



VDC NEWS

VINELAND DEVELOPMENTAL CENTER
VINELAND, NEW JERSEY

An Equal Opportunity Employer

DEC 12 1990
Robert N. Smith
Superintendent

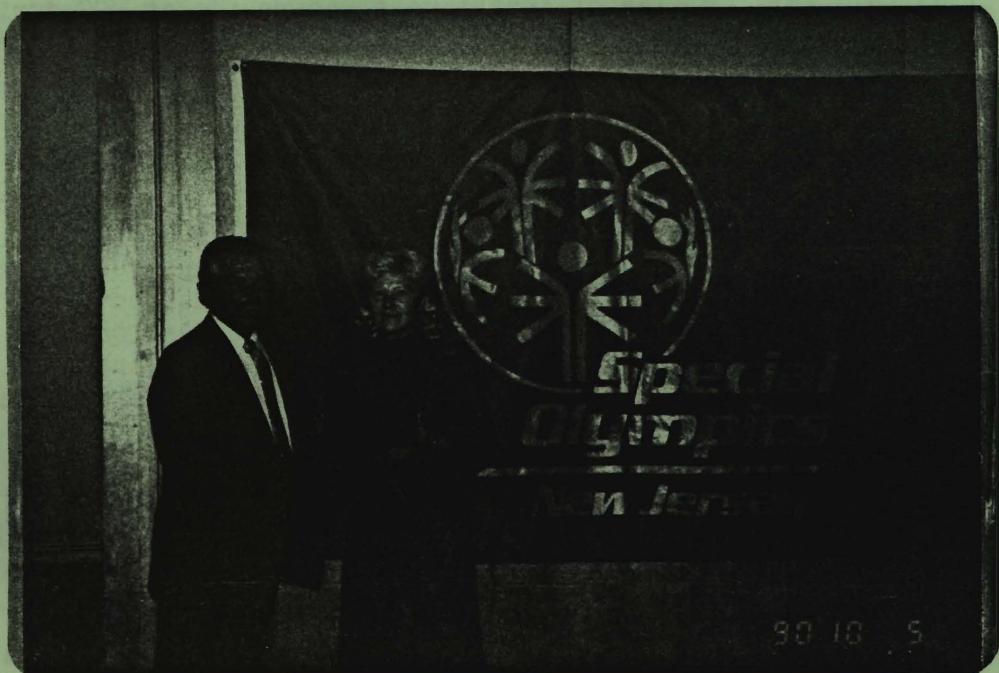
VOL. VIII

DECEMBER, 1990

NO. 4

974-905
V77-2

Ms. LaRue Cheesman from Brewster Road Group Home, received an award at the Annual Awards Dinner for New Jersey Special Olympics. The dinner was held on Friday, October 5, 1990, at the Hyatt Regency in Princeton, New Jersey. Ms. Cheesman was nominated for the award by Mr. Vito Ingerto, Area XIII Special Olympics Director. The award was for the Volunteer of the Year on the State Level. Ms. Cheesman has been Fund Raising Chairperson for Area XIII Special Olympics for the past five years and has worked on projects for both Area XIII and New Jersey Special Olympics. Ms. Cheesman has also volunteered as Housing Director for several State Level Special Olympic events. We congratulate Ms. LaRue Cheesman for her dedication.



DEPOPULATION PLAN UPDATE

Phase I of the Vineland Depopulation Plan is well underway. The beautiful new PAFA duplex units, which will house 16 individuals, are nearing completion. Another 8 individuals will live in a PAFA Group Home which has been constructed in an accessible design to accommodate people who are non-ambulatory. Women who presently reside in the PAFA Group Homes will be moving into the duplexes, and women now residing at VDC will fill the placements that these individuals vacate.

By mid-December, 5 individuals will be placed in a Group Home operated by Archway Programs. Caring House Projects, Inc. is expected to open a Group Home for 5 individuals by the end of December, and Burlington Association for Retarded Citizens (ARC) will be opening a Group Home for 6 women in January or February. Supervised apartments for 2 individuals each are being established by Burlington ARC and Atlantic ARC, and Gloucester ARC will provide 4 supervised apartment placements. In all likelihood, individuals who are currently served by these agencies will move into the supervised apartments and women who presently reside at VDC will move into the Group Home openings created by these transfers. Two of the seven individuals who will be placed in Skill Homes as part of Phase I have already left the facility.

Inservice training for Vineland staff, which included presentations by Caring House Projects, Inc. and Archway, took place on October 3, 1990. A similar type training will be held for families of individuals who reside at VDC during the Open House on Saturday, December 8, 1990 at 11:00 a.m. Archway Programs, Atlantic ARC, and a liaison from the Department of Human Services Community Education Office will provide programs on community placement.

The anticipated discharge of 56 individuals from VDC during Phase I of the Depopulation Plan has allowed for the closing of Giles Cottage at the facility's East Campus. Another 200 individuals will leave Vineland during the next three phases of the Plan, and it is expected that three more non-ICF cottages will close as a result of this depopulation. The Vineland Depopulation Plan is progressing successfully because of the mutual cooperation and effort of Community Services, the Parents and Friends Association, and Vineland Developmental Center staff.



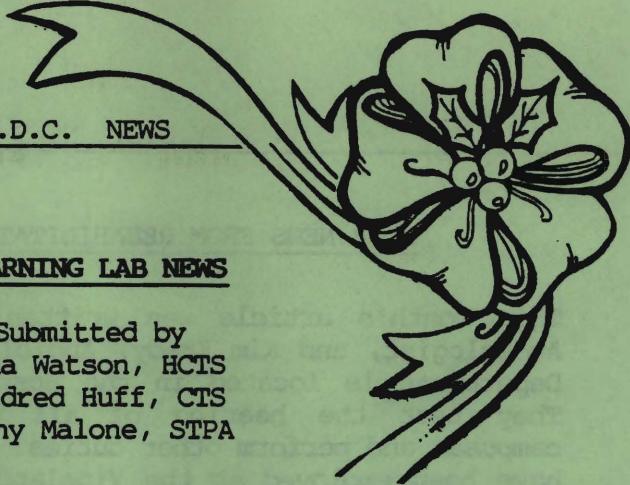
For the untiring efforts of Vineland Developmental Center staff and the loyalty and generosity of the Parents and Friends Association throughout this past year, I express my sincere thanks. Best wishes for a wonderful holiday season and a Happy New Year!

Robert N. Smith
Superintendent

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LEARNING LAB NEWS

Submitted by
Edna Watson, HCTS
Mildred Huff, CTS
Cathy Malone, STPA

The Learning Lab, located in the Staff Development Building, has been busily working with new contract materials in the past several months. New tasks involving binding and packaging have been introduced.

While visiting the Vocational Department of our neighbor, The Training School, new ideas and materials were observed.

New materials for training were recently purchased and include jump ropes which seem to make recreation time a bit more healthy. Richard Simmons' "Sweating To The Oldies" provides good gross motor skills exercise and all seem to enjoy it.

Our Orientation classes are being trained in the necessary information to help them in their job skills. All cottage information, along with many forms they will encounter during their shift, are explained. A new Orientation class begins every two weeks with each class lasting for two weeks. Each participant, the client, the HSA, and the trainers, bring new knowledge and learning into each session.

