



"The People Company"

Serving Persons with Special Needs Since 1998

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From the Program Director's Desk ~ Changes...

September is a month of changes...summer turns into spring...leaves change color and fall...the weather changes from unbearable to amazing...and for me personally, my favorite time of year begins...fall...awesome. Here at AmeriServe International things are changing too. Summer program has transitioned into after school program...we have begun providing a new service for children (see article)...our adult program begins Special Olympics...and our adult program moves from Sun City West to Youngtown. What a great start to an amazing season. Please see articles for more specific information on some of our changes and as always-Happy September!

Michelle Shriver

The Connector

Choice ~ Respect ~ Participation ~ Presence

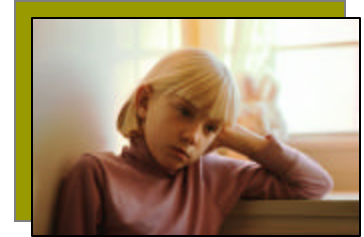
Volume I, Issue XXVII-AZ September 2007

AmeriServe International, Inc.

Skills: Modeling Emotions

Expressing ones feelings and emotions is a tiring, difficult, and often frustrating task, but it also has many rewards. Even those of us with the ability to communicate at the highest levels have moments that are challenging. Emotions have the tendency to come on fast, hit strong, then cause people to lose impulse control. An example of this is crying. People do not often intend to cry, but when their emotions "get the best of them" they lose the ability to prevent this from happening. To assume, though, that the person is crying because they are sad would be a mistake. People cry for many different reasons including being sad, in pain, joyous, and excited. So how do we teach emotions?

Modeling, or demonstration, is one of the best techniques a person can use to teach emotions. The expression of those emotions can be used while people participate in every day activities. When you play with toys, read books, watch videos, do chores, or any other daily activities you can model emotions. Modeling emotions is a combination of tone of voice, facial expression, body language, and choice of words. If I was reading a book to someone and trying to help the person following along identify with the feelings or emotions of the character, I may choose to change the tone of my voice and make a slightly exaggerated expression when reading about the character in the book being confused. After I had completed that portion of the book I could then pause, ask



the person to show me their confused look, and if there is anything that makes them feel that way.

Modeling is an active approach to teaching and generates a lot of opportunities for people to practice and imitate the things they are learning. It presents the teacher with a lot of opportunities to verbally praise, reward, and reinforce their student with positive feedback. Finally, it creates an environment that is safe for people to express their feelings and emotions with support from the

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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



Dean's Blog

The pool table has arrived! Yep, and it's a dandy at that! The guys at our day program are enjoying this modern Brunswick 8' Metro Pool Table; and let me tell you, they sure know how to play the game! I was certainly convinced that I had some practice to accomplish after getting beat game after game after game! Wow, where's Minnesota Fats when you need him? Yes, the guys can definitely play!

The table's arrival is much more than just a pool table; it's an expansion resource for people with disabilities in the Wickenburg area. Currently, the Ducks in a Row Foundation, with the help from the Community Action Program of Wickenburg, have greatly improved the connections for disabled

persons seeking areas to participate and interact with their peers. Ducks in a Row has graciously allowed Ameriserve International Inc. the use of the table for the Ameriserve Day Program as well as future public gatherings to be set up by Ducks in a Row and Ameriserve International. We will soon be hosting an open house for which disabled persons and their families will be able to enjoy each others company and pool table playing experience! We will extend a public invitation in the Wickenburg Sun Newspaper for the upcoming month of October. We at Ameriserve International and the Ducks in a Row foundation will be looking forward to seeing you, and meeting and greeting new faces!

Dean Anast
Lead Client Service Coordinator
Wickenburg, Arizona

My Cat Ivy By Shea McCoy

Ivy is very special to me.
Ivy makes me laugh.
She meows at me when I'm sad.
She likes to play hide and seek.
She helps lower my blood pressure
by jumping on the bed
so I could pet her.
I love her very much.

September Factoids

- The sapphire is the gemstone for September
- The morning glory is the flower for the month of September
- September is National Food Safety Education month
- Labor Day is observed on the first Monday in September
- Patriot Day is observed on September 11th in remembrance
- September is the ninth month of the Gregorian calendar
- The word September is derived from the Latin word "Septem" meaning seven. September was the seventh month in the Roman calendar.

