



new jersey
department of
HUMAN SERVICES

VDC NEWS

VINELAND DEVELOPMENTAL CENTER
VINELAND, NEW JERSEY

Anthony L. Grieco
Editor

Robert N. Smith
Superintendent

VOL. VIII

JUNE, 1990

NO. 2

A VERY SPECIAL VISIT

Submitted by Denise Branin and Cathy Shawlot



JOAN REILLY and CHELSEA

Clients from Cross and Reeves Cottages enjoyed a surprise visit on March 29th from a champagne colored Cocker Spaniel. Her name, "Chelsea", was as well suited to her as her temperament and good manners were impeccable. We arranged her visit through the SPCA volunteers, Tracey Downey and Ruth Shock. The picture here tells the whole story. In the future, staff members with healthy, vaccinated animals, and with the approval of the Unit Director, will continue with the program. For more information, call 696-6259.

Another good experience Reeves Cottage had with animals was a trip to the Cape May County Zoo. A variety of animals were displayed in a natural atmosphere. This is definitely a worthwhile and pleasureable experience.

SUPERINTENDENT'S NEWS & VIEWS
Robert N. Smith, Superintendent

VINELAND DEVELOPMENTAL CENTER'S
CHAMPIONS

The new idea either finds a champion or dies... No ordinary involvement with a new idea provides the energy required to cope with the indifference and resistance that major technological change provokes...Champions of new inventions display persistence and courage of heroic quality.

-Edward Schon, MIT

In the book In Search of Excellence, Thomas J. Peters and Robert H. Waterman note that a champion may not necessarily be the person with the idea, but he is the one who takes hold of an idea and sees it through to fruition. He is unafraid of failure because he knows that it takes many tries, some of which may not be successful, to achieve a goal. The champion is willing to let go of a project when it doesn't work out, and is open to new ideas. He is constantly seeking avenues of implementation.

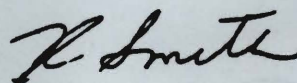
I am proud to say that many champions have emerged at Vineland Developmental Center. Betty McFarland has taken the concept of Physical Management and developed it into a comprehensive program that has enriched the lives of many women who reside here. She has been assisted in this effort by Bill Serad and Frank Gentile in the Carpenter Shop; Ken Werger, Art Wells, and Ron Matalucci in the Paint Shop; and Richard Chalow and Lillian Falletta in the Upholstery Shop who have worked together to produce sidelyers for the women in the Physical Management program. These employees have fabricated superior equipment at a cost far below that charged by commercial vendors. Myla Rhubart, Coordinator of Rehabilitation Services, has turned the idea of augmentative communication into a reality, and Satish Patel, Occupational Therapist has not only learned and implemented the latest techniques in oral motor stimulation, but has also created new exercises to improve our women's oral motor skills.

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Superintendent's News & Views**(continued from page 2)**

Mention an idea for computerization to Rick Lentz in the Management Information Center and before you know it, the computer application has been developed and is ready for initiation in your work area. Paul Grayson, a former plumber who now works as a Safety Inspector has championed two new ideas. His suggestion for the use of stainless steel replacement parts on bedrails has significantly reduced the need for repairs, and the installation of standard size doors on the large laundry bins has greatly facilitated access to the laundry bags stored inside. Harriet Levin, Supervisor of Education has initiated a recycling program for aluminum cans, and Edith Wagner, Cottage Training Supervisor, has personally stocked Fisher Cottage's aquarium to the delight of the individuals who reside there. The switches and electronic devices which have been developed by Carolyn Parks-Heuman, Senior Therapy Program Assistant and Roberto Rodriguez, one of our volunteers, are amazing. Harvey James, STPA/Recreation, thought about initiating a horticultural program in Main Cottage and brought this idea to fruition by planting a garden which yielded vegetables that were enjoyed by everyone in the cottage.

The people cited in this article are but a few of Vineland Developmental Centers' many champions. Please let me know if you are working on a project that has proven to be particularly successful. I am anxious to see what you are doing and to support you in your efforts. My goal is the provision of a positive environment that encourages individual initiative and innovation. The champions of Vineland Developmental Center have not only gained the satisfaction derived from achievement, but have also played significant roles in improving the quality of life of the individuals we serve.



A WELCOME TO OUR NEW NURSING GRADUATES

Submitted by Denise Capizola, RN/STT, DSCD

This is a very busy time of the year with the return of our graduating nurses and our first year Registered Nursing students. The Vineland Developmental Center Hospital provides a special program for our nursing students from which they gain a great deal of specialized nursing experience.

The Department of Staff and Community Development is also a beehive of activity these days with the final preparations of the 1990 RN Scholarship Program. For those students pursuing a career in nursing, the time and effort seems endless. It begins with the pre-entrance examinations called NLNs (National League of Nursing Examinations). There are many prerequisite courses that are required before being accepted into the Nursing Program, where the competition is fierce for the number of vacancies. The process still isn't complete with Graduation. Graduates must then pass a New Jersey State Board of Nursing Examination. Now, they enter a career where they pledge to practice faithfully and professionally, holding all matters in confidence while devoting themselves to the welfare of those committed to their care.

The Vineland Developmental Center has five employees who have just graduated from Cumberland County College with an Associate Degree in Science. Until they pass their State Board Examinations, they are Graduate Nurses. We congratulate Barbara Griggs, Sara Ortega, Josephine Swistunow, Robin Marcacci, and Judith Suarez for this great accomplishment. Very special congratulations go to Charlotte Farside, one of the recipients of our 1989 RN Nursing Scholarship, for being elected 1990 Nursing Club President at Cumberland County College. This is a great distinction and honor.

