



"The People Company"

Serving Persons with Special Needs Since 1998

The Connector

Choice ~ Respect ~ Participation ~ Presence

March 2008

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From the Program Director's Desk ~

Connections and learning continue to be a large part of AmeriServe International. You will read about relationships in Josh's article this month and you will read about connections and learning in Dean's article. As a company we work to meet the needs of the people we work with, the people who work on our team, and the community to continue moving forward in the goals of our clients. Part of what we are planning and have started implementing in our programs is structured

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AmeriServe International, Inc.

Skills-The Impact of Relationships

People need relationships; it is the way we are made. Whether you have relationships with other people, animals, nature, or other things, a lot of your needs are filled through relationships. Think of the biologist who lives alone in the rainforest or the mountain man who lives in a secluded area of the woods. Both of these people have relationships with the animals, plants, and the environment that surrounds them. They receive interaction, communication, and acknowledgement from their surroundings, often building substantial relationships with the plants and animals that live there. No matter whom you are, where you live, or what your circumstances are, it is in your nature to develop relation-

ships based upon need.

Unfortunately people are not born with all the skills needed to develop relationships on their own. It takes time, patience, understanding, practice, consistency, acceptance, and even forgiveness of others for people to learn how to develop positive relationships. This is also a skill that every person will continue to develop because; #1: the need will never go away and #2: the circumstances of our lives are always changing.

I find it is especially important to keep this in mind when I'm working with other people.

Sometimes communica-



tion breaks down or a person has a need I can't identify or meet, and that's OK. Rather than becoming frustrated, I stop, take a breath, and remind myself that this person is made the same way as me. They need a relationship and that means the most important thing I can do is find a positive way to interact with them, acknowledge their feelings,

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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

Randy Coxwell was awarded a certificate of participation and recognition for excellent work from his Day Program at AmeriServe International Inc. He has been dedicated, and has worked hard in class every day since its conception. Great job Randy!

In class, the challenge for Randy is to always learn something new and to feel good about his accomplishments. Class is one of many areas that Randy has had success. I could write a book describing his illustrious life. One important accomplishment in particular is his remarkable gift to connect with people. He often surprises me by his constant embracement of the public and in turn how the public embraces him. Everywhere he and I go, someone acknowledges him, or they currently know each other or have known of one another in their past. If Randy was wearing a suit and tie walking down Tegner Street (Wickenburg's main thoroughfare), you might think he was the Mayor of Wickenburg by how many people stop to say hello!

Because of this motivation to be connected with people, he will always have support in his community because he stays active in it, and is constant in his movement to be involved and committed with people. There is a lesson to be learned by his active communal participation. If you publicly participate, you will be rewarded by gaining people's support. If you withdrawal from the public, you will also be rewarded by receiving what you gave.

Some of Randy's accolades include his long career with the Wickenburg Fire Department, being a frequent guest of Pete Petersen's local radio station KBSZ, participation in countless local functions offered to the general public, and serving as a board member of the Wickenburg Rotary. Not to mention he's just an all around great guy! Just to give you my idea of the kind of recognition Randy receives from Wickenburg; it would not surprise me if one day they name a street after him! That's the kind of connection and impact he has on his community. Randy continues to volunteer at the local elementary school every morning and afternoon. If school is in

session, you can bet that he is there. Randy, we congratulate you and wish you continued success in all your endeavors.

I have written of Randy in our newsletter a few times previously and continually want to acknowledge him for his accomplishments, and for the interesting things he does in his life. *Why?* Because he always inspires me.

Dean Anast
Lead Client Service Coordinator
AmeriServe International Inc.
Wickenburg, Arizona



Skills - The Impact of Relationships cont'd

concerns, and be supportive.

My hope is that you too can remember this. If you add frustration to a frustrating time the result is obviously more frustration. If a person seems bored and is not engaged, the person

will continue to appear bored. If a person needs routine and everything around them is inconsistent..... You get the idea. I don't have the answer for every problem and sometimes I don't have time to figure it out, so I

have one solid plan. I offer a genuine, understanding, caring, and supportive relationship.

Joshe Warne

From the Program Director's Desk cont'd

Lesson plans that teach skills to keep people learning and moving forward. We have seen great success in our after school program with the lesson plans. The children participate fully and seem to be learning and incorporating some of what they have learned into daily program. Specifically, one lesson plan was on oral hygiene and the effects of poor oral hygiene. Each child was given their own oral hygiene kit to use on a daily basis after snack AND they have been using them, and asking to use them if we don't do it RIGHT after snack! Awesome! This is just one example of where we are headed, not just in the after school program, but company wide. The changes will take place over time so the changes can be slowly implemented into individual routines to minimize disruption in client lives. I encourage anyone to call or stop in to see some of the changes taking place here at AmeriServe International.

Have a magnificent March!

Michelle Shriver



Craft Corner

Paper Frog Puppet



CRAFT MATERIALS:

- Dessert paper plate
- Green paint
- Utility knife
- Scissors
- Construction paper

Time needed: Under 1 Hour

1. When it's thoroughly dry, fold the plate in half and use a utility knife (parents only) to make a 1-inch slit (for the frog's tongue) in the center of the fold.
2. Create a fingerhold on the underside of the body using a 2-by-3-inch piece of green construction paper.
3. Center it on the bottom of the folded plate and tape the shorter edges in place.
4. For eyes, cut out a pair of 1-by-2-inch green rectangles and round the upper edges.
5. Fold each rectangle in half and glue the lower portion to the top of the body.
6. Glue on white and black paper circles, as shown.
7. Cut frog legs out of construction paper, a shorter set for the front and a long, bent pair for the back.
8. Tape the tops of the legs to the underside of the body.
9. Cut out a 3/4-by-7-inch tongue from red construction paper. Round one end and slip it through the slit. To wag the frog's tongue, jiggle the straight end.

Employee News:

AmeriServe welcomes **Lisa Brian** to the AmeriServe team. Lisa has worked in the field for about 15 years and comes to us with ideas and experience. Lisa will work in the adult day program and after school program. She will be a great asset to the team. Please join me in welcoming her to our team.

Candy Blackburn celebrated one year with AmeriServe International on February 19, 2008. Congratulations and thanks!



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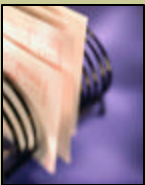
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Support Options

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!

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