It is really easy to grab something at a*

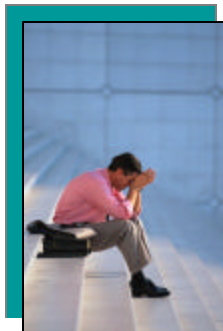
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AmeriServe International, Inc.

Skills - Awareness

As parents, guardians, family, friends, providers, and support coordinators you all know how much hard work and effort goes into being constantly aware of the environments and people you support. Many of you do not even receive a break to do something as little as use the restroom, get a cup of coffee, or answer the phone. This is extremely difficult and even though people are working hard not to let their guard down, at some point without relief there will be a gap in awareness.

It only takes a momentary lapse of awareness for unplanned things to happen and when they do everyone involved is effected. Negative emotions and frustration only interfere more with your ability to effectively be aware of everything going on around you. This frustration the will cause you to become tired and this effects your patience and



tolerance. Have you ever heard the phrase **HALT?** (**H**ungry, **a**ngry, **l**onely, **t**ired) People must learn to recognize these symptoms before they begin to suffer. If they do not, the result will be a lack of awareness and forced spontaneous decision making.

I know many of you can't expect a "break" any time soon given your situations so you must make a plan that will outline when you can get your personal needs met. Until you are able to do this trying to stay focused and keep a

constant awareness will seem like a daunting, endless, and unobtainable task. Here are some ideas I hope will help you.

1. **Hungry:** Be sure you eat well. Before you go to work or enter one of those "no break" parts of your day fuel up for what is ahead. If you are a parent work hard to set down the rule of eating meals together, so you can feed yourself and the person you are supporting at the same time. It makes the rest of the day much easier. The same rule applies for snacks, water breaks, and even restroom time.

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What We Do

Home and Community Based Services (HCBS)

Habilitation, Respite, Attendant Care, In-home Supports

Day Treatment

Adult and Child Day Treatment, After School and Summer Programs

Residential Support

Supported Community Living, Specialized Living Arrangements

Family Resource Coordination

Children with Traumatic Brain Injury, Spinal Cord Injury, and other Special Health Care Needs



Dean's Blog

It's Open House time here in Wickenburg Arizona!

We are delighted to have another opportunity to open our doors to the public as a viable resource to the town of Wickenburg and surrounding areas. This is our second open house; the first was in October of last year. We had a great turn out and enjoyed providing education and resources to all who attended. As advocates for persons with developmental disabilities, we continually strive to

provide the public with an awareness of resources that are available to people of all ages who have developmental disabilities. Living in a small community where resources tend to be limited creates the perception that services are not available or nonexistent. Where do you turn for assistance? Since 2005, Wickenburg's only viable resource was the public school system. Today, DES and the public school system search for companies like ours to provide person centered services. AmeriServe International Inc., with the support of other advocates such as Ducks in a Row, the public school system, and the DES office, reach out to people who have

these needs. Come to our open house and let us show you the services and resources that are really available to you, your family member, or even a friend. We want the opportunity to boast about our passion to serve you. We are looking forward to seeing you at AmeriServe International Inc. April 26, 2008 from 10am to 1pm at our Day Program located at 4020 E. Industrial Way, Suite 150, Wickenburg, Arizona 85390. If you have questions, please call Dean at 928-684-0053 Monday through Friday during regular business hours.

Dean Anast
Lead Client Service Coordinator
Wickenburg, Arizona



AmeriServe International Inc. ~ Open House

Serving:

- Developmental Disabilities
- Traumatic Brain Injuries
- Spinal Cord Injuries
- Children / special health care needs

Service:

- Residential
- In Home
- Day Program
- Summer Program
- After School Program
- Resource Center

What: Open House

When: Sat, April 26th 10am-1pm

Where: AmeriServe 4020 E. Industrial Way, Suite 150
Wickenburg, AZ. 85390
(one road past the airport, 1st left, 3rd building on the right)

Why: Meet & Greet
Resource information will be provided to all attendees.
Come and enjoy food, drink, and fun!