Our clients went on two trips these past months. We visited a cookie factory in Hammonton, New Jersey, and on August 30 we went to Wheaton Village in Millville, New Jersey, where we enjoyed watching the glassblowers making paperweights. Nine clients with three trainers went to Wheaton Village and we visited the shops along Main Street and rings were purchased for each client.

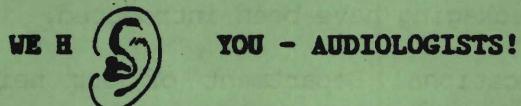
The Learning Lab has been decorated with many seasonal decorations. Our September decorations were an underwater scene of various sealife made with sand art. October produced an array of ghosts, goblins, scary cats, witches and of course, jack-o-lanterns. November featured pilgrims, Indians, and turkeys for decorations. Our "Tree of Life" has been transformed from an apple tree to one of colored leaves. We are planning our Christmas Season now and are working on making our tree reflect the beauty of the winter.

Our clients made greeting cards with colorful leaves on the outside and messages on the inside, during the fall season. These greeting cards were sent to our service members serving in Operation Desert shield. One hundred were mailed out to be distributed to air and land forces and troops at sea. Hopefully they were enjoyed by the service personnel.

Each client enrolled in the Learning Lab enjoys coming and working on their tasks and all seem to respond well to the program.

MORE NEWS FROM REHABILITATION SERVICES

This month's article was written by Beverly Dairsow, Audiologist, and Kim Krady, Audiologist. The Audiology Department is located in the Hospital on East Campus. They test the hearing of all the clients on both campuses and perform other duties. Both Beverly and Kim have been employed at the Vineland Developmental Center for five years. They are happy to share their field of expertise with those who take the time to ask.

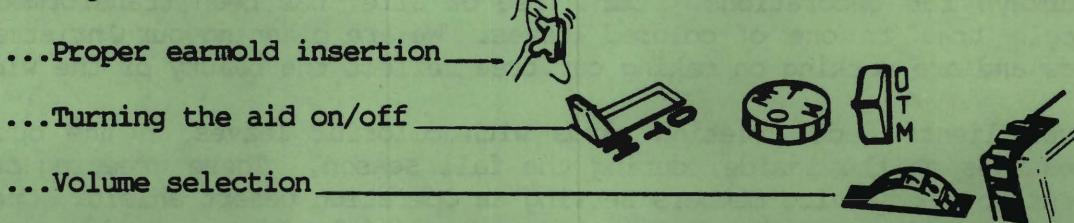


We the audiologists at the VDC are responsible for the complete assessment of hearing acuity for each client at the Center as well as all PAFA Group Home residents.

Full hearing evaluations are conducted every three years for all clients who have normal hearing sensitivity. Hearing impaired clients are evaluated annually to ensure that their hearing has not decreased, and to assess the need for further rehabilitative services.

Hearing impaired clients who have a moderate, severe, and/or profound hearing loss are fitted with several types of hearing aids which specifically accommodate their degree of loss. For example, the client with a moderate hearing loss would be a candidate for a behind-the-ear hearing aid fitted to the ear with the best hearing sensitivity. Another type of hearing aid beneficial for individuals with a moderate loss is an in-the-ear aid. A group home resident is fitted with such an aid because structurally her pinna (external ear) could not support proper fitting of a behind-the-ear aid. Those clients having the more severe and/or profound type of hearing loss are fitted with a body aid. Due to the severity of this type of loss, one would not benefit from wearing a behind-the-ear aid since it is not mechanically powerful enough to compensate for the degree of hearing deficit. In contrast, individuals with a moderate hearing loss would not benefit from a body aid because the gain is too powerful and would be very discomforting to them.

Finally, upon receiving their new hearing aid, each client is enrolled in an auditory training program for a minimum of six months. The programs are designed to instruct them in the following:



In addition to providing services to the clients, the Audiology Department is involved in administering Hearing Screenings to all VDC staff. The screenings are held every May, which is nationally known as "Better Speech and Hearing Month". We also had the opportunity to be participants in the VDC Health Fair held this past October.

Remember, Audiologists are  Responsible!

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VDC EMPLOYEES RECEIVE N.D.M.S. CERTIFICATES

Submitted by: Lee Stokes, Hospital Safety Officer

The Vineland Developmental Center/Hospital in conjunction with the National Disaster Medical Systems, holds a Mock Disaster Drill twice a year. These drills are held to prepare hospitals throughout New Jersey in the event of a National Disaster. Each hospital has pledged a number of beds and services to meet the needs in the event of a disaster. November's Mock Disaster Drill Scenario was the new Madrid Fault Earthquake. The first tremor on October 10, 1990 had a magnitude of 6.8 on the Richter Scale, thus causing 2,000 injured victims. They were scheduled to arrive at McGuire Air Force Base on Thursday morning October 11, 1990 for hospitals in New Jersey. Normally soldiers from Fort Dix, New Jersey are used as victims, but due to the crisis in the Mid East, each hospital was asked to supply their own victims for the drill. This is where our employees came into play. Each person was given a mock injury and told how to act out the part on arrival to our Emergency Room. Hospital Staff also played their parts to the max.

Vineland Developmental Center Employees volunteered to be mock victims for the National Disaster Medical Systems '90 Exercise. Each employee received a certificate from NDMS in recognition and appreciation of their outstanding contribution to the success of NDMS '90. Mrs. Eloise Hawkins, Hospital Administrator, and Mr. Lee Stokes, NDMS Coordinator, presented the certificates to each volunteer.

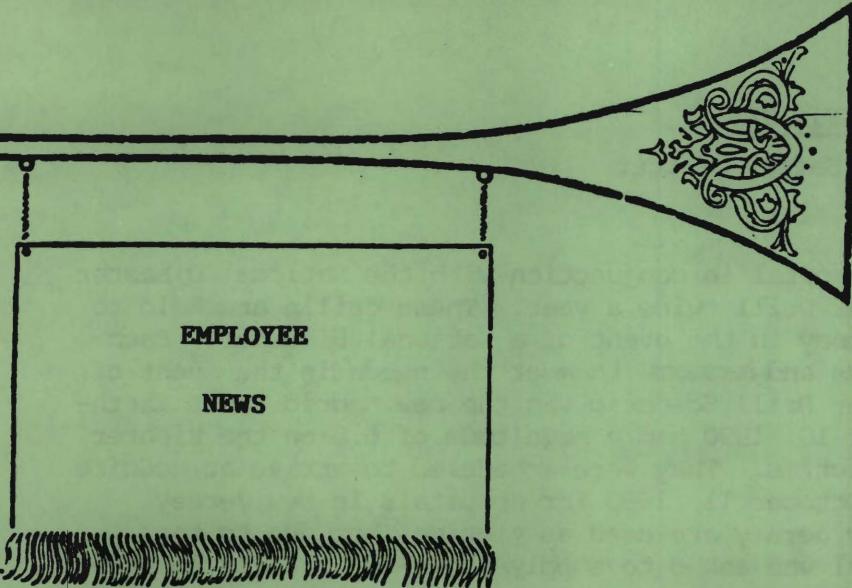
Mr. Stokes video taped the victims and Hospital Staff which turned out to be a real success. The tape was shown to the NDMS Staff at Fort Dix, and they were very pleased, and in return, to show their appreciation, issued certificates of appreciation to all victim volunteers for a great acting job, and contributing to the success of NDMS '90.