Preconceived Notions

Hello all, Michael here from Wickenburg. This month I thought we could address some misconceived thoughts that people may have about persons with developmental disabilities.

For those working in human services, try to think back to when you first started working in this field. Did you or someone you know have the "limitations" idea about the people we assist? People tend to judge a book by its cover, by merely looking at someone and making their own thoughts about them and their abilities that they can't do that, they're not smart enough, of they are in a wheel chair, etc. Well, this is not the case. We need to learn to throw out our misconceived thoughts.

There are always possibilities for persons with developmental disabilities. For instance, someone may want to learn to drive an automobile. Who's to say he or she can't? If they learn the appropriate skills, what's to stop them? Maybe, someone wants to teach. Why not? It's not for us to decide what their limitations might or might not be; instead, we need to nurture their wants and needs. We all find ourselves using preconceived notions from time to time (I do myself), but I think it's important to keep an open mind and not be afraid to try new things. Those who want to move forward should do so without limitations!

Thanks for your time and have a good one!

MICHAEL J. POLLARD

Skills: Modeling Emotions (cont'd)

people they trust, and expand their imagination. Practice modeling and begin demonstrating emotions on a daily basis. I am sure you will begin to see positive results and less frustration from yourself and others when it becomes necessary for people to express themselves.

What a handicap really is, what it implies, and who it includes...

I wanted to write an article for our newsletter, and decided to explore the meaning of the following statement used one day in our staff meeting here in Wickenburg, Arizona, "HANDICAP IS NOT CAUSED BY AN ABSOLUTE LIMIT ON ACHIEVEMENT, BUT BY DELAY IN ACQUIRING SKILLS."

Working for AmeriServe has given me so many opportunities to learn about what a handicap really is, what it implies, and who it includes. Handicap could probably include just about anyone in any capacity. Someone having trouble getting into or out of a tub because of physical limitations could be construed a handicapped; someone not being able to stand for long periods of time could be interpreted as a handicapped; slow

responses by someone could be considered a type of developmental handicap or maybe a sudden outburst of action in not knowing how to answer someone or not understanding the situation. There are solutions. Anyone can become a person to learn by or a person to teach to. To acquire a skill, to be able to work on whatever handicap a person identifies, is a valuable way to live life on life's terms. Skills are necessary for anyone trying to live in a society that requires a person to know so much about so many areas that learning different skills is essential to be able to live in a community where skills are used on a daily basis. By being able to assist someone with a disability in knowing that this may help that person learn enough skills, to successfully be able to live out in the

community and be able to function on their own, is what being a people person is all about. The gratification is knowing we are helping people with disabilities acquire life skills that they will use for the rest of their life and be able to use these skills and function in daily life situations. Working in this field is very rewarding which gives us a reason to continue on this path to be able to share, care and be there for people with disabilities. People requesting our assistance appreciate the things we do for them. Another reason to enjoy doing what we do is being able to help those who really need our help and knowing we are making a difference.

Bonnie Vest
Lead Client Service Representative
Wickenburg, Arizona

A Fond Farewell

I would like to take this moment to tell some truly amazing people that I have been blessed to meet and am proud to say are my friends that "I will miss you all deeply". You are wonderful, caring individuals who I have enjoyed working with so much;

Michael (Gilly): The summer we worked together was so much fun. You have a heart of gold. Don't ever change. I'll miss you big guy!

Stephanie: You're a true angel and I will miss working with you.

Luci: I am sooooo going to miss seeing you everyday. You are more than a friend, you have become part of our family.

Amy: I am really going to miss your sense of humor. You're such a good-hearted person and have so much to offer. You're a great friend!

Jason: What can I say? You're a great guy and these guys are lucky to have you! We have had so much fun joking and laughing and I am really going to

miss that although I have a feeling we will see each other again.

Jacque: Girl, I have had a blast with you! You are such a cool person and so funny! I know I'll be seeing you again.

I am expecting each and every one of you to stay in contact and you better come visit me!

Josh: You're a pretty funny guy. Enjoy your little girl because they grow up so fast. When she is older don't be too tough on her!

Dr. Wayne and Linda: It has been a pleasure working for you and I am proud to have been a part of your company.

