



The Connector

DECEMBER 2009

ARIZONA

**SERVING
PERSONS WITH
DEVELOPMENTAL
DISABILITIES
SINCE 1998**

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Fried Circuits

Do you ever feel like a computer that freezes from processing too much information? Do you ever feel like you are burned out and have lost your edge? It happens to us all once in awhile when we are very busy or have spent a lot of time and energy on something. Hard work, time with others, and even concentrated time alone can all cause burnout. When we pass the point of being able to effectively process the input we receive from our environment, we can experience burnout. Burnout is a common challenge, but there are also many simple remedies. Often, doing something

enjoyable and relaxing is a good place to start. The "circuits" of the mind need to return to a natural, easy state and doing something fun or relaxing can accomplish this. Another solution to consider is focusing on something different than the cause of the burnout. This allows the mind to change gears and utilize a fresh new variety of thought patterns, which can be a relief for a brain that has been focused only on one thing! A third idea is to talk with a friend, coworker, or family member about how you feel. It is healthy to release the tension caused by burnout and someone else may help

you think of new ways to cope positively with it. So when your circuits are fried, don't hesitate to let them rest. They will work better if you do!

*Elizabeth Wagner
Day Program Manager
Wickenburg, AZ*



What We Do

<p>Home and Community Based Services (HCBS)</p> <p>Habilitation, Respite, Attendant Care, In-home Supports</p>	<p>Day Treatment</p> <p>Adult and Child Day Treatment, After School and Summer Programs</p>	<p>Residential Support</p> <p>Supported Community Living, Specialized Living Arrangements</p>	<p>Family Resource Coordination</p> <p>Children with Traumatic Brain Injury, Spinal Cord Injury, and other Special Health Care Needs</p>
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From the Director's Desk

This is usually the time of year people are reflecting on the past and looking toward the future; in these uncertain times it seems like folks are struggling to look to the future as the "here and now" feels so shaky. This is the time, however, to look to the future and set realistic, attainable goals for the next several years. Don't stop setting goals and moving forward...life is a process.

In this edition of *The Connector* you will read about the impending New Year, holiday concerts, services available to our communities and keeping your edge. We hope you enjoy and, as always, thank you for your business and support of "making tomorrow better because of what is done today."

Happy December!

*Michelle Hallock,
Director*



Dean's Blog

As I connect with people in Wickenburg, Arizona, people often ask me about the types of services we provide to our consumers at AmeriServe. So this month, I thought I would list those services in my blog and distribute this newsletter along with our brochure as I connect with the locals in the community. We teach skills that are necessary for people to move freely from one support to another by building and establishing relationships in their community to further their independence. Services are offered in Surprise, Sun City West, Peoria, Glendale, Goodyear, El Mirage, and of course, here in Wickenburg.

Services Offered:

Residential Support

Supported Community Living, Specialized Living Arrangements

Day Treatment

Adult and Child Day Treatment, After School and Summer Programs

Home and Community Based Services (HCBS)

- Habilitation, Respite, Attendant Care, In-Home Supports

Persons with development disabilities or family members requesting assistance should contact the Department of Economic Security of Developmental Disabilities office at 602-771-1700.

*Dean Anast,
Lead Client Service Coordinator*

Wrap Up

I have been with AmeriServe now for almost nine months. I have seen and heard a lot of exciting activities take place both here at the Program and out in the community. I was lucky enough to join the adults for their Halloween party in Wickenburg and was able to watch them participate in the Bowling Special

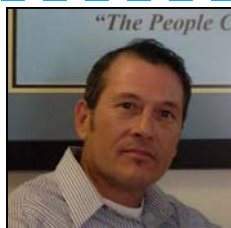
Olympics last month. And this month brings Christmas concerts performed by both the adults and the kids. There is always something fun going on here at AmeriServe. That's what makes each day unique here!

It's amazing-I feel like I have been part of this great group of people for so long, like we've

known each other for years! I can't wait to see what the New Year has in store. I hope it's just as fun and refreshing as this one. Season's Greetings to All!



*Christine Kinne,
Coordinator of Resources*



Jim's Java Time

Among the numerous luxuries of the table...coffee may be considered as one of the most valuable. It excites cheerfulness without intoxication; and the pleasing flow of spirits which it occasions...is never followed by sadness, languor or debility.
-Benjamin Franklin

Teaching is one of the most important things to the team at AmeriServe International. As a team we teach the people we serve, other team members, and hopefully learn something for ourselves along the way. We strive to teach skills to help people fill their "toolboxes" and work to broaden the scope of independence for every

person under the AmeriServe umbrella.

"Making tomorrow better because of what was done today."

*James D Soto,
Family Resource Coordinator*

New Goals for the New Year

This is the time of year when we celebrate the past and the present while we prepare for the future. We reminisce and we recycle our resolutions. We often get busy and frustrated preparing for parties and extra activities.

This year, instead of getting frustrated with all that is going on, we should relax and enjoy our time with family, friends and celebrations. Slowing down allows us to relax, recharge and reflect. From that we can begin the New Year with fresh

goals to move our lives in the direction we want towards our hopes and dreams.

So relax and enjoy!

*Sadie Thornburg,
Day Program Manager*



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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 us today for more information!
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