On behalf of Eloise Hawkins and myself, thanks again for a job well done.

Listed below are the names of employees awarded certificates.

Debbie Menzoni - Hospital
Domenic Tulli - Hospital
Shirley Bononcini - Hospital
Barbara Esposito - Hospital
Flossie Stratton - Hospital
Carolyn Cook - Hospital
Donna DiGiovacchino - Rehab.
Denise Cox - Rehab.
Phyllis Sloneski - Q.A.
Paul Grayson - Q.A.
Patti Brown - Q.A.





**EMPLOYEE
NEWS**

MARRIAGES

Karen Hunter, Kimble
 Lynn Garner Marsh, Unit 1
 Jacquette Griffin Rawls, Landis
 Beth Capo Coccato, Vocation West Campus
 Mary Jamison Ennals, Reeves
 Kenneth Rawls, Central Housekeeping
 Denise Zozofsky Whilden, Kimble
 Stacy Worlock Allen, Wolverton
 Rennae Arrington McFadden, Sykes
 Tissie Cheesborough Witt, Lee
 Thomas Doss, Housekeeping West Campus
 RoseMarie Curcio Ridolfo, Wolverton
 Delores Scruggs Hall, Donahue

BIRTHS

Kathy McCarthy, Employee Relations (girl)
 Diana Rivers, Weymouth G.H. (girl)
 Tracy Smith, Kimble (girl)
 Susan Johnson, Landis (boy)
 Hafezza Ramdhain, Bassett (boy)
 Maribel Ramos, Allen (girl)
 Carmen Torres, Chestnut G.H. (girl)
 Carmen Wiggins, Donahue (boy)
 Stacey Allen, Wolverton (girl)
 Eloise Hawkins, Hospital Admin. (girl)
 Laura Hoffman, Lee (boy)
 Charles Hoffman, Food Service (boy)
 Darlene Fisher, Morias G.H. (boy)
 Wanda Jones, Pond (girl)

RETIREMENTS & RESIGNATIONS

Dorothy Roberts, Main - 18 yrs
 Ismael Santiago, Food Service - 14 yrs
 Anna R. Kelley, Vocation - 28 yrs
 Virginia Kobrich, Wolverton - 13 yrs
 Florence Bowman, Fisher - 14 yrs
 Roberta Hadley, Harper - 10 yrs
 Janice Segers, Lee - 6 yrs
 Vivian White, Maurice River - 18 yrs
 Betty A. Gonzalez, Kimble - 5 yrs
 Sandra Hicks, Wolverton - 13 yrs
 Shirley Joyner, Hospital - 9 yrs
 Rebecca Kenyon, Payroll - 5 yrs
 Linda Rosenwasser, Landis - 11 yrs
 Brenda Washington, East - 10 yrs
 Leonard Webb, Food Service 7 yrs

DEATHS

Joyce Baker, Bassett (father)
 Helen Clark, Cross (father)
 Christine DeShields, Giles (sister)
 Alma Griffin-Only, Cross (mother)
 Margaret Reynolds, Patient Accts. (mother)
 Sandra Sheared, Allen (mother)
 Marit Brown, Morton G.H. (father)
 Mary Anne Crilley, Unit 3 (sister)
 Frances Dixon, Ireland (son)
 Debra Hunter, Donahue (brother)
 Rosie James, Morias G.H. (sister)
 Norma Moore, Unit 5 (son)
 Louis Proferro, Plumbing Shop (mother)
 Grace Scafidi, Ireland (husband)
 Emma Turpin, Sykes (brother)
 James Rubino, FGP (wife)
 Dorothy Baird, Hosp. A-Wing (mother)
 Joyce Clark, DSCD (father)
 Hattie Johnson, Harper (husband)
 Ida Knight, Giles (mother)
 Hannah Matthews, Wolverton (sister)
 Benzenell Owens, Harper (son)
 Ruth Williams, Kimble (mother)
 JoAnne Brown, Roselle G.H. (brother)
 Mazie Williams, Donahue (son)
 Shirley Harden, Donahue (mother)
 Delores Hall, Donahue (father)

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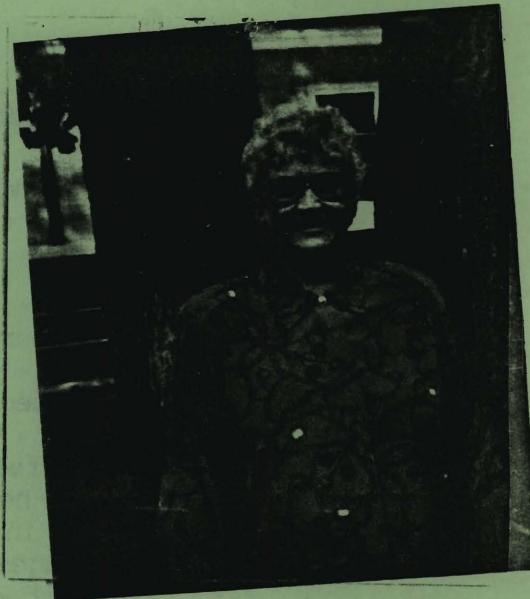
**VINELAND DEVELOPMENTAL CENTER
MOURNS THE LOSS OF
JOSIE PETWAY**

One of our founding Direct Care Advisory Board members, Mrs. Josie Petway, CTT, passed away unexpectedly on October 2, 1990. Many of us here at VDC, both staff and clients, will sorely feel this loss. Mrs. Petway came to VDC on her birthday, December 17, 1979, and worked in Reeves, Kimble, and most recently and longest in Regan Cottage. She was always a dependable employee and a woman who cared about the people she worked with and the clients she served. She will be sadly missed.



OUTSTANDING EMPLOYEE OF THE MONTH - OCTOBER, 1990

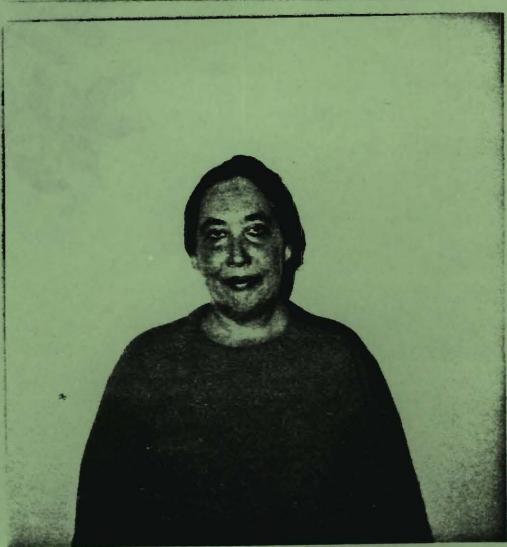
Joyce R. Peek, Habilitation Plan Coordinator, Emerlee Cottage, has been selected "Outstanding Employee of the Month" for October, 1990. Joyce began her career at VDC in 1977 as a Licensed Practical Nurse. By 1979 she had obtained her Registered Nurse certification and was appointed supervisor of the cottage LPNs. In 1980, she became an HPC, and during the past ten years has had caseloads in Reeves, Lee, and Emerlee Cottages. Joyce was instrumental in reuniting one of Vineland's women with her brother who resides in another developmental center. She has frequently been seen in the mall on her days off taking Vineland's women shopping. Joyce is an outstanding individual who is most deserving of recognition as "Employee of the Month".