We extend our congratulations to our graduates and wish them good luck and success in their nursing career. Vineland Developmental Center is proud of you!



NEWS TO YOU FROM REHABILITATIVE SERVICES

The department selected for this issue is the Art Therapy Department. Jane Berstein is our Art Therapist and has been under the Rehabilitation Department since February, 1989. She obtained her Master of Arts Degree in Art Therapy from the George Washington University in 1982. She is our only therapist at the present time. She works with the 25 clients individually, making art work therapeutic for those clients. (In the next issue, we will explain what O.T. and other initials mean.)

THE ART THERAPY PROGRAM

Submitted by Jane Berstein, ATR

You are probably wondering what Art Therapy is. (You are not alone). It is impossible to explain all that it entails in a brief article like this. However, I will attempt to provide you with a general idea of what Art Therapy is and an overview of the Art Therapy program at VDC.

Although Art Therapy is relatively new as a profession, art has been a means of expression since the time of the cave men.

Definition: The American Art Therapy Association's (AATA) information brochure provides a basic answer to the question of What is Art Therapy?

*What is Art Therapy?

"Art Therapy is a human service profession. Art Therapy offers an opportunity to explore personal problems and potentials through verbal and non-verbal expression and to develop physical, emotional and/or learning skills through therapeutic art experiences. Although visual forms of expression have been basic to societies throughout recorded history, art therapy emerged as a profession in the 1930s. Therapy through art recognizes art processes, forms, content, and associations as reflections of an individual's development, abilities, personality, interest, and concerns. The use of art as therapy implies that the creative process can be a means both of reconciling emotional conflicts and of fostering self-awareness and personal growth. In addition to its use in treatment, it may be used in assessment and evaluation of both individuals, couples, families and groups."

*The American Art Therapy Association's information brochure.



The Art Therapy Program

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Art Therapy is more than just the synthesis of art and therapy. It is the combination of the process and the product - the analysis of the creative process.

THE ART THERAPY PROGRAM AT THE VINELAND DEVELOPMENTAL CENTER

The philosophy of the Art Therapy program at the Center is the "art as therapy approach": the creating of art work is therapeutic in and of itself. Emphasis is placed on the making of art work -- the process of creating.

Although I consider the "art as therapy approach" to be my style of working I do not want to underestimate the process or the product. Both the process and the product are essential components to the creative process.

Some basic goals of the program are to improve/increase: attention spans, cooperative behavior, socialization skills, self esteem, self-expression, decision making and overall functioning. Through the use of art materials, our clients have an opportunity to express/share/vent their feelings/thoughts/concerns. Art Therapy helps our clients foster a sense of identity in a large institution by enhancing their self-esteem, self-confidence, independence, and quality of life.

Hopefully, this has given you an overview of what Art Therapy is and how it can benefit our clients.

GOLDEN RULES FOR LIVING

- 1) If you open it, close it.
- 2) If you turn it on, turn it off.
- 3) If you unlock it, lock it up.
- 4) If you break it, admit it.
- 5) If you can't fix it, call in someone who can.
- 6) If you borrow it, return it.
- 7) If you value it, take care of it.
- 8) If you make a mess, clean it up.
- 9) If you move it, put it back.
- 10) If it belongs to someone else and you want to use it, get permission.
- 11) If you don't know how to operate it, leave it alone.
- 12) If it's none of your business, don't ask questions.
- 13) If it "ain't broke", don't fix it.
- 14) If it will brighten someone's day, say it.
- 15) If it will tarnish someone's reputation, keep it to yourself.

FOUR GROUP HOMES TAKE A TRIP TO "THREE LITTLE BAKERS" DINNER THEATRE

Submitted by staff of Garden Road Group Home

It is said that "good things come to those who wait", and the long awaited outing to the Three Little Bakers Dinner Theatre certainly supported that theory. The reservations for the trip were made in January of 1989. At that time it seemed that March 18, 1990, would never arrive!

It all began when Chestnut Avenue, Garden Road, Post Road and Roselle Drive Group Homes first decided to attempt a joint trip to the well known dinner theatre. When we called to make reservations in December of 1988, we were informed that the earliest opening was March, 1990. They did offer to let us know if they got any openings due to cancellations. Much to our delight, they offered us a date in January, 1989. Due to unforeseen circumstances, the reservations could not be accepted. Disappointed, but undaunted, we pressed ahead with our plans for the trip in March, 1990.

We were treated to a clear, sunny and beautiful day. Everyone looked lovely and was in good spirits. Though the buffet dinner was enjoyed by one and all, the dessert display was truly the highlight of the meal! Not only were the treats delicious, they were appealing to the eye as well. Cream puffs in the shape of swans and petit fours in an array of pastel colors; some of them too pretty to eat.

The two surviving "Bakers" welcomed their guests. They showed a film of their days as the "Acromaniacs", invited members of the audience to the stage to tell jokes, recite poetry or sing, and extended birthday or anniversary wishes to various guests. Finally the show, Rogers and Hammerstein's "SOUTH PACIFIC" began. There was something for everyone - romance, humor, and lively music. We had a terrific time!

Afterwards, several of the ladies asked if we could go there again. We assured them that we would try again. Of course, we may have to wait awhile, but now we know it's well worth the wait!

