



"The People Company"

Serving Persons with Special Needs Since 1998

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### From the Program Director's Desk ~

*Happy January and a very happy 2008 to all...as I was discussing new years plans with employees most were talking about their new years "resolutions" some to be organized, thinner, make time for themselves, and some to not make any more resolutions that they won't keep. One employee gave me a completely different answer: She said that she was going to make a "bucket list" instead. I was like, "okaaaaay, what the heck is a bucket list?" She indicated that she and her peers were going to make a list of things they are going TO DO in their lives, rather than things they are going to stop doing or do better. When she came back after the New Year I asked her about her "bucket" and asked if it was full...She laughed and said that she had added lots to her*

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# The Connector

*Choice ~ Respect ~ Participation ~ Presence*

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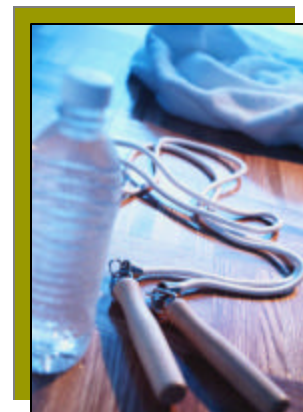
## AmeriServe International, Inc.

### Skills

When I first started working at AmeriServe I learned that if I wanted to make a new habit I had to do the task for at least 21 consecutive days before it would become habit. It is the time of year when people make their new year's resolutions and set goals they would like to achieve in the year. One thing I have had many families share with me over the past month is that they would like to spend more quality time with their kids, especially in the community, but it never seems to happen.

Did you know that in the month of January, gyms more than double their memberships? By mid-March though, those same gyms will report that

less than 15% of those people are still attending the gym. What does this tell us? Going to the gym didn't become a habit. How can it when most people only go 3 or 4 times a week? This doesn't mean, though, that the person needed to spend more time at the gym. What they needed to do was support that goal with one they could do every day regardless of the day's activities. For example, if my goal is to exercise at the gym 3 days a week for 2 hours each trip, I would want to support that goal with a condition that I stretch each morning when I get up for 15 minutes. That way when I'm not going to the gym I'm still supporting my goal and



doing something that will help me make it habit.

So, let's talk about the goal people have been sharing with me of spending more time in the community with their kids. Can you go in the community each day without falter? Probably not, so what can you do? Let me

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## What We Do

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

### HAPPY NEW YEAR AND WELCOME 2008!

AmeriServe International Inc. was very successful in 2007 in providing exceptional services to persons with developmental disabilities, and in providing resource information through public outreach. As we head into this new year, people with disabilities and their families can expect to have the quality and

services that they are familiar with, and the dedication and passion that we are accustomed to providing.

As we head into this new year, we have a number of community activities projected in Wickenburg and the West Valley, and we will provide an agenda of upcoming events in the "The Connector" as they become available.

With the success of our last open house in Wickenburg, and the public response generated within the community and

surrounding areas, we will open our doors once again as a viable resource for people with developmental disabilities. Our next Open House is projected for April 24th 2008, 10am to 2pm at the Wickenburg Day Program located at AmeriServe 4020 E. Industrial Way, Suite 150; and another Open House November 20th for the same time and location.

Dean Anast,  
Lead Client Service Coordinator  
Wickenburg, Arizona

## January/February Activities in the West Valley

### Surprise

**Title:** Surprise Hosts Emergency Preparedness Summit For Special Needs Groups

**Date:** January 12, 2008

**Address:** Radiant Church, 15522 W. Paradise Lane. Surprise, AZ 85374

**Hours:** 8:30am to 12:00pm

**Contact:** **Voice:** 623.222.3821 TTY/VP: 623.222.3802

**Cost:** Free event but registration is required and seating is limited.

The City of Surprise invites individuals with disabilities, senior citizens and caregivers to attend the free Emergency Preparedness Summit.

This event is designed to assist people experiencing vision or hearing loss, mobility loss and cognitive disabilities (and/or their caregivers) with how best to prepare for an emergency situation. American Sign Language interpreters and Captioning will be provided.

The Surprise Police and Fire Department will talk about the types of

emergencies that could happen in the northwest valley as well as their challenges and capabilities. The Salvation Army and Red Cross will discuss the use of temporary shelters.

"A major storm that floods an area of our city or knocks out power for days will affect all people, but could be an even greater emergency for those with disabilities," says Surprise Disability Advocate Nanette Bowles. "That's why this summit is so important, to help people with disabilities, senior citizens and caregivers learn what they need to do to stay safe in an emergency situation.