I see AmeriServe International just getting better because you all truly care. For those of you I haven't mentioned, it has been a pleasure and you are in my heart and I will miss you.

Now, **Michelle**, You have been awesome to work with and to have as a supervisor; but you have been more than just a supervisor, you are a friend.

I love your bubbly personality and I will miss you. But this isn't goodbye, it's just see you later.

To all of the clients: You are all wonderful, amazing individuals and I have enjoyed getting to know and work with each and every one of you. I will miss you all very much. Now, some advice for you, don't let anyone tell you that you can't do something due to your disability. Set goals for yourselves and work hard to reach them, be kind and respectful and always treat others the way you want to be treated. Believe in yourselves forever and always. I know I do!

To the parents and care providers: Your children are phenomenal individuals. It has been a true gift to have gotten to know the person inside and the personalities of each of them. You're doing an awesome job raising them and know that I will miss each of you and each of your children very much.

Thank you and Good Bye. ~ Ms. Marie

September Events

Performance in the Park - Saturday, September 22

Surprise Community Park
15953 N. Bullard Ave.
6 p.m. - 9 p.m.
Enjoy an evening of live music and entertainment at the Surprise Community Park. Bring your lawn chair or blanket and enjoy this FREE event. Concessions will be available for purchase.

Fall Carnival - September 27 - 30

Surprise Stadium Parking Lot
15850 N. Bullard Ave.

LONGVIEW PARK

4040 N. 14th Street
14th Street and Indian School Road
(602) 256-3220 (Central Division)
Community center, benches, drinking fountain.
Community center: Open -
Mon-Fri 6:30 a.m. – 9:00 p.m. :
Sat-Sun 6:30 a.m. – 6:00 p.m.
Park hours:
Open from 5:30 a.m. – 10:00 p.m.

Special Olympics

West Valley Area

September 15 -
Phoenix-Maricopa Special Olympics
Golf at ENCANTO PARK, Phoenix

September 18 -
West Valley Area Bocce Tournament
RIO VISTA COMMUNITY PARK, Peoria

September 21 -
FREE- Physical Day- Registration Required at LONGVIEW COMMUNITY CENTER, Phoenix

September 26-27 -
Phoenix-Maricopa Bocce Ball Tournament at TELEPHONE PIONEER PARK, Phoenix

September 26 -
West Valley Area Softball Tournament at RIO VITA COMMUNITY PARK, Peoria

TELEPHONE PIONEER PARK

1946 W. Morningside Drive
19th Avenue and Grovers Avenue
(Totally Accessible)
(602) 262-4543 (Special Pops)
(602) 534-2491 (TDD)
(602) 534-1537 (Fax)
Basketball, handball/racquetball, horseshoes, picnic area, playground, pool, recreation center, restrooms, softball, tennis, volleyball, baseball, Ramada, shuffle board. Call the recreation center for hours of operation.
Park hours 5:30 a.m. – 10:00 p.m.

ENCANTO PARK

2605 North 15th Avenue
15th Avenue and Encanto Boulevard
(602) 261-8993 , Phoenix, AZ. 85007
(602) 262-6412 (Central Division)
Boating Concession (602) 254-1520
Encanto Clubhouse (602) 261-8991
Enchanted Island Concession (602) 254-2020
Lighted basketball, boating, exercise course, golf course, lighted handball/racquetball, picnic area, playground, pool, lighted softball, recreation building, restrooms, lighted volleyball, lighted tennis courts, grills, fishing, lagoon. The park also is home to Enchanted Island Amusement Park, with a host of rides for children ages 2 to 10 years old.
Open from 5:30 a.m. - 11:00 p.m.

RIO VISTA COMMUNITY PARK

8866 W. Thunderbird Rd. - Rio Vista Boulevard
(1/4 mile west of Loop 101 on Thunderbird Rd.)
52 Acres

Park Amenities:

Urban Lake, Restrooms, Large Group Picnic Ramada (6)
Lighted Sand Volleyball Courts (3)
Playground & Tot Lot, Skate Park
Lighted Softball fields (7)
Multi-purpose fields, Splash Park
Single Ramadas (7)
Walk/Jog Path , Drinking Fountains
Recreation Center , Chili Davis Batting Cages, Full Service Starbucks
Veterans Memorial Wall





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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.

Call for more information today!

AmeriServe International, Inc. 623-584-3408



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