



"The People Company"

Serving Persons with Special Needs Since 1998

In this Issue:

Skills: Building a Routine
pg 1, 3

Dean's Blog
pg 2

Events In and Around Surprise
pg 2

ASI Awarded Contract with Department of Health
pg 3

Welcome to Youngtown
pg 3

From the Program Director's Desk ~

I absolutely love October. Some people love the spring and feel refreshed and free. For me that's what October is. It is a breath of fresh air, crisp and homey. It reminds me of county fairs, changing leaves, pumpkin "hunting", love, and change. It is a time that makes me slow down, breathe and calm way down.

For me October is a month of great memories. It is a month in which a lot of learning and growth has happened for me over the years. What month is your month? Are we helping to build memories with the people we serve? Are we helping them to grow, learn and have a great time doing it? People had an influence on my love for the month of October. Are we doing the same for others?

As a company, AmeriServe International is committed and focused to teaching and helping

[Continued on Page 2](#)

The Connector

Choice ~ Respect ~ Participation ~ Presence

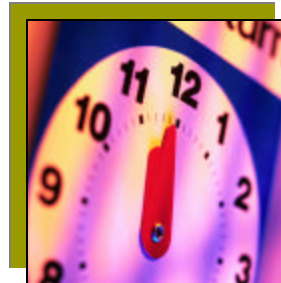
Volume I, Issue XXVIII-AZ October 2007

AmeriServe International, Inc.

Skills: Building a Routine

A lot of the people we work with are generally most comfortable and perform best following a structured routine. However, following a routine is not something they will automatically do on their own. It is important then, for the families and the people that provide support for them, to establish a healthy routine and set the guidelines, boundaries, and put activities in place for the routine to be effective. Finally, we will help them practice that routine on a daily basis and execute it to the best of their ability, finding ways for them to increase their independence and tolerance of things along the way.

What does it take, then, to establish a structured routine for someone? First, we must identify all of the



activities that must take place within the time frame that we are establishing the routine. If we are establishing a routine for 1pm-5pm after the person gets home from school, then we want to include the mandatory events. Examples may be bathroom breaks, snack time, homework time, therapy times, etc. Next, we want to break the routine down into intervals that will not be overwhelming for the person. If they have difficulty staying focused longer than 10-15 minutes, we do not want the activities we are working on to last much longer than 15 minutes

before we change. Finally, we are going to make a list of all the activities that a person may participate in, or needs to participate in and break them into groups. Some examples of groups may be learning activities, sensory activities, fun activities, down time activities, or transitioning activities.

After we have done this we can start our schedule and build a routine with all the necessary activities of the person's day along with some that will keep their time fun. It may be important to have a picture schedule or visual supports with your schedule so it is easier for the person to follow. Additionally, you are going to want to keep notes so you know what works and what doesn't. As always

[Continued on Page 3](#)

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



Dean's Blog

The October is here, and it is time to have our Open House. This gathering will be our first since the move to our new location -

- 4020 E. Industrial Way, Suite 150, Wickenburg, Arizona 85390.

The Open House is scheduled for Saturday October 27th from 10am to 1pm.

We will have our pool table open and ready for use! There will be snacks and beverages available. We have restroom facilities and plenty of room to move around and socialize.

The event is a joint production of AmeriServe International Inc. and The Ducks in a Row foundation to welcome

people and their family members living in or around the Wickenburg area who have a developmental or physical disability. On this day, people will have an opportunity to ask questions about services being offered for persons with disabilities. We will provide brochures and viable information regarding resources that are available and how to acquire help.

As I have mentioned in previous newsletters, this event has been long anticipated and was established to create an opportunity for people to connect with one another, ask questions, and have those questions answered. The addition of the new pool table allows a new resource to the Wickenburg area for people with disabilities.

Come out and meet your friends at AmeriServe International and Ducks in a Row, we are looking forwards to seeing you!

YOUR INVITED



What: Open House – AmeriServe and Ducks in a Row

When: Saturday October 27th from 10am-1pm

Where: AmeriServe International Inc. Day Program 4020 E. Industrial Way , Suite 150 Wickenburg, Arizona 85390 928-684-0053

Why: Invitation to persons with disabilities and their family Meet and Greet Pool Table Use

Point of Contact:
Dean Anast
Lead Client Service
Coordinator

Events In and Around Surprise

Arizona Special Olympics Opening Ceremonies –Friday, October 5
Surprise Stadium
15850 N. Bullard Ave.

The City of Surprise will host the Arizona Special Olympics Opening Ceremonies at 7 p.m. in the Surprise Stadium. The ceremonies will feature more than 1,000 athletes who are participating in the Arizona Fall Games. This free event will include a Parade of Athletes, music, entertainment and a fireworks show. Gates will open at 6 p.m.