*Three Little Bakers
Country Club,
And Dinner Theatre*

NEWS TO YOU FROM UNIT FIVE

Submitted by P. Simpkins

Spring has arrived and the ladies of Unit Five have been busy with numerous activities and community outings. Landis Cottage held an Easter Egg Hunt on April 11th, and there have also been trips to Great Adventure and the Philadelphia Zoo. Several ladies in Landis Cottage have vacationed in Disney World along with our Unit Director, Jackie Brown. Landis extends a warm welcome to our new HPC, Rachel McCoy, who fills the vacancy left by Margaret Leona Andrus, who recently transferred to Woodbine Developmental Center. We hope both Rachel and Leona enjoy their new positions and wish them good luck.

Regan and Landis Cottages kicked off this Spring with a "SPRING FLING" and invited AIMS and New Lisbon Developmental Center to participate in the celebration. Food was catered by Five Points. Regan ladies also enjoyed numerous community outings. Activities have included Bingo games, Casino trips, Special Developmental Sports Programs, Coed dances, cottage parties, dining out for breakfast, a trip to Longwood Gardens, and Open House, where several of the Regan ladies participated in the Wizard of Oz float.

Pond Cottage is last but not least.....The ladies from Pond have enjoyed a Spring luncheon with Chinese food, Kentucky Fried Chicken, and a Carvel cake. We trust that Nancy and Marianne, our dieticians for Unit Five, do not read this article too closely!

Exercise is important and our ladies walked off all of those excess calories on an excursion to the Columbus Market, where they spent the day. The ladies also participated in an Easter Egg Hunt, where all who found an egg receive a prize. The ladies attended the Art of Dance Show presented on West Campus, a trip on the Cape May Lewes Ferry to Delaware, and a night out to Millville Senior High School to see a production of The Wizard of Oz.

The Annual Fashion Show was very successful with ladies from all three cottages modeling their most beautiful clothes. A special thank you to all of the Unit Five staff who worked so well with our ladies, and a personal thanks to Shirley Rose, Debbie Ferebee, and Jacquetta Griffin, for their time and effort in preparing the news for this article.





NEWS TO YOU FROM HABILITATION PLAN SERVICES.....

Submitted by Marilyn Encarnation, RN/HPC and Rita Nowak, HPC

The HPS Department would like to thank everyone involved with the new IHP format for their hard work and perseverance in completing the C.F.A.s. The first computerized IHPs are being published for clients in all cottages on both campuses. Please take the time to review one of these computerized IHPs so that you are familiar with the end product of all the hard work. This will be an ongoing learning process for everyone. Remember, if you don't include the information in a domain, the information could be lost, if not added as an Addendum. Contact the HPS Department if you need clarification or assistance.

Wolverton Grapevine..... Congratulations to Sharon Frye on the birth of her son, Brian, in March.....Welcome back to Bobbi Vargus from her LAW, who has been reassigned at HPC in Harper Cottage.....Good luck to Rachel McCoy, HPC who is now assigned to Landis Cottage (East Campus)Also, good luck to Grace Scafidi, HPC, who has also be reassigned to Ireland/Harper Cottages.....A special good luck wish to Leona Andrus, who has transferred to Woodbine Developmental Center. We wish her every success.....A welcome to Charlotte DiGiovacchino, RN/HPC and to Kim Brodzik, Clerk Transcriber. They are both new members of our department. Ms. DiGiovacchino will be assigned to East/North Cottages and Ms. Brodzik will provide secretarial services to the HPS Department.

NATIONAL DAY OF PRAYER SERVICE HELD.....

Submitted by Lois Griffin, RN



On May 3, 1990, a special service was held at noon in the Hospital AV Room to commemorate the National Day of Prayer. Fourteen employees and one patient from A Wing participated in this time of prayer and reflection on God's love and our many blessings as a nation. Group prayer was led by Mr. James Finney, honorary chaplain for VDC. The group watched a video entitled "This is the Day", which took us on a spiritual journey. Through stirring music, scripture and photography, we witnessed the beauty of our land from season to season, and rejoiced in our Creator and God.

The Hospital currently holds a one-hour church service on the first Sunday afternoon of each month for our patients. Plans are underway to have weekly services, plus visitation on each Wednesday evening. Anyone wishing to volunteer for this should contact Mrs. Eloise Hawkins, Hospital Administrator at (609) 696-6200.

Although spiritual needs are recognized as important by nursing and medical staff, spiritual care is often avoided in the actual delivery of patient care. It is hoped that a "Spiritual Care Seminar" will be held in the future to prepare nurses in dealing with the spiritual needs of our patients and their families, who look to them for support and encouragement.

A THOUGHTFUL GESTURE.....

Submitted by Peggy Peyton, HCTS, Jones Cottage

I would like to thank Mrs. Ann Stafford, Director of Social Services, for all the work that she did at the Flea Market on the East Campus. Some of the ladies in Allen Cottage did not have enough money to go on a trip to Florida. Mrs. Stafford took it upon herself to pay the cost for a table at the Flea Market and gather items from people to sell. She raised \$276.25 from the sales. I want her to know that her thoughtfulness will never be forgotten. "Thanks" seems such a small word to say for such a wonderful kindness.

**WOLVERTON BRANCHING OUT.....**

Submitted by Hannah Matthews, STPA/Rec.

February 9th: Lorraine McGready, a client in Wolverton Cottage, celebrated her birthday with her twin brother Donald, who is a client at New Lisbon Developmental Center. The birthday was celebrated at VDC in Wolverton Cottage. They enjoyed a very special time together and exchanged gifts.

February 28th: Six clients and six staff members took a trip to Hershey Park and visited the Chocolate Factory - "Chocolaty Delicious"!