- ◆ Billiards
- ◆ Arts & Crafts
- ◆ Socialization
- ◆ Information

Vision: To be the desired partner of every person having special needs, making personal growth a way of life.

Skills - Awareness cont'd

2. **Angry:** Control your emotions, think before you make decisions, and don't take things personally. If you get a sour attitude about how things are going, the people around you will put on some sour faces, and join the fun. One of the best ways to avoid conflicts is to keep a positive attitude about the situation.
3. **Lonely:** Don't take on the world by yourself. At AmeriServe every employee participates in weekly trainings, group conversations, and daily contacts with each other. This eliminates the feeling of being alone during those emotional and frustrating times. If you are a parent join a support group, contact other parents, speak with your family, and stay active in

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From the Program Director's Desk cont'd

fast food restaurant when we are rushing around trying to get everything done. But this may leave you feeling yucky and less able to maintain ongoing energy throughout your day. Pick one day each week to prepare healthy snacks in individual bags that you can keep in your tote bag or somewhere that you can easily grab and go.

2. *Breathe. There are times when a deep breath or several deep breaths can really refocus you and re-energize you. Take some time when things are crazy, close your eyes and take a few deep breaths. It gives you much needed oxygen and a minute to just focus on your breathing.*
3. *Sleep. I know, again this sounds like a dream...but sleep is so important to maintaining our health and lessening stress levels. Pick the same time frame each day to go to bed and to get up. Please note time frames are important because with the way life is it is not always going to be the same each day.*
4. *Listen to music. Is there a song that gets you moving or pumped up? Listen to it, sing loud, shake your groove thing and relax.*
5. *Hobbies. Do something for a little while each day that is just for you. A hobby, painting nails, garden, work on a project that you are excited about...do something just for you!*
6. *Reframe. Take a minute and reframe your thinking. Try to turn a stressful situation around in your mind to find a positive in the situation. Talk to yourself. Tell yourself things will work out, they will be okay. Sounds corny, but it can be effective.*

Take care of yourself. Think of you once in a while, or at least once a day. Happy April.

Michelle Shriver



Craft Corner

Paper Caterpillar



CRAFT MATERIALS:

- Construction paper
- Scissors
- Tape
- Markers

Time needed: Under 1 Hour

Create a creeping critter with this simple paper folding craft.

1. Cut two very long strips of paper approximately 3/4 inch wide and 3 feet long. Tape the two strips into the shape of an L.
2. Fold one strip over the other until you have a springy caterpillar body.
3. Decorate the face and tail with markers, and don't forget a set of paper antennae.

Employee News:

AmeriServe welcomes **Sandra Dean** to the AmeriServe team. Sandra worked for the Division of Developmental Disabilities for years and after retiring from the division, decided to join our team. She will work to support families and employees. She will be a great asset to the team.

We also welcome **James Soto** to our team. He has worked in the field of developmental disabilities for many years and will work to support our children and families in our contract through the Department of Health.

Please join me in welcoming them to our team!

Skills - Awareness cont'd

your personal hobbies.

4. **Tired:** Sleep, sleep, sleep. Do your best to get a good night's rest. Set a bedtime for yourself and the people you support and make it a top priority to follow them. If you start the day tired more often than not you will spend the day Hungry, Angry, Lonely, and Tired.

Joshe Warne

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Support Options

1. **In-home Support**—training to increase self-help, socialization, and adaptive skills within the home and community.
2. **Day Treatment**— specialized sensory-motor, cognitive, communicative, social, interaction and behavioral support.
3. **Residential**— designed to maximize consumer successes through the use of habilitative therapies, special developmental skills, participative enhancement, and sensory-motor development in the group home or specialized living setting.
4. **Family Resource Coordination**— for Children with Traumatic Brain Injury, Spinal Cord Injury, and other Special Health Care Needs.

Call for more information today!

AmeriServe International, Inc. 623-584-3408



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Training provided by the
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