Movie Nights @ the Surprise Stadium - Friday, October 19
Surprise Stadium
15850 N. Bullard Ave.
Gates will open at 6 p.m. Movie will start at 6:30 p.m.

This FREE event features a family movie on the Cox Video Board inside the Surprise Stadium. Bring your blankets and pillows, stretch out on the Stadium grass and enjoy Surf's Up, rated PG.

Concessions will be available for purchase. Closed Caption available upon request, please contact the Special Events Department at 623.222.2239 or 623.222.2249.

West Valley Area

October Special Olympics Calendar

Oct. 5-6
Special Olympics Arizona Fall Championships
Aquatics, Bocce, Golf, Softball
Neither location nor time has been provide.

Oct. 16-17
West Valley Area Bowling Tournament
Peoria AMF is located at 8475 West Olive Ave., Peoria, AZ. 85345.
The phone number: (623) 486-1496.
The time of the event has not been provided.

Oct. 23-30

Phoenix-Maricopa Bowling Tournament
Christown AMF Lanes is located at 1919 W. Bethany Home Rd.
Phoenix, AZ. 85015
The phone number: (602) 249-1715
The time of the event has not been provided.

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

people grow. We are trying to make a concentrated effort to be meaningful and purposeful with others and make sure that they feel a sense of value and purpose throughout their lives. Knowing you are valued and that people care about the growth and progress in your life is so important.

*I challenge each person reading this to be mindful this month about teaching and growth with others and within you. **Happy October!***

Michelle Shriver, Director

AmeriServe International Awarded Contract with Department of Health

AmeriServe International has been awarded a contract with the Department of Health to provide Family Resource Coordination to children who have been impacted by traumatic brain injury, spinal cord injury, or other special health care needs.

The program is designed to provide support to children and their families as they work to deal with a traumatic

and life changing incident. The program strives to help navigate and manage systems of care as they relate to the after-care and long-term impact of injury. The program also tries to ensure that each family has access to the resources that are needed regardless of agency lines.

In conjunction with the goal of the Family Resource Coordination

Program, AmeriServe International, Inc. also works to ensure that families and children have access to the tools that they need to lead purpose filled, valued lives. Education and resource development are paramount to accomplishing this and will remain a top focus of our Family Resource Coordination Program.

Welcome To Youngtown!

Come join us and get acquainted with our small unique hometown of Youngtown. Established in 1954 as one of the first retirement communities, Youngtown now boasts of providing its diverse population with five parks, a library, clubhouse, a lake and of course us---AmeriServe International, all within one small square mile.

WHAT: **G.A.I.N., which stands for Getting Arizona Involved in Neighborhoods**

WHEN: Saturday, October 13th
5:00 pm to 8:00 pm

WHERE: Greer Park, 112th and Alabama Avenues
Youngtown , AZ. 85363

WHO: Youngtown's Council
Police
Local Businesses
Sun City Fire Department
Arizona Public Service
Southwest Ambulance
Maricopa County White Tank Regional Park

WHY: Fun atmosphere to promote safety, neighborhood communication, business community and celebrate the successes of crime prevention through community involvement

WHAT ELSE:

- Neighborhood Block Watch Program
- Vehicles on Display
- Showcase of Youngtown Businesses
- Desert Creatures on Tour
- Public Safety Demonstrations
- Community Outreach Contests
- Kids Come and Ride on a Vintage Fire Truck
- and us----- stop by our table for the opportunity to not only win a raffle but also to take home some free goodies.

FREE FOOD & SNACKS (While They Last)!!

Skills: Building a Routine (cont'd)

please feel free to ask me for assistance on building a schedule in your home. I have some activity charts that may be helpful to you.

Joshua M. Warne
Training Coordinator

AmeriServe International Snapshots





AmeriServe International, Inc.

12600 N. 113th Avenue, Suite B-15
Youngtown, AZ. 85363

Phone: 623-584-3408

Fax: 623-584-4369

E-mail: ameriserve@ix.netcom.com

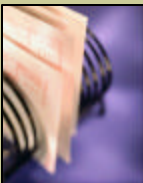
Website: www.ameriserveintl.com

How to Contact Us



By Phone

(623) 584-3408
8am -5pm
Mon-Fri



By Mail

AmeriServe
International, Inc.
12600 N. 113th Avenue,
Suite B-15
Youngtown, AZ 85363



By FAX

(623) 584-4369
24 hours



By EMAIL

ameriserve@ix.netcom.com

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.

Call for more information today!

AmeriServe International, Inc. 623-584-3408



AMERICAN INSTITUTE
of
MANAGEMENT
INCORPORATED

Training provided by the
American Institute of Management Inc.