March 29th: Josephone Sarno and Jennie Kalicki were escorted to Sacred Heart Church to visit.

April 6th: Wolverton participated in the Flea Market held at the VDC Auditorium. It was a success and the money will be used for a party for the clients.

April 11th: Wolverton did it again!!! The cottage was decorated with Easter and Spring decorations. Live plants were on all the tables in the dining room, which sent out the aroma of Hyacinths throughout the room, along with the smell of all the delicious foods. The menu consisted of ham, chicken, baked macaroni, macaroni salad, potato salad, tossed salad, cole slaw, collard greens, string beans, Spanish rice and beans, soda, cake and ice cream. A fun and fulfilling time was had by clients and staff.

May 9th: Two Wolverton clients, Jennie Kalicki and Burdell Hurst, participated in the Fashion Show, modeling their fineries. Helen Malloy, Anna Kominski, and Judy Rauch, attended as spectators. Everyone enjoyed this special event.

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NEWS TO YOU FROM EAST CAMPUS RECREATION.....

Submitted by Retta Burch, Asst. Supervisor

FASHION SHOW:

On Thursday, May 10th, Central Recreation hosted their Second Annual Client Fashion Show in the Auditorium. Two models from each cottage displayed their spring fashions with six Woodbine Developmental Center men serving as escorts for our ladies. Four clients and two chaperones and special (invitation only) guests were treated to a delightful afternoon. Our full-house crowd enjoyed fruit salad, cheese and crackers, sherbert punch and finger sandwiches.

The auditorium was decorated with a French theme, Eiffel Tower, lights, scarves, balloons, etc. adorned the stage. Our black, white and pink theme was accented with table skirts, champagne and goblets on the tables, etc. This activity was funded by the CWA Local 1040 and the Vineland Developmental Center Employees' Association. Our ladies enjoyed their elegant and sheek afternoon!

MAY FEST DANACE:

On Thursday, May 24th, our ladies will enjoy a Mayfest '90 Dance with New Lisbon and Woodbine Developmental Center gentlemen. Cheeseburgers, potato salad, chips and soda will be served.

SOAR INTO SUMMER

On Wednesday, June 27th, all our clients will enjoy our beginning of summer activity "Soar Into Summer" behind the Multi-Purpose Building. Our DJ will spin our latest songs while, snow cones, popcorn, custard, soda, water activities will fill our afternoon.

CAMP:

Camp will open July and August this year with special crafts and physical fitness activities planned. Lunch will be prepared by Central Recreation utilizing the new gas grill in our Chuck Wagon.

VIDEO/CUSTARD TREATS:

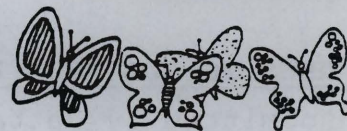
Every Thursday evening, the gang meets at the Multi-Purpose Building to enjoy a relaxing movie and a delicious custard treat. Upcoming films: June 7th "The Abyss", June 14th "Look Who's Talking", June 21st "Millennium", June 28th "Parenthood". July and August will offer latest films.

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East Campus Recreation

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**PAFA BUS RIDE:**

Weekly bus rides to: Lancaster, Cape May, Franklin Mills Mall, Great Adventure Safari, seashore areas and local relaxing rides are scheduled for our PAFA Bus Ride. Cottages scheduled: 5/29, 7/2, 8/6 - Bassett, 5/30, 7/3, 8/7 - Cross, 6/4, 7/9, 8/8 - East, 6/5, 7/10, 8/13 - Giles, 6/6, 7/11, 8/14 - Kimble, 6/11, 7/16, 8/15 - Landis, 6/12, 7/17, 8/20 - Lee, 6/13, 7/18, 8/21 - Main, 6/18, 7/23, 8/22 - North, 6/19, 7/24, 8/27 - Pond, 6/20, 7/25, 8/28 - Reeves, 6/25, 7/30, 8/29 - Regan, 6/26, 7/31, 9/4 - Sykes, 6/27, 8/1, 9/5 - Wolverton.

SPECIAL OLYMPICS:

Area 8 Team Bowling was held on Saturday, April 28th at DiDonato's Lanes in Hammonton. Twelve East Campus bowlers competed with ribbon tabulation as follows: 1 First Place Blue Ribbon Team, 1 Second Place Red Ribbon Team, and 1 Third Place Yellow Ribbon Team.

The Area 8 Track & Field Meet was held on Saturday, May 5th at Bridgeton Senior High School. Thirty-two clients competed in 62 events to include: 4 X 100 Relay, 25 Meter Walk, 100 Meter Walk, 50 Meter Race, 100 Meter Race, Softball Throw, Tennis Ball Throw, Standing Long Jump and Tennis Skills. Tabulation of ribbons is as follows:

First Place	21
Second Place	17
Third Place	13
Fourth Place	4
Fifth Place	4
Participant	3

New Jersey Special Olympic Summer Games will be held June 1, 2 and 3 at Trenton State College. VDC East Campus athletes are scheduled to compete in: 4 in Team Bowling, 9 in Track and Field and 2 in Tennis Skills.

On Saturday, May 12th, Area 8 sponsored their annual picnic at Birch Grove Park in Northfield. East and West Campuses joined forces to cook hot dogs, hamburgers, sausage and pepper sandwiches, and serve them with potato salad, macaroni salad, baked beans, chips, pretzels, etc. Everyone enjoyed a relaxing day at the park!