"Various agency booths will be located in the lobby to provide additional information. Some of these agencies and/or speakers include the Arizona Red Cross, Salvation Army, Arizona Bridge to Independent Living, Arizona Commission for the Deaf & Hard-of-

Hearing, APS, Interfaith Community Care, United Cerebral Palsy, National Foundation for the Blind, and many more.

### Northwest Valley Community Library - Surprise

**Event Type:** Children

**Date:** Friday, January 25, 2008

**Start Time:** 11:00 AM

**Description:** Ranger Pat from Estrella Mountain Regional Park will tell tales and read stories relating to Arizona. She's known for being in costume and bringing creatures common to the desert.

**Event Type:** Children

**Date:** Tuesday, February 12, 2008

**Start Time:** 11:00 AM

**Description:** Children of all ages (with caregiver). Take a wild ride through books and rhymes and finish with a simple craft to take home.

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## January/February Activities in the West Valley (cont'd)

### Wickenburg

#### JAN.

**Sunday Jan. 20 - The Showstoppers**  
Friends of Music Back-up singers for  
Dean Martin  
Wickenburg Community Center  
Free Admission 2:00pm  
928-684-2694

**Sunday Jan. 27 - Pig Roast & Raffle**  
St. Anthony's Catholic Church  
Call for reservations  
928-684-2096

#### FEB.

**Sunday, Feb. 3 - Sankofa**  
Friends of Music  
West African folklore  
Wickenburg Community Center  
Free Admission 2:00pm  
928-684-2694

**Feb. 8-10 - 60th Annual Gold Rush  
Days and Rodeo**  
Parade  
Arts & Crafts  
Mucking & Drilling  
Gold Panning Contest  
Red Hat Rendezvous  
928-684-5479 Friday - Saturday -  
Sunday

### Glendale

#### FEB.

**Date:** Sat., Feb 9, 9AM – Sun, Feb  
10,4PM  
**Event:** 18th Annual Antique & Engine  
Show  
**Time:** 9 am - 4 pm  
**Location:** Sahuaro Ranch, 9802 N.  
59th Ave., Glendale, AZ  
**Description:** Tractor Parade-1PM.  
Each day FREE Tractor and Wagon  
Shuttle from GCC Parking Lot. Plowing  
demonstrations; Hayrides, Garden  
Tractors, Pedal Tractor, Raffles.  
**Contact Phone:** 623-435-3955

### Peoria

#### FEB.

**Date:** February 13-18  
**Event:** Magic Bird Arts & Crafts Winter  
Festival  
**Time:** 10 am - 5 pm  
**Location:** Peoria Sports Complex  
**Description:** 13th Annual Peoria

Stadium Winter Arts and Crafts Festival.  
Over 100 exhibits of art and crafts in all  
categories will be on display and sale;  
paintings, prints, photography, glass and  
metal creations, fashion apparel and jew-  
elry, Native American crafts and much  
more.  
**Contact Person:** Roberta Toombs  
**Contact Phone:** 480-488-2014  
**Web Link:** [www.magicbirdfestivals.com](http://www.magicbirdfestivals.com)

Education  
Opportunity  
February 16, 2008  
10:00AM  
**Incident Prevention**  
AmeriServe International,  
Inc.  
Planning Center  
Everyone Welcome.  
For more information call  
**(623) 584-3408**



### From the Director's Desk (cont'd)

*bucket and gave a couple of examples like going on a hot air balloon, and riding a horse... This employee has inspired me to make a list of things I WANT to do in life and stop nitpicking myself about the things I should do better... What's in my "bucket"? Take a two week trip to Italy... Go white water rafting... scuba dive in Hawaii... What would you put in your bucket?*

*Happy New Year! Have a healthy, happy and loving new year.*

**Michelle Shriver, Director**

### Skills (cont'd)

give you a goal and you can change the activities or days to fit your needs. **I will go to the library one time each week with my child for 1 hr to choose new books we can read before bed every night for 15 minutes.** Is the goal habit forming, realistic, and can I track my success? Yes!! Track your success with your kids so you can feel good about achieving your goal on a calendar on the fridge. I wouldn't be surprised if this causes you to spend more time in the community with your kids. Good luck and Happy New Year!!



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### How to Contact Us



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24 hours



#### By EMAIL

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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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