



"The People Company"

Serving Persons with Special Needs Since 1998

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From the Director's Desk ~

"It seems to me...."

For decades we have been entrenched in ideologies and methodologies for service provision to people with disabilities. As the years have progressed we have gone from planning and implementation being done by medical professionals "treating" large groups of individuals as a group of people with similar diagnoses" to a small group of caring people sitting down with one person in service to formulate an individualized plan of support. This has all been a learning process and, for the most part, people with disabilities have benefited greatly from the changes. (Continued See article)

Tom Hoff

The Connector

Choice ~ Respect ~ Participation ~ Presence

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AmeriServe International, Inc.

Making life better tomorrow because of what is done today.

Want To Get Healthy? Get Active.

"Being physically active is good for every body."

This is the message you will read frequently when you log on to

www.ncpad.org. What, you may ask, is NCPAD? NCPAD stands for the National Center on Physical Activity and Disability. Their message is clear – being active is an important part of getting and staying healthy.

The NCPAD website is filled with useful information about various disabilities and describes how people with these conditions can benefit from physical activity. Users of the website will find definitions for many disabilities and

conditions, the benefits of exercise for each condition and a clear description of recommended exercises.

Under the Physical Activity tab the user will find four categories listed: Lifetime Sports, Competitive Sports, Exercise/Fitness and Fun and Leisure. Lifetime Sports, for example, contains information about activities that range from hunting to martial arts. Under Exercise/Fitness the user will learn about topics such as Aquatic Therapy, Balance and Flexibility Exercises for Older Adults, and Exercise Guidelines for People with Disabilities. The list of topics is extensive as is the content under each of



the topics. For example, if you are interested in strengthening exercises you will find easy to understand information about elastic resistance bands and free weights and 18 strengthening exercises that are clearly illustrated in both words and pictures.

When you click on "Programs" on the left-hand side of the Home page you will be taken to a

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What We Do

Home and Community Based Services (HCBS)

Habilitation, Respite, Consumer Directed Attendant Care, Group homes

Day Treatment

Adult Day Habilitation and Community Integration Services

Residential Support

Supported Community Living, Specialized Living Arrangements

Want To Get Healthy? Get Active. con't.

page that lists programs offered to people with disabilities in every state and 4 countries outside of the United States! Clicking on a state tells the user where the program is located, and clicking on the location tells the user the name of the program. For example, if you click on Phoenix, Arizona you see there are 22 programs available in the Phoenix metropolitan area - programs such as Lake Powell Summer Adventure Camp and Therapeutic Horseback Riding. If you are interested in programs available in Iowa, the website shows there are 27 programs in 19 Iowa cities, including programs such as Camp Sunnyside and Camp Courageous, adaptive fishing programs, water exercise classes and exercise programs for people with arthritis.

NCPAD publishes a monthly newsletter filled with articles covering the spectrum. From nutritional information, results of research, recommended books, opportunities to access grants, inspirational stories about real people and much, much more. To try and summarize the content and quality of information found on this website doesn't begin to do it justice. It is a resource that everyone concerned about the health and well-being of people with disabilities should become acquainted.

NCPAD is funded by the National Center on Birth Defects and Developmental Disabilities at the Centers for Disease Control and Prevention (CDC) and is located at the University of Illinois at Chicago in the Department of Disability and Human Development.

Suzette Blakestad
CSC Specialist

Enjoying Soup with Friends

Broadway Christian Church on 2658 Avenue A in Council Bluffs is host to a soup supper at their church every Wednesday night from 5:00 – 6:30 p.m. Many delicious kinds of soups are prepared by members of the church. While free of charge to anyone in the community, the church does welcome cash donations or donations of food such as sandwiches or desserts to supplement the meal.

Many people served by AmeriServe International and their support staff join 80 – 100 others on a weekly basis for their favorite bowl of hot soup and lively conversation. This friendly setting offers people we serve an opportunity to practice many social skills – such as using good table manners, eating appropriately, and greeting others in a positive way.

Friendships have developed between those who attend the supper and members of the church who man the soup line! Church members in charge of the weekly supper are Tina and Gary Schultz. For questions about the supper please call the church at 712-323-7741. We are grateful to have an opportunity like this to enjoy a nice meal in the company of welcoming members of the community.

Anna Pruet, CSC



“It seems to me” continued...

At AmeriServe International we work with funding entities to ensure that individuals have the opportunity to be successful. We plan, evaluate and organize our efforts to produce the most effective results. Results are measured by the quality of one’s life as it relates to the four core principles of living: Community Presence, Community Participation, Choice and Respect. If you were to examine your own life as it relates to these principles, how would your life be if you took away just one? How would it be if you took away two?

There is nothing so powerful in life as actually having principles that you hold on to passionately and require those around you to do the same. One way or another success comes down to passion, people and principles.

The people of AmeriServe International are passionately committed to the principles of living. We passionately believe that in order to provide support in a manner that facilitates success, all four principles must receive the proper attention.

AmeriServe International has chosen to focus our efforts on those that have not previously met with success in community living or have long histories of placement in institutional care. Previous attempts at community living, if any, were not given the attention and resources required for success.

We passionately believe the process of *transition to community living* is the foundation to

each person’s success. That process takes time and resources to complete. The process must pay close attention to all four principles of life. People are not “transitioned” the day they move to a community setting. The process of transition takes time. Supports that are required to make the person successful need to remain in place until other supports and relationships are developed. The time is related directly to the amount of support received initially and throughout the entire process.

My Grandfather was a farmer, and passionately committed to his own “principles.” When I was young I stood with Granddad and my Dad on the family farm and looked at one of the buildings. Granddad looked at the foundation which was firm, well constructed and in good condition. He then looked at another smaller building close to it that appeared to be in much better condition, but the foundation was badly constructed and in poor condition. He turned to my Dad and said these words that I

distinctly recall today, “It seems to me that a lot more money has been wasted on not enough concrete than there ever was on too much.” The building with the poor foundation no longer stands, but the one with the good foundation stands straight and strong to this day. It seems to me that Granddad was right.

It also seems to me that Granddad’s philosophy regarding concrete could apply to time and resources allocated for a transition process. One that focuses on the principles of living which are the foundation for the success of all that follows. Time and resources provided for transition to community living need to be sufficient to support people safely and in a manner that affords a degree of quality as defined by the person and the four principles. Together, time and resources provide the foundation for the development of support and, if adequate, determine success. If not, failure is sure to be the result.

Well, at least that is how “it seems to me.”

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 rehabilitative therapies, special developmental skills, participative enhancement, and sensory-motor development in the group home or specialized living setting.

Call for more information today!

AmeriServe International, Inc. ~ 712-322-0272



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Making a Difference

AmeriServe International, Inc. carefully selects all personnel to ensure that they possess beliefs, experiences, skills, and knowledge that will assist persons with special needs in exercising a quality of life of their choice. If you or someone you know is interested in doing the right things, in the right way, for the right reasons, at the right times, we are looking for the right people.

Please call **712-322-0272** to find out how you can make a difference.



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