Summer Special Olympic activities will include the annual fishing trip at Cape May, a crapping outing at Sea Isle City and our annual Volleyball Tournament at Sea Isle City.

Physical Fitness Sessions will continue on Wednesday evenings at the Auditorium at 6:30 P.M. All clients are invited to join us.

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East Campus Recreation

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CUSTARD TREATS

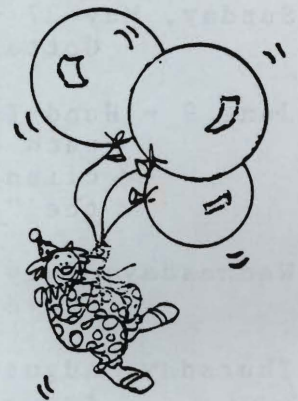
Custard treats will continue throughout the summer months for all cottages. Custard is made at the Multi-Purpose Building and distributed to all cottages on a rotating basis.

COED ACTIVITIES:

Woodbine Developmental Center coed activities include: dances, picnics and Bar-B-Que held on 5/17, 5/24, 6/20, 6/21, 7/19 and 8/16.

New Lisbon Developmental Center coed activities include dances and picnics on 5/24, 7/7 and 7/19.

A special "Neptune Restuarant Dinner and Movie Date" was held on April 17th with Woodbine Developmental Center. Our couples enjoyed a lovely evening.



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East Campus Recreation

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HOSPITAL NEWS:

Easter Party was held on Wednesday, April 11th for all clients residing at the VDC Hospital. Cupcakes, punch and individualized Easter baskets were made for each patient, including diabetics.

A trip to the Cumberland Mall for Gloria Wilson on Tuesday, May 15th and she is scheduled to visit the Philadelphia Zoo Birthday Trip on Monday, June 4th.

Videos are held every Tuesday afternoon in the Hospital Dining Room for all patients who are able to attend.

SPECIAL ACTIVITIES:

Thursday, May 3 - Agape "Love" Dinner was held at St. Francis of Assisi Church with 10 Lee Cottage clients attending.

Friday, May 11 - Hamid-Morton 3-Ring Circus at Lawrenceville was held with 5 Pond Clients attending.

Tuesday, May 15 - Fair at Ancora Psychiatric Hospital with 16 Pond Cottage clients attending while out on their PAFA Bus Ride.

Monday, May 21 - Clyde-Beatty Cole Brothers Circus at South Vineland with 25 Bassett, East, Pond, North and Lee Cottage clients attending.

Sunday, May 27 - Old Tyme Circus at Cowtown with 9 East and Bassett Cottage clients attending.

June 9 - Hand-In-Hand at Middlesex County College with 3 clients from each cottage schedule to attend this very special day. Esch client will have an individual friend to escort them around the "fair" type atmosphere and enjoy the day together.

Wednesday, July 11 - A large group of East and West Campus clients will travel to Capps Day Camp in Fairton to enjoy their annual outing.

Thursday, August 9 - A large group of East and West Campus clients will travel to Mays Landing to enjoy a day at Lenape Park.

September - A "circus" will visit VDC for all clients to enjoy! Notices will be distributed throughout the campus regarding this.



NEWS AND NOTES FROM FOSTER GRANDPARENTS/SENIOR COMPANIONS

Submitted by Joan Achey, Supervisor

The Foster Grandparents/Senior Companions have been trying to expand services to more of our clients. Of course, in order to serve more clients we must recruit more volunteers! If any of you know of a senior citizen who may be interested in part time work, ask them to contact us at 696-6105. Our programs provide many benefits and travel reimbursements.

The "grannies" have been busy during off-duty hours helping to spread the good word about our programs. On a recent Saturday, many of them could be found manning a display at the Cumberland Mall "Community Fair Day".

Many of them also came out to help their clients enjoy the "Spring Fling" activities on May 19th. They also donated their homemade baked goods so our annual bake sale could be as successful as usual.

Our very special thanks and well wishes go out to our very special "grannies".

PLEASE DONATE YOUR MAGAZINES

Any employees wishing to donate used magazines may drop them off at the East Campus Recreation Area in the Multi-Purpose Building, to Retta Burch, or to the Volunteer Services Department, to Carole Braida. Our clients enjoy these magazines, even if they are old issues, and they are used in so many ways -- arts and crafts, vocational training, and other special projects. We appreciate your donations and thank you for your continued generosity.

PHYSICAL MANAGEMENT NEWS

Cross Cottage recently acquired a Whirlpool unit which is complete and easy to use. The unit is particularly beneficial to the clients with severe contractures. Cross is also among the first cottages implementing a Physical Management Program. In the relatively short time it has been in place, some of the most seriously involved clients have shown improvement. The staff of Cross Cottage enjoys the program since there are enough extra "hands" involved to allow one-on-one interaction between staff and client.

Dear Co-Workers.....

I want to take this opportunity to thank each of you for your efforts concerning our "Oral Hygiene Program" for our clients here at VDC for the past several years.

My stay here is coming to a close and you are a part of any successes we have had.

To the Dental staff, cottage supervisors and all other staff - Thank You for your assistance and cooperation. To the "Hands-On People" - Thank You for helping those who can't help you in return. To all of you who answered a distress call, lent a hand, gave a hug of reassurance, typed a report, placed an order, smiled, or provided a shoulder to lean on - Thank You.

I like to believe that I'm leaving a little love behind - please make it grow!

Happy to have served.

Vera Mink, RDH
Dental Department

NEWS TO YOU FROM WEST CAMPUS RECREATION.....

Submitted by Connie Ortega, Asst. Supervisor

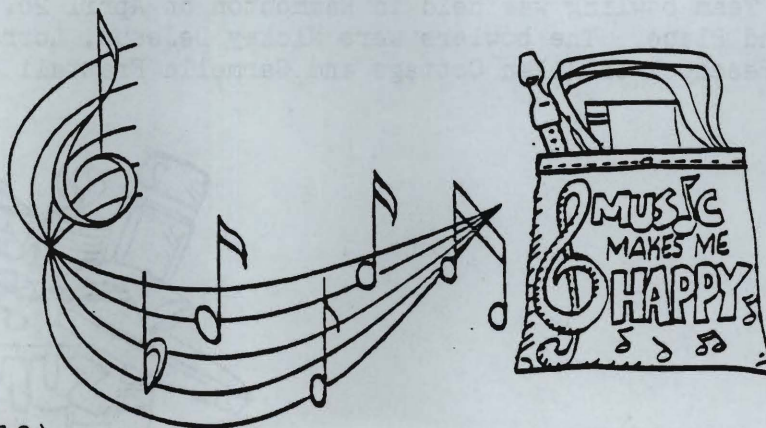
"People rarely succeed at anything unless they have fun doing it."

That's what happened at West Campus in April. The clients and staff had fun at winning.

April contests were started on April 12 at the Easter Party. The party had musical chairs and beanbag toss complete with prizes. Then the party continued with the announcing of the winners for the Jelly Bean Counting Contest, and the winners were the following: First Place, Mr. Howard Johnson, Foster Grandparent Department; Second Place, Ms. Marcia Dawkins, Jones Cottage; and Third Place, Ms. Bertha Conley, T.L.C. Housekeeping. Then came the Cottages and Clients that won the Easter Egg Decorating Contest. They were these: First Place, Carolyn Meldon, Emerlee Cottage; Second Place, Group E, Harper Cottage; and Third Place, Charlene Thomas, Ireland Cottage.

April continued on with another winning activity. The "Swing Into Spring" Variety Show held on April 18, 1990 was a combination of client and staff talent. First Place went to The Donahue Soul to Soul Dancers doing the "Electric Boogie." The dancers are these: Lorraine Chapple, Grant Connelly, George Coverdale, Brenda Green, Debra Hunter, Ethel Kelley, Thelma Radford, Rita Robinson, Carmen Wiggins, Marcie Williams, and Sandra Bailey, choreographer. Second Place was a lovely song--Valerie Bell of Jones Cottage singing "How Sweet It Is to Be Loved by You." Third Place was a lovely song--Florence Rogozinski of Jones Cottage singing "More."

My congratulations to all our April winners. A special thank-you goes to the V.D.C.E.A. for providing the money for the cash prizes.



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West Campus Recreation

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"Good, better, best; never let it rest till your
good is better and your better is best."

That's what the Motor Activity and Special Olympic Programs lead our athletes to--their best. Special Olympics helps to improve the athlete's "total" self--physical, mental, socialization skills, self-confidence, and fun.

March 30 started our athletes out with Motor Activities being held at Camden County College with nine West Campus athletes participating. They were Kathleen Kohn, Donahue Cottage, Carol Beckman, Emerlee Cottage, Betty Montgomery and Christine Scala, Fisher Cottage, Jennie Ziskin, Grisco Cottage, Fawn Hessington, Bea McClipton, and Bertha Strother, Harper Cottage, and Nancy Kepner, Jones Cottage.

On March 31, West Campus had our bowling athletes bowling Singles at La Martinique Bowling Lanes. The results were thus: Kathy Ridings, Donahue Cottage, received a Gold Medal; Carmella Frattali, Jones Cottage, received a Silver Medal; Johanna Karyczak, Fisher Cottage, received a Fourth Place Ribbon; Mickey DeJesus, Allen Cottage, received a Fifth Place Ribbon; Alexis Ogrodney, Emerlee Cottage, received a Fifth Place Ribbon; Pam Peschock, Allen Cottage, received a Seventh Place Ribbon; and Lorraine Duddy, Allen Cottage, received an Eighth Place Ribbon.

On April 1, our bowling athletes bowled at La Martinique for Doubles. The results were Mickey DeJesus, Allen Cottage, winning a Silver Medal, Carmella Frattali, Jones Cottage, winning a Silver Medal, Pam Peschock, Allen Cottage, receiving a Seventh Place Ribbon, and Lorraine Duddy, Allen Cottage, receiving a Seventh Place Ribbon.

Team bowling was held in Hammonton on April 28. The team took Second Place. The bowlers were Mickey DeJesus, Lorraine Duddy, and Pam Peschock of Allen Cottage and Carmella Frattali of Jones Cottage.



(continued on page 19)

West Campus Recreation

(continued from page 18)

Results of the Track and Field Meet at Bridgeton High School
1990

Marjorie Body	1st	50 Meter Race	10.5
	*	Tennis Ball Throw	5m 65cm
Ruth Rogers	1st	100 Meter Walk	1:159
	*	Tennis Ball Throw	4m 2.5cm
Donna Barber	1st	50 Meter Race	10.3
	1st	Softball Throw	16m
Beth Williams	1st	25 Meter Wheelchair	1:40.5
	*	Tennis Ball Throw	2m 7.3cm
Johanna Karyczak	1st	25 Meter Wheelchair	1:04
	*	Tennis Ball Throw	3m 4.7cm
Patricia O'Connor	1st	25 Meter Wheelchair	25 sec. 5 ten.
	*	Tennis Ball Throw	6m 4cm
Janice Spader	1st	100 Meter Walk	1:11
	4th	Softball Throw	5m
Pam Peschock	5th	100 Meter Walk	1:23.5
	2nd	Softball Throw	5m 2cm
Lorraine Duddy	5th	Softball Throw	6.8
	2nd	50 Meter Race	14.7
Kathy Ridings	3rd	25 Meter Wheelchair	2:48
	*	Softball Throw	1m 4.3cm
Mildalia DeJesus	4th	50 Meter Race	13 sec.
	3rd	Softball Throw	7m 15cm
Doris Buchanan	4th	100 Meter Walk	2:02
	*	Tennis Ball Throw	3.61m
Cynthia Litchfield	3rd	100 Meter Walk	57 sec.
	*	Tennis Ball Throw	4m 73cm
Angela Buchanan	2nd	100 Meter Walk	50 sec.
	*	Tennis Ball Throw	2m 07cm
Paula Elliot	2nd	100 Meter Walk	1:19
	*	Tennis Ball Throw	4:31
Renee Figueroa	2nd	100 Meter Walk	58 sec.
	*	Tennis Ball Throw	3m 1.0cm

* = Participation

Congratulations to all the athletes and their coaches. This is a perfect example of good training assisting the athlete to reach her "best" and fun.



THE MONTH OF MAY WAS "BETTER SPEECH AND HEARING MONTH"

Submitted by Toni Rath, CCC/SP

During the month of May, the Speech Therapists and Audiologists at Vineland Developmental Center informed everyone about communication and hearing disorders. They offered hearing screenings, distributed information on the danger of noise, early identification and intervention of speech, language and hearing problems, and had hands-on demonstrations of various augmentative communication devices. Help for any speech, language and hearing problems can be obtained from the speech and hearing specialists.

**WEST CAMPUS CELEBRATES "NURSES DAY"**

Submitted by Debi Halter, LPN/Grisco Cottage

Our Nurses Day Celebration on May 9th was a big success thanks to the participation of the nursing staff here at West Campus. Due to everyone's cooperation we had plenty to eat and drink and door prizes were presented at the celebration. We were given beautiful corsages by our physicians. A special thank you goes to Dr. Rovillos, Dr. Tan, Dr. Parikh, and Dr. Chung, for their thoughtfulness! Another big thank you goes to our Director of Nurses, Barbara Ann Logan, RN, for going out of her way to be with us on our special day!



JUNE, 1990

V.D.C. NEWS

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OUTSTANDING EMPLOYEE OF THE MONTH

APRIL, 1990

CATHY SHAWLOT



OUTSTANDING EMPLOYEE OF THE MONTH

MAY, 1990

EMMA L. HACKLEY



OUTSTANDING EMPLOYEE OF THE MONTH

JUNE, 1990

LONA MAE TAYLOR



OUTSTANDING EMPLOYEE OF THE MONTH - APRIL, 1990

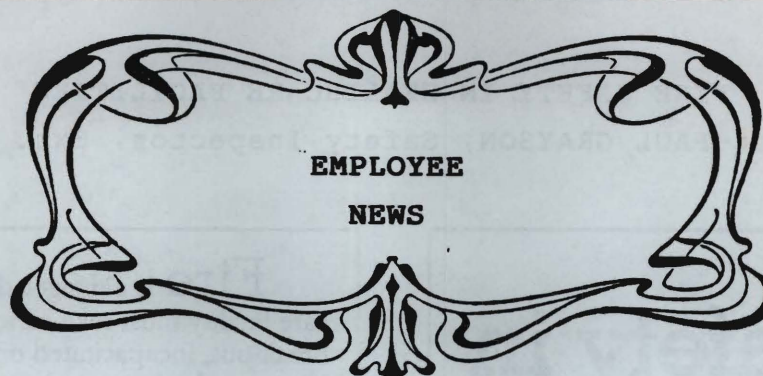
Cathy Shawlot, Recreation Senior Therapy Program Assistant/Reeves Cottage, has been selected Outstanding Employee of the Month for April, 1990. Cathy's dedication to the women who reside at VDC is self-evident. She is concerned about the welfare of the people she serves, and fully supports their right to self-advocacy. She sees to it that the women of Reeves Cottage participate in out-of-cottage activities such as parties and bus trips, and she constantly looks for new ways to improve the quality of life of these individuals. She attempts to give everyone a fair share of her time over the course of the day, and she assures that occasions such as birthdays are remembered in a special way. Cathy is a caring, enthusiastic employee who is most deserving of recognition as Outstanding Employee of the Month.

OUTSTANDING EMPLOYEE OF THE MONTH - MAY, 1990

Emma L. Hackley, Supervisor of Nursing Services, East/West Campus Emergency Rooms, has been named Outstanding Employee of the Month for May, 1990. Emma is a loyal, dependable employee who conscientiously oversees the services provided by her department. She follows through on all assignments efficiently and accurately, and is an excellent role model for her fellow staff members. Her rapport with everyone is very good and she never hesitates to assist staff whenever the need arises, working hand-in-hand with them to care for the women who reside at VDC. Emma drives escort vehicles and the ambulances to cover while her staff attend inservices, and she willingly switches her days off to accommodate the needs of her department. Emma is to be commended for her dedication and service to Vineland Developmental Center.

OUTSTANDING EMPLOYEE OF THE MONTH - JUNE, 1990

Lona Mae Taylor, Resident Living Specialist, Roselle Group Home, has been chosen Outstanding Employee of the Month for June, 1990. Lona began her career at Vineland Developmental Center fifteen years ago as a Human Services Assistant in Lee Cottage, and then worked in Pond and Cross Cottages before assuming her present position in the group home. Lona is an exemplary employee who shows a great deal of caring for the women who live in the group home as well as her co-workers. She respond calmly and with good judgment during emergencies. At the 1989 Block Party, she assisted a person in distress by performing the Heimlich Maneuver. Congratulations are in order for Lona for her dedication and achievement at Vineland Developmental Center.

**BIRTHS**

Bobby Hall, Hspkg. (girl)
 Marissa Lopez, Lanids (boy)
 Zella Seda, Pond (boy)
 Marisol Cruz, Sykes (boy)
 Valerie Loatman, Wolverton (boy)
 Linda Drinkard, Wolverton (boy)
 Debbie Popp, Wolverton (girl)
 Cathy Bryant, Wolverton (boy)
 Daisy Guadalupe, Wolverton (boy)
 Annette Allen, Pond (girl)
 Adrian Bailey, Grisco (girl)
 Joan Butler, Sykes (girl)
 Marie Cruz, Cross (boy)
 Arletha Hall, Landis (girl)
 Darlene Hauser, Wolverton (girl)

RETIREMENTS-RESIGNATIONS

Doris Hultgren, Wolverton
 Emma Harris, FGP
 Wilma Halstead, North
 Philomena Pendola, Mailroom
 Edward Trautenbert, Hosp.
 Annie Lee Bowyer, Giles
 Nina Cucukow, Landis
 Dorothy Durand, Hosp.
 Artie Nixon, Med. Serv.
 Catherine Slimm, G.H.
 Linda Catlett-Adams, Reeves
 Jeanette Higginbotham, F.S.
 Dorothy Hightower, Giles
 Cheryl Justice, G.H.
 Pervis Williams, Hspkg.
 Susan Nitsche, Hosp.
 Alexandria Serad, Hosp.
 Carmen Sanchez, Hspkg.
 Eartha Robinson, Pond
 Margaret Andrus, HPS
 Mamie Evans, Cross
 Anna Mazzoni, Med. Svs.
 Kathryn Moore, F.S.

DEATHS

Edith Wagner, Fisher (brother)
 Terry Carlon, Lee (father)
 Denise Harris, Jones (brother)
 Dorothy Holmes, Fisher (husband)
 Doris Kinkade, Lee (brother)
 Joan Martin, Ireland (brother)
 Deborah Groves, Lee (brother)
 Carole Weckstein, Dietary (father)
 Wayne Carter, Pond (mother)
 Mayme Martorana, Hspkg. (mother)
 Hannah Matthews, Wolverton (father)
 Genevieve Brown, Giles (brother)
 Pat Borz, Hosp. (father)
 Juanita Hicks, Allen (husband)
 Sandra Sheared, Allen (sister)
 Carol Billek, Reeves (husband)
 Vera Bonds, Giles (sister)
 Shelby Harwell, Giles (father)
 Willie Mae Hill, Reeves (brother)
 Annie Houston, Grisco (father)
 Elphreda Muschette, Hspkg. (brother)
 Druscilla Williams, Hosp. (sister & father)
 Ernestine Hester, Harper (sister)
 Sandra Hicks, Wolverton (grandmother)
 Emma Harris, Wolverton (mother)
 Helen Rainer, Wolverton (mother)
 Josefa Napoles, Wolverton (mother)
 Miriam Muriel, Wolverton (mother)

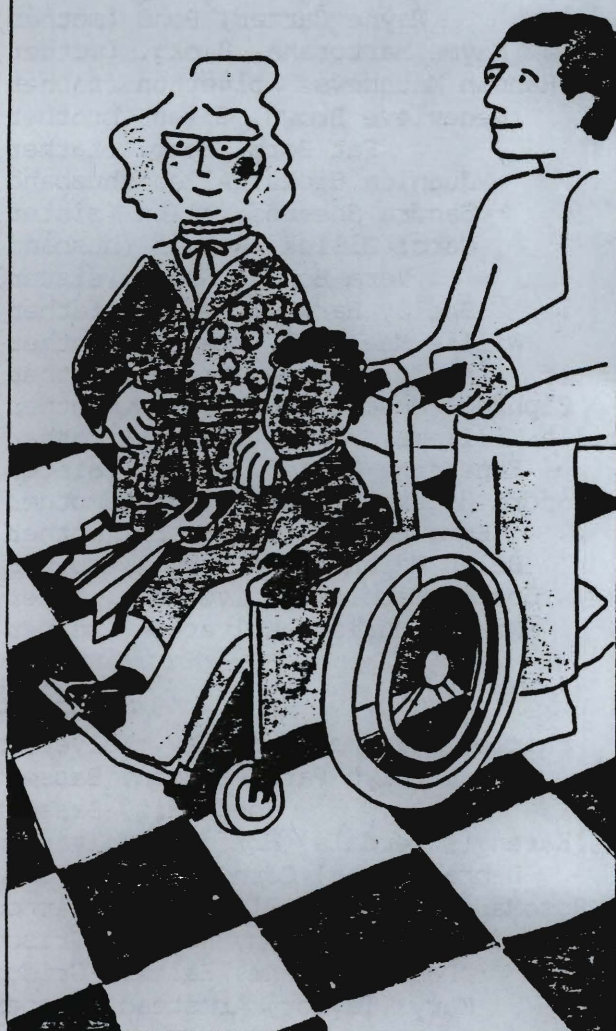
MARRIAGES