OUTSTANDING EMPLOYEE OF THE MONTH - NOVEMBER, 1990

Doris Beckett, Dental Assistant, West Campus Dental Clinic, has been named "Outstanding Employee of the Month" for November, 1990. Doris started work at VDC in a direct care staff position in Pond Cottage. She later transferred to the West Campus and assumed her present position as Dental Assistant in the Dental Clinic. When the individuals who visit the Dental Clinic are apprehensive, Doris takes the time to talk to them and help them feel at ease. She also volunteers her time by sponsoring a number of women who reside at VDC. Doris is a friendly, caring person who is most deserving of the "Employee of the Month" award. She is to be commended for her 27 years of excellent service to VDC.

OUTSTANDING EMPLOYEE OF THE MONTH - DECEMBER, 1990

Marie Shults, Cottage Training Technician, Reeves Cottage, has been chosen "Outstanding Employee of the Month" for December, 1990. Marie began her career at VDC 26 years ago in Pond Cottage. She transferred to Reeves Cottage when it opened, and has worked there ever since. Marie is a pleasant, cooperative person, who can be depended upon to fill in wherever the need arises. Her work ethics are of the highest quality. She serves as a fine example for all to emulate. Marie is a loyal, dedicated employee who is to be commended for her many years of service to VDC.



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SPECIAL OLYMPICS FISHING COMPETITION

Submitted by: Britt A.Dorian

Eight PAFA Group Homes participated in the Third Annual Fishing Competition in Cape May on August 29th. A total of 240 Special Olympics athletes took part in this year's event, and 111 boats were registered to take everyone out for four hours of fishing.

This year, Janis Kane from Park Avenue Group Home, stole the show by catching the biggest flounder - OVER FIVE POUNDS!

After we returned to shore, we were treated to a lavish cook-out and entertainment. Everyone proudly cheered for Janis as she received her trophy during the awards ceremony. At the end of the day, everyone gathered around for closing ceremonies before heading home.

Everyone had a most enjoyable day, and we are deeply grateful to the U.S. Coast Guard for hosting this successful event, and to Ken Rossner, Chairman of the Cape May Special Olympics of New Jersey Fishing Competition.



JANIS KANE

AS LEE COTTAGE USHERS IN THE WINTER.....

Submitted by: Shirley Miller and Deborah Groves

.....Lee Cottage clients participated in the decorating of their cottage. A trip to a farm provided our pumpkins and cornstalks and what fun it was to gather them! Next it was off to purchase ghosts and cats which adorned the cottage. The last stop was for refreshments and then back to VDC.

.....What's the latest in Fall Fashions? The answer was found at Centerton Country Club. Lee clients enjoyed a sumptuous dinner and were entertained by models from Staintons in Ocean City. Miss New Jersey performed several music selections on the piano as well as modeled clothing. It was a night of fun, fashion and food for all!

.....there were ghosts, witches, devils, and the like at the Lee Cottage Halloween Party. The day started with an enjoyable meal for all and then dressing in costumes and going for a real hayride around the campus. We all sang songs and wished everyone we met a HAPPY HALLOWEEN!

.....Other Lee activities included a big Thanksgiving party with "Trixie the Clown".

.....Upcoming events include a trip to Radio City to see the Rockettes and a Christmas Open House.

.....An of course, the staff and clients of Lee Cottage would like to wish everyone a very MERRY CHRISTMAS!!!





SYKES STORIES

Submitted by: Sean Trucano

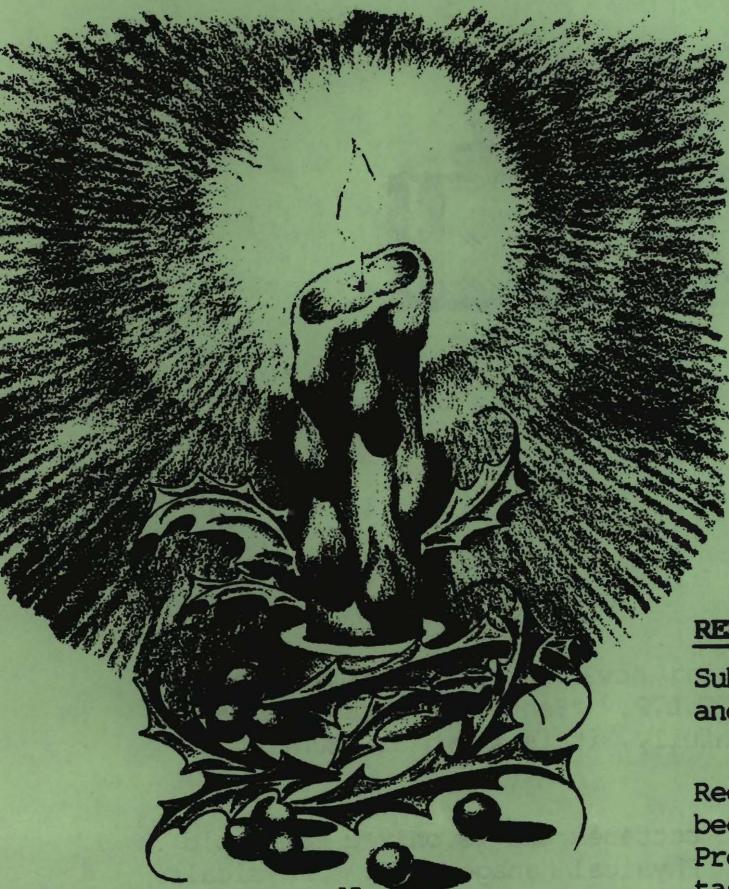
The Question? Where is Sykes Cottage going now? Well, we've been on a different journey, a different adventure: F.L.P. "Fantastic Late Parties"? No, not really.....I'm only kidding. Truthfully, it is known as "Functional Life Planning".

This program is becoming a part of the VDC cottages and is only a month old here at Sykes Cottage. It is also termed "Physical Management". "Physical Management is what we do every time we touch clients: to position them, to help them eat, to comfort them. Any time we touch clients the interaction has a potential for positive effects or for negative effects. The study of Physical Management is dedicated to making these interactions as positive as possible -- so that you can help increase clients' abilities and reduce illness and deformity."¹

Functional Life Planning is a program that entails the use of all staff to make it function. Sykes begins at 9:15 AM with the positioning of our clients and then we start our GAINS. Clients will participate in two GAINS in the morning while positioned and remain so until 11:15 AM. Our group leader and assistant group leader then prepare the clients for meals and Physical Management continues through lunch hour and for the rest of the day. Staff have accepted the challenge of this pilot program. It is a tough challenge but our staff is working the bugs out to put this planning into high gear.

The Sykes clients who are in the program are Beulah Camp, Mary Kate Lawler, Barbara Michalak, Nancy Swerdel, JoAnn Gorman, Mabel Bentley, Vivian McMurray, and Cynthia Fruend.

¹ "A Training Program in Physical Management for All Staff Participants' Guide", O'Neill and Associates, Ltd., 1986, pg.1



REEVES COTTAGE NEWS

Submitted by: Irene Graham, Josie Merlino and Cathy Shawlot

Reeves Cottage clients and staff have been involved in a Community Living Project at the Carter House. Sharing tasks and fun together has been a learning experience for everyone involved. Some of the delicious results have included apple pie (from scratch), chocolate chip cookies, peanut butter cookies, muffins, and more.

Needless to say, the aromas in the kitchen have enhanced the experience. The home is small, warm and sunny. Invaluable assistance was provided by Carol Parks-Heuman, who contributed suggestions, materials, and great enthusiasm. A greater variety of activities will be included as the program progressed. In the meantime, meal planning, cooking, luncheons, and "teas" are some of the most enjoyable (and mouthwatering) activities provided.

Reeves clients and staff are grateful to all those who made the Carter House Project a reality. Included in the many involved are Mrs. Florence Davis, HCTS; Mrs. Marita Saunders, AUD; Mr. Scott Marsh, UD; and Mr. John Zilnick, Transportation Department.

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PARK AVENUE GROUP HOME

Submitted by: Lydia J. Carden, HCTS

On August 1, 1990, Janis Kane, Rosalyn DeZure, Cynthia Sanfilippo, and Mary Rose Daly left for vacation to Montreal, Canada. They were escorted by Kathy Williamson, RLS; and Lydia Jane Carden, HCTS. They traveled via Midway Airlines, 727 Jet, then by limo to Chataue Royal on Crescent Avenue, Montreal, Canada.

While there, everyone visited the many different attractions in the city, from Chinatown to Old Montreal, to the city within the city (underground city). Everyone learned to use both the bus and the subway systems and were very proud.

The return trip on August 7, 1990, was very interesting. There were so many questions about the customs, the flight, the moving sidewalk, and of course, the airport.

It was a most enjoyable vacation for everyone. There were many pictures taken and lots of memories that will last a very long time.



WEST CAMPUS RECREATION HAPPENINGS

Submitted by: Connie Ortega, Supervisor

"Success seems to be largely a matter of hanging on after others have let go."

William Feather

With all the cutbacks, such as staffing, money, and vehicles, that the Vineland Developmental Center has seen over the last few months, that statement seems to apply. We will only see success if we all hang on and pull together. Some of the activities that were modified, but still took place because of people pulling together, are listed below.

September 19

Adult Athletics Day was held at New Lisbon Developmental Center. This was the first year this event took place. Adult Athletics Day was designed by the Human Services Professional Recreation Committee for the athletes that are unable to participate in Special Olympics and the Motor Activity Program. The athletes that participated in the activity had to be 35 years or older and not active in Special Olympics. The day was a success for the first try. The day consisted of athletic games and competition, lunch, and an afternoon dance. The Committee hopes this will be an annual event. Many thanks to all who participated in the day.

October 31

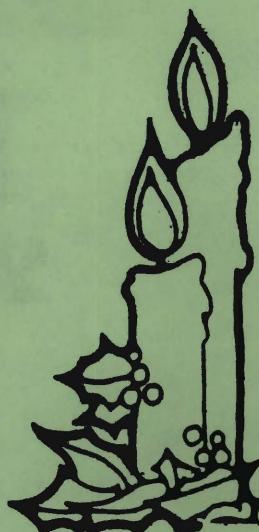
The West Campus Halloween Party held in the TLC Gym was a ghostly success. During the party there were four contests held. The Pumpkin Contest winners were:

1st Place - Barbara Ascoli
2nd Place - Cheryl Johnson
3rd Place - Brenda Qudsi

The Employees' Costume Contest winners were:

1st Place - Freddie Cross
2nd Place - Pam Willis
3rd Place - Amber Eble

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West Campus Recreation Happenings

(continued from page 14)

The Client Costume Contest winners were:

1st Place - Janice Spader & Delores McKee
2nd Place - Carol Beckman
3rd Place - Ellen McMahon

And, the winners of the Candy Count were the following.

1st Place - Patti Brown
2nd Place - Shirley Hunt
3rd Place - Cynthia Kidd

A bewitching time was had by all complete with refreshments and trick-or-treat bags.

September 20,
October 18,
November 15

The Musicians' Union came to the West Campus to entertain our clients and staff. The attendance was less than anticipated, but the enjoyment still remained.

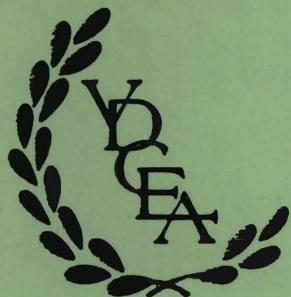


ANNUAL SPORTS BANQUET

Submitted by Joan Lockwood, Phys. Ed. Teacher

On October 24th, West Campus Special Olympians and Motor Activity Athletes traveled to East Campus for the Annual Sports Banquet. It was an enjoyable time as athletes socialized over lunch and applauded each other as awards were given for competitions held throughout the year. Thirty clients from West Campus were involved in Special Olympics and the Motor Activity Program this year. It was a successful year, and many of the athletes worked hard and made significant improvement.

A trophy was presented to Lorraine Duddy, from Allen Cottage, who was "Athlete of the Year". She has a positive attitude and is constantly improving. She was heavily involved in the Special Olympic Bowling Program. While competing at the Area Meet, Lorraine bowled 163. Then a team competition was held in Hammonton where she bowled 205. Great going Lorraine!!



Vineland Developmental Center Employees' Association

1676 East Landis Avenue
Vineland, New Jersey 08360

1991 ELECTION NOMINATIONS

The VDCEA has opened nominations for the election of President and Vice President for the 1991 - 1993 term of office. Interested persons should contact Carole Braida for a 25 signature petition for nomination and a copy of VDCEA By-Laws by December 17, 1990.

The responsibilities of the officers are:

PRESIDENT

- Section 1. Call all meetings of the Association except as provided in the By-Laws, preside over the deliberations of the Association and appoint all standing and special committees.
- Section 2. Chairperson of Board of Directors and a member ex-officio of all committees appointed in accordance with Section 1..
- Section 3. Ensure the Constitution and By-Laws are strictly observed and executed and shall perform other duties as needed such as representation at community events, host/hostess of Association events and liaison between the Superintendent and Association.

VICE PRESIDENT

Assist the President in conducting the business of the Association and preside during his/her absence when so delegated. At such times, the Vice President shall be vested with the full authority of the President.

*** NO NOMINATIONS FROM THE FLOOR AT 1991 ANNUAL MEETING ***

DECEMBER, 1990

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NEWS TO YOU FROM VDCEA

Submitted by: Carole Braida

The VDCEA sponsored many activities during the month of October. We hosted a Flea Market at the East Campus and provided funds for the purchase of imprinted pens which were distributed at each of the Health Fairs. Halloween brought out many of our creative and artistic co-workers. The West Campus judged three events with small cash prizes. Due to low participation in other events, the East Campus gives larger cash prizes in the costume contest. The 1990 Halloween Contests winners are:

EAST CAMPUS

- | | | | |
|-----|---|----------------------|------------------|
| 1st | - | Carolyn Newton-Young | (East Cottage) |
| 2nd | - | Susan Mu | (East Cottage) |
| 3rd | - | Debbie Jackson | (Kimble Cottage) |

WEST CAMPUS**Costume Contest**

- | | | | |
|-----|---|---------------|-------------------------|
| 1st | - | Freddie Cross | (Allen Cottage) |
| 2nd | - | Pam Willis | (Unit II Nurse) |
| 3rd | - | Amber Eble, | (Unit II Unit Director) |

Candy Corn Count

- | | | | |
|-----|---|--------------|---------------------------|
| 1st | - | Patti Brown | (Quality Assurance Dept.) |
| 2nd | - | Shirley Hunt | (Emerlee Cottage) |
| 3rd | - | Cynthia Kidd | (Central Recreation) |

Pumpkin Decorating

- | | | | |
|-----|---|----------------|--------------------|
| 1st | - | Barbara Ascoli | (Unit II Clothing) |
| 2nd | - | Cheryl Johnson | (Harper Cottage) |
| 3rd | - | Brenda Qudsi | (Vocational Dept.) |

THANKS TO ALL PARTICIPANTS AND ALL EMPLOYEES
WHO HELPED ARRANGE THESE ACTIVITIES

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News to you from VDCEA

(continued from page 17)

The VDCEA is joining many other Americans to ensure a happy holiday season for our Armed Forces stationed in the Middle East as part of "Operation Desert Shield". Holiday "Gift-Pacs", consisting of candies, cookies, raisins, dates, nuts and crackers were sent to employee family members overseas. The following employees submitted the name and address of a relative:

Sophie Cheesman, Ireland Cottage (son)
Yvonne Cook, Hospital (son)
Terry Downs, TLC W/C (son)
Regina Layton, Wolverton (nephew)
Pat Ingerto, Purchasing and Vito Ingerto, Recreation (son)
Betty Jones, Central Recreation (brother)
Rachel McCoy, Landis Cottage (sister & nephew)
Barbara Palmer, Allen Cottage (daughter)
Elizabeth Thomas, TLC W/C (daughter)
Corinth Wilson, Laundry (cousin)



MERRY CHRISTMAS

Saturday, December 8th is Open House and the winners of the Holiday Wreath Decorating Contest will be announced. The VDCEA is furnishing prizes of \$50, \$40, and \$30 for the wreaths judged best at each campus.

COMING ATTRACTIONS.....

February, 1991 Annual Members Meeting

April 26, 1991 The 29th Annual Awards Dinner at Centerton Country Club

HAPPY HOLIDAYS TO ALL OUR MEMBERS AND THEIR FAMILIES

DECEMBER, 1990

V.D.C. NEWS

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VOLUNTEER SERVICES NEWS

Submitted by: Carole Braida, Director

Thursday, September 6th was the date for the "Big-Top" to go up over VDC. Vidbel's Olde Tyme Circus set up early at the Pavillion Area for two performances of animal acts, acrobats, magicians and clowns. Thanks to the cooperative efforts of so many departments, hundreds of our clients were able to enjoy the entertaining show, plus ice-cold soda, popcorn, pretzels and chips. Hundreds more employees and their families also shared in this fun-filled event. Circus Day certainly brought out the best in staff and volunteers working together for the benefit of our clients. A great deal of "behind-the-scenes" planning was needed and the Circus Committee thanks everyone involved in this outstanding event. Funding for the circus was provided by the VDCEA and Volunteer Services.

.....HAPPY HOLIDAYS TO ALL AND OUR WISHES FOR GOOD HEALTH, PROSPERITY AND PEACE IN THE NEW YEAR.....



VDC EMPLOYEE HEALTH FAIR

Submitted by: Lois Griffin, RN

An Employee Health Fair held from 9:00 AM - 4:00 PM on Wed., October 10th at the TLC gym (W/C) and Wed., October 17th at the Thorn Auditorium (E/C) attracted nearly 500 employees and their family members. Organized by our Wellness Coordinating Committee and co-sponsored by the VDCEA, the event offered many free health screenings and information on cancer prevention, heart disease, hypertension, diabetes, smoking cessation, stress management, communicable diseases, counseling for drug & alcohol dependency, etc. Over 200 employees signed up for free cholesterol testing by our Lab, and 350 employees availed themselves of the "Body Composition" measurement performed by our Clinical Nutrition Staff.

The theme for this year's Fair was "DON'T SETTLE FOR SECOND BEST.....CHOOSE THE BEST.....DO THE BEST.....BE THE BEST YOU CAN BE!" Many thanks were extended to the over 50 participants whose dedication and teamwork made this event a success. It is always gratifying when we can work together and share our time, talents and enthusiasm.

In the upcoming year, the Wellness Coordinating Committee will continue to support and organize events that promote "optimal health". This will involve helping people change their lifestyle so they can achieve a balance of physical, emotional, social, spiritual, and intellectual health. It is our hope that the Vineland Developmental Center will become that supportive environment needed to produce lasting changes in behavior and support good health practices.

PARTICIPANTS.....

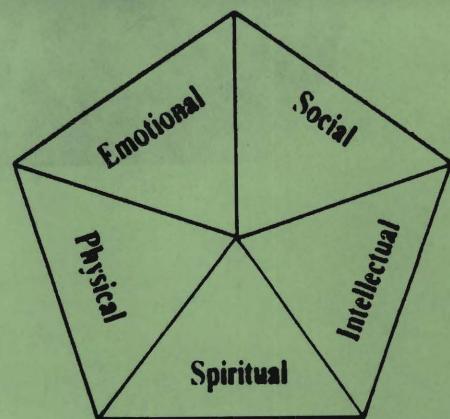
- Dr. Rodis
- Dr. Skowron
- Dr. Waida
- Dr. Zelantis / Dr. Schrock
- Dr. Gurwood
- Dr. Markizon
- Dr. Smith / Dr. Miranda
- Dr. Widmann - APS
- VDC Pharmacy / PHARMA-CARE
- VDC Nutrition Dept.
- Ms. Kim Krady - VDC Audiology
- Beltone Hearing Aid Center
- Seabrook House
- Vineland YMCA
- Cumberland Co. Hospice
- Cumberland Co. Guidance Center
- American Cancer Society
- Vld. Community Nursing Serv.
- ALL'S WELL Chiropractic
- VDC RS Nursing Dept.
- Infection Control
- VDC EKG Dept.
- EMPLOYEE HEALTH SERVICE



STRESSDOTS

FREE HEALTH SCREENINGS**SIGN UP FOR CHOLESTEROL SCREENING & FLU VACCINE****SAMPLING OF "HEALTHY SNACKS"**

"WHEEL OF FORTUNE GAME"
INFECTION CONTROL INFO.
GET YOUR
SPECIAL PEN....



GREAT AMERICAN SMOKEOUT DAY OBSERVED

Submitted by Lois Griffin, RN

**LEAVE THE PACK BEHIND****NOVEMBER 15, 1990**
**ADOPT A
SMOKER**

Once again the employees of Vineland Developmental Center/Hospital were asked to participate in the American Cancer Society's 14th Annual Great American Smokeout on Thursday, Nov. 15, 1990. Next to Thanksgiving, this is the most famous Thursday in November. This day is each smoker's opportunity to quit smoking for 24 hours. Non-smokers were encouraged to "adopt" someone who was trying to quit and give them support for the day. Information obtained from the Cumberland County Unit of the American Cancer Society was distributed to all department heads and area supervisors so that their employees could get involved.

As a special incentive for smokers to quit on November 15th, cigarette packs were "trashed" at the Employees' Clinic and a drawing was held at 4 p.m. for a dinner certificate at Larry's II. The lucky winner was Betty Williams, ADON at E/C. This event was co-sponsored by the Wellness Coordinating Committee.

We are all responsible for providing a healthy and safe environment for our clients, their visitors, and all staff. Our VDC Hospital is in the process of going "smoke-free" as of January 1, 1991. On Nov. 15 the Executive Committee began plans for implementing this policy. We viewed a 12-minute video entitled, "Where There's No Smoke . . .", which was provided by our local American Cancer Society. With the assistance of our Hospital Safety Committee and the Environmental Control Committee, a no-smoking policy for the hospital will be finalized shortly. It is hoped that other work areas will elect to go "smoke-free" also. Anyone needing more information or wishing to borrow the video should contact Lois Griffin, RN at Ex. 6204.

**GREAT AMERICAN
SMOKEOUT**
**LEAVE THE PACK BEHIND**

Join the Great American Smokeout on the third Thursday of November. Millions of smokers across the country will take a break and try not to smoke for 24 hours. How about you? Or, if you don't smoke, adopt a smoker for the day and promise to help that friend get through the day without a cigarette!

**A FEW
QUIT TIPS**

Hide all ashtrays, matches, etc.

Lay in a supply of sugarless gum, carrot sticks, etc.

Drink lots of liquids, but pass up coffee & alcohol.

Tell everyone you're quitting for the day.

When the urge to smoke hits, take a deep breath, hold it for 10 seconds, & release it slowly.

Exercise to relieve the tension.

Try the "buddy system," and ask a friend to quit too.

INFECTION CONTROL CORNER

Submitted by: Lois Griffin, RN

The common cold (also known as acute viral rhinitis, acute coryza) occur worldwide and are both endemic and epidemic. Many persons have 1 to 6 colds yearly. Incidence is highest in children under 5 years, with gradual decline as age increases. The major cause is one of more than 100 rhinoviruses. Note: The cause of over half of common colds has not been identified.

The typical symptoms, which appear usually 48 hours after exposure to the infectious agent, are runny nose, sneezing, sore throat, tearing eyes, chilliness and weakness; these last 2 to 7 days. Fever is uncommon in children and adults. The illness is not fatal, but affects work performance, absenteeism, and predisposes to more serious complications such as sinusitis, otitis media, laryngitis, tracheitis and bronchitis.

The illness is transmitted by direct contact or by inhalation of airborne droplets; also indirectly by hands and articles freshly soiled by discharges of nose and throat of an infected person (for possibly up to 5 days after onset of symptoms). Preventive measures include using good personal hygiene (i.e. covering the mouth when coughing and sneezing, sanitary disposal of discharges from nose & mouth and frequent handwashing) and avoiding crowding in living and sleeping quarters. Ill persons should avoid direct and indirect exposure of young children and elderly or debilitated persons. Also, eating and drinking utensils should be properly sanitized.

Influenza ("flu") is an acute viral disease of the respiratory tract accompanied by fever, chills, headache, muscle aches, weakness, runny nose and sore throat. Cough is often severe and prolonged; GI problems (i.e. nausea, vomiting, diarrhea) are rare. Usually the illness is self-limited, with recovery in 2 - 7 days. The problem is that it is highly contagious and may lead to widespread epidemics with serious complications such as viral & bacterial pneumonias and death (especially in elderly and debilitated persons).

Three types of influenza virus are recognized: A, B and C. Thus far, type C has appeared only in sporadic cases and minor localized outbreaks, and is not included in each year's influenza vaccine. During early febrile stage of disease, laboratory confirmation is made by recovery of influenza viruses from throat or nasal secretions, or by demonstration of a specific serologic response in acute and convalescent sera.

The main measure for preventing influenza is active immunization with each year's vaccine, preferably in late October or early November. Health care personnel should be immunized or use amantadine while influenza A epidemics are in progress.

Most doctors believe that colds and flu account for more unnecessary visits than any other group of problems. Since these are viral illnesses, they cannot be cured by antibiotics or any other drugs. However, there are nonprescription drugs - aspirin, decongestants, antihistamines - that may help to relieve symptoms while the illness cures itself. The following "home treatment" is the best advice for combating cold and flu symptoms:

Infection Control Corner

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"Take two aspirin and call me in the morning" does not indicate neglect or lack of sympathy for your problem. Aspirin is the best available medicine for the fever and muscular aches of the common cold. With the flu, acetaminophen is preferred, due to the possible association with Reye syndrome. Standard treatment is 2 tablets every 4 hours.

"Drink lots of fluids" is absolutely necessary. The body requires more fluid when you have a fever. Fluids help to keep the mucus more liquid and help prevent complications such as bronchitis and ear infection. A vaporizer (especially in the winter if you have forced-air heat) will help liquefy secretions.

"Get plenty of rest" is good advice, and how much depends on the individual. If you don't have a fever and feel like being up and about, go ahead.

A word about chicken soup: Dizziness when standing up is common with colds and is helped by drinking salty liquids; bouillon and chicken soup are excellent.

If the cold or flu is uncomplicated, the preceding "home treatment" should take care of the problem. The unnecessary use of antibiotics invites complications, such as allergic reaction and "super infections" by bacteria that are resistant to antibiotics. Please refer to the following chart for guidance on when to see your doctor promptly.



Courtesy of The Bettmann Archive

Any of the following present in a child?

- (a) Rapid or difficult breathing
- (b) Wheezing
- (c) Marked irritability or lethargy

yes
SEE PHYSICIAN NOW

Is ear discomfort more than mild?

yes
SEE PHYSICIAN NOW

Has the cough produced thick, foul-smelling, rusty, or greenish sputum?

yes
CALL PHYSICIAN TODAY

no
APPLY HOME TREATMENT

HEALTH TIPS"No More Rough Hands"

Submitted by: Lois Griffin, RN

We all want presentable hands, yet day by day, season to season, we put our hands through tough ordeals. We subject them to hot water, harsh soaps & detergents, cleaning products and scores of other chemicals which can remove the skin's protective oils, permitting our hands to become dehydrated.

Winter is an especially bad time for our hands. Cold, dry outside air, along with even drier indoor heat, literally sucks the water out of the skin. Happily, there are ways we can minimize the damage done.

An important part of hand care is hand protection. Find a hand lotion that suits your preference and use it at least 5 times a day. Give your hands a special treat by bathing them in the richest brand of hand lotion before going to bed and cover them with soft white cotton gloves (available at most pharmacies.) Application is simple - just rub the lotion on all areas of the hand, paying particular attention to crevices around the fingernails. And go easy when washing the hands. Avoid hot water, harsh soap and not rinsing and drying well.

Sometimes hand problems become so bad they require medical attention. Terms like "hand eczema", "dermatitis" and "rash" are often interchanged to describe general skin problems marked by inflammation, itching, redness, crustiness, blisters, watery discharges, fissures or other unpleasantness. Often the cause is unknown, although the most common problem is an allergic reaction to some substance your hands have touched. If no one substance can be identified and eliminated, then protecting the hands is the best idea. Here are some suggestions:

CHECK INGREDIENTS. While hand creams and creamy soaps are of possible benefit, people with dermatitis should be careful. Fragrances, coloring agents, deodorants, paraben preservatives and even lanolin may aggravate the problem. Watch out for medications containing neomycin, ethylenediamine or benzocaine, which can be irritants. Doctors recommend using plain white petroleum jelly as a moisturizing agent.

BABY YOUR HANDS. Protect your hands when touching soiled diapers, harsh soaps and detergents, cleaning products and also during extensive handling of food, especially fruits. Wear plastic gloves when you handle shampoo, hair lotion, hair cream and hair dye. Remove promptly and wash & dry your hands when finished.

WEAR GLOVES. Rubber gloves can irritate hands. A combination of latex or vinyl and cotton gloves as a liner affords the best protection. Don't wear the gloves for more than 15 to 20 minutes at a time. If water enters the glove, remove it immediately. Wash cotton liners and the insides of rubber gloves several times a week.

BAN THE BAND. Don't wear rings when doing housework, even after the problem has cleared. Take off your rings before washing your hands to avoid soap caking under them. Clean your rings frequently on the inside with a brush.

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"No More Rough Hands"

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CHEER UP! Frustration and emotional stress often express themselves in hand dermatitis. "Housewives' eczema" is not just detergent dermatitis. It is usually caused by stress and aggravated by detergents. But regardless of how lizardlike your hands may look, the damage isn't permanent and can be quickly repaired. The skin on the hand completely regenerates, so with proper care, it can become as soft and lovely as a baby's.

SEE A DOCTOR. Severe or stubborn cases require a visit to a dermatologist. If there is no response to topical medications, oral corticosteroids and oral antibiotics may be effective.

Now a word about caring for your nails. Dehydration is also the #1 enemy of your nails. As we age, our nails either get very weak or very hard. Either way, we need to use hand creams 3 or 4 times a day to moisturize them and enable them to return to their former condition. Nails also grow more slowly as we age, and almost stop growing altogether during periods of major illness. The result of such slow growth often is a groove running crossways on all 10 fingernails. Only camouflage will help; polish the nails and wait until the grooves grow out.

No particular food or nutrient supplement you consume will force your nails to grow differently from their usual way. However, if you have been badly malnourished your nails will have suffered right along with the rest of your body. Resuming a normal diet will correct that, but adding supplements to an otherwise healthy diet won't make any difference. Authorities admit that protein gelatin supplements work for some people. If the nails do not respond within 6 months, the gelatin probably will not have any effect, however.

If you suffer more than an occasional split or broken nail, your nails are probably dry. Use an emery board to gently file out the split as soon as possible. Then warm some baby oil or olive oil and rub it gently into the nail and cuticle area. Or first soak your nails in warm water, then in warm olive oil. Pat them dry and apply a moisturizer.

Often pits or horizontal ridges on nails are caused by pushing the cuticle back too hard or using too sharp a manicure tool, which can dig into the nails where they are softest. Then, as your nails grow out, scars appear as pockmarks or raised ridges. Massage cream on the nails and against the cuticles with a cloth. Push cuticles back very gently with an orange stick wrapped in cotton. Marks should disappear in 4 or 5 weeks.



VINELAND DEVELOPMENTAL CENTER HOLDS ITS FIRST GOSPEL CONCERT

Submitted by: James Finney, Housekeeping Department

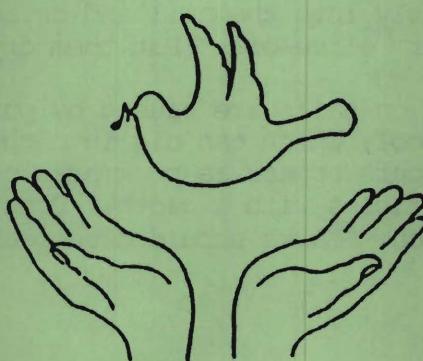
On Saturday, Sept. 22, 1990, a Gospel Concert was held in the Thorn Auditorium from 1 - 2:30 p.m. for our clients. Approximately 100 clients & staff from East Campus, West Campus and the Group Homes braved the wind and rain to attend this event, which was planned by Mr. James Finney, Honorary Chaplain for VDC and his Committee.

After the invocation by Bishop Finney, the audience was welcomed by Ms. Charlotte O'Neill, Executive Assistant and then participated in a time of song & praise led by Kim Spear, HPC and Lois Griffin, RN. Vocal selections performed by Susan Finney, Sr. Clerk Trans. and Jacqueline Scott (from Faith Tabernacle, Bridgeton) were enjoyed by all. Other soloists included the Tree Tye Chapel Choir from Norma, N.J., Mr. Joe Jennings on the keyboard (Bridgeton, N.J.), and Abiding Love Gospel Singers also from Bridgeton.

The Scripture Reading, given by Mickey Montiero, STPA, was taken from Matthew 5:3-12 (The Beatitudes). All who attended the concert were certainly blessed and expressed their appreciation for everyone who helped to make it possible.

Special thanks go to Mr. Robert Smith, Superintendent and Mrs. Rebecca Sutton, Asst. Supt. E/C for their support and assistance; those employees who volunteered their time to participate; and those employees who adjusted their time in order to transport and supervise the clients. You were all certainly rewarded by the clients' happy faces and joy when we shared "HUGS" and joined in singing "Jesus Loves Me."

A second Gospel Concert is being planned for Saturday, Jan. 19, 1991 at 7 p.m. at West Campus TLC gym. Mrs. Connie Ortega and her staff will host this event, and all are welcome.



This is the day
the Lord has made;
Let us rejoice
and be glad in it.
PSALM 118:24

VINELAND DEVELOPMENTAL CENTER

DECEMBER OPEN HOUSE

Tuesday, December 4, 1990

6:30 p.m. - 7:30 p.m.

Tree Lighting Ceremony
(The Learning Center, West Campus)
Buena Regional High School Choir

Wednesday, December 5, 1990

6:30 p.m. - 7:30 p.m.

Tree Lighting Ceremony
(Thorn Auditorium, East Campus)
Abiding Love Singers

Saturday, December 8, 1990

10:00 a.m. - 4:00 p.m.

All cottages on both campuses will be open to visitors

10:00 a.m. - 4:00 p.m.

Vocational Department Arts and Crafts Sales
(The West Campus Learning Center and
The East Campus Vocational Building)

11:00 a.m. - 12 noon

Depopulation Plan Presentation
(Thorn Auditorium, East Campus)

12:15 p.m. - 1:15 p.m.

Foster Grandparent Bake Sale
(The Learning Center, West Campus)

1:15 P.M. - 3:00 p.m.

Open House Entertainment
(The Learning Center, West Campus)

Welcome by Robert N. Smith, Superintendent
Employee of the Year Award, West Campus

Unit Performances

VDC Choir

Pre-Tye Choir
Announcement of wreath contest winners and
closing remarks by Virginia Bianchi, Assistant
Superintendent and Connie Ortega, Supervisor
of Recreation

1:30 p.m. - 2:30 p.m.

Foster Grandparent Bake Sale

(Thorn Auditorium, East Campus)

2:30 p.m. - 4:00 p.m.

Open House Entertainment

(Thorn Auditorium, East Campus)

Welcome and announcement of wreath contest winners
by Rebecca Sutton, Assistant Superintendent and
Michael Gavigan, VDCEA Vice-President

Unit Performances

Remarks by Robert N. Smith, Superintendent
Employee of the Year Award

(East Campus and PAFA Group Homes)

Red, White and Blue Band

St. Bernadette's School Newsletter

A. L. Gricco, Editor
VINELAND DEVELOPMENTAL CENTER
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Vineland, New Jersey 08360



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