



"The People Company"

Serving Persons with Special Needs Since 1998

# The Connector

Choice ~ Respect ~ Participation ~ Presence

February 2008

## In this Issue:

Skills - Focus on Boundaries  
pg 1, 2

Dean's Blog  
pg 2

Craft Corner  
pg 2

Team Corner  
pg 3

Incident Prevention Training  
pg 3

### From the Program Director's Desk ~

*Hello and happy February!*

*As the new month starts I am introducing something new. As we continue to move forward and grow there will be new employees, changing roles and employee information that should be shared and celebrated. Please check out our new "Team Corner" and read company updates.*

*I wish you a happy February and hope you enjoy the newsletter!*

**Michelle Shriver**

## AmeriServe International, Inc.

### Skills - Focus On Boundaries

As the first month of the year came to a close I took a look back and discovered that the big focus of the month was on boundaries. After thinking about it for a few moments I wasn't too surprised that in the month of January boundaries would be such a major topic. If you think about it, this is the time of year that people try to implement new strategies in their lives to make positive changes, and this usually begins by setting new boundaries. Spending plans, diets, exercise programs, and relationships all seem to be at the top of people's lists.

So why were boundaries the main focus? Without establishing clear boundaries or limits, people will nearly always find a way stray off the "walking path" which causes them to lose



sight of the goal and eventually they forget about it all together. It is as simple as this. When you go to Wal-Mart do you make a list? How many items do you buy that are not on that list and how many of them are things you absolutely don't need like pop, chips, cookies, or candy? Without writing a specific goal with a boundary that you will only buy the things you need that are on your list, you may always stray aside and your spending plan then will need to be adjusted in other areas.

Let's take a look at how this

same type of scenario affects how you live at home. A lot of families have been asking AmeriServe how to bring some 'peace' into their home. The first thing I find is that there is no clear

set of boundaries. Many people have shared with me that they don't feel like they are in control of their home because everything is centered on their child or family member who has a disability. Families often put their needs aside to meet the needs of their loved one, and I can certainly understand how and why this happens, but it isn't healthy.

To take 'control' of your home you will need to

[Continued on Page 2](#)

## 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

**Andy:** "Dean, I want to work at the library in Wickenburg, instead of bagging groceries. What do I need to do?"

**Dean:** "Let's go to the library and ask them if they have positions for hire or volunteering that may be available to accommodate your interest."

**Andy:** "That would be awesome because I just don't want to do that anymore. I have been doing that my whole life. I like the people, but I'm getting tired of it Dean!"

**Dean:** "Well I think you have made a good choice and I would like to help you."

This was part of a conversation between Andy and me regarding a change in employment that he had been contemplating for some time but had little self-confidence to do it on his own. With the help of the AmeriServe team, Andy is now volunteering at the local library. Now, his demeanor has changed from despondent to high spirited

because of this fresh start.

This event is a very good example of one person needing some assistance to meet their needs. Andy knew what he wanted, just lacked some of the direction to accomplish his goal. Because of this guided direction by family, friends, and peers, Andy can achieve his needs by making choices with confidence. He is well known in his community because he knows how to utilize his supporters in time of need. Today, he continues to make choices to participate in his community regularly without discontent. And so continues this remarkable man making a difference in his life and impacting those around him.

Andy has asked me to tell you some interesting things currently going on in his life, and of course I would indulge him. As a volunteer for the local library, his responsibilities are to check in and out all the books that pass over the counter, and to be of assistance to customers using the computers which are used to look up book availability. He takes a class offered by our Day Program that

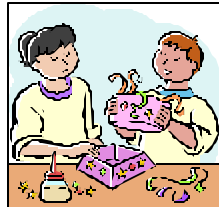
involves learning math, reading, spelling, and word problems geared to different retention abilities. Andy was awarded a certificate of excellence for attending class regularly and excelling in his academic studies. Congratulations Andy for a job well done! Most of all, have a very Happy Birthday from all of us at AmeriServe International.

Dean Anast  
Lead Client Service Coordinator  
Wickenburg, Arizona



## Skills - Focus On Boundaries cont'd

identify some clear boundaries. How do you want to live? What rules are important to you? What things in your home take priority over others? If you establish a clear set of boundaries and make a list of the priorities of the home with a clear definition of the lifestyle you want for your family, it is less likely you will allow one person or activity control the majority of things in the home. Begin by making two lists, one that identifies all of the needs and priorities of the home, and a second one that lists all of the things that are important to your lifestyle. After you have done this you will be able to identify some boundaries needed to help bring some of that 'peace' into your home.



## Craft Corner



What valentine is special enough for your child's soul mates?

This gem of a card – drawn from the bottom of their soles...

### Craft Materials

1. Card stock
2. Marker
3. Glue
4. Plastic jewels or you can draw the jewels

Time needed: 30 minutes or less.

1. Trace your child's feet on colored card stock or heavy construction paper and cut out

the shapes (use them as a template to make more cards).

2. Glue 2 feet at the heels to form a heart, as shown, and use a paint pen or marker to pen a message.
3. Glue flat-bottomed plastic jewels (available at craft stores) to the toes for polished nails.

### Message Ideas:

- You're my sole mate.
- I get a kick out of you.
- I'd walk a mile for you.
- We're off on the right foot.

## Team Corner

AmeriServe International, Inc. is pleased to welcome **Kim Maher** to the team. She will have a dual role as evening transporter for the after school program and will provide in-home support. Kim works full-time as a Teacher's Aide for the Peoria School District and enjoys arts and crafts. Ask to see her Kool Aid purse, it's pretty cool!

We are also pleased to welcome **Brenda Banderas** to the team. Brenda is a student at Glendale Community College and is studying to be a high school teacher. Brenda will serve as a program Client Service Representative for the After School Program.

We are pleased to welcome **Desirae Hernandez** to the team as a Client Service Representative providing in-home support. Desirae loves to interact with people and will be a great addition to the team.

We are also happy to announce that **John Barbarich** has joined the team as a Client Service Representative who will provide in-home support.

In other news: Our team member **Angelo Morales** ended his employment with us on January 25, 2008. He has obtained a new contract with the Kansas City Royals and is back to the pitching

grindstone. We wish him the best always and look forward to awesome things for him with his pitching career. Buena Suerte Morales!!!!

**Michael Pollard** has made the transition from Day Program Client Service Representative to In-Home CSR. He will also continue to provide support at the Wickenburg Group Home. Amy Finke, Michelle

Shriver, David Shriver and Lucianne Gonzalez volunteered for a weekend full of priming, painting and updating at the Youngtown site. We painted the program and kitchen areas and we are excited about how it turned out. If you get a chance to check it out let us know what you think!



***Please join us for Incident Prevention Training!***

We would like to take this opportunity to extend a personal invitation to you, your family, and friends to join us at AmeriServe International on February 16th for a fun and exciting educational event.

**DATE:** February 16, 2008  
**TIME:** 10:00-11:30AM  
**LOCATION:** 12600 N. 113th Ave, Suite B-15,  
 Youngtown, AZ. 85363  
**PHONE:** 623.584.3408

The topic of conversation will be incident prevention and include a presentation to touch on the first steps of prevention.

After the presentation we will take time to discuss the topic and address any questions people may have. We look forward to seeing everyone there and please feel free to contact anyone at AmeriServe International if you have any questions prior to the event.

Sincerely,

**Michelle & Josh**

Michelle Shriver, Director  
 Josh M. Warne, Training Coordinator  
 AmeriServe International, Inc.  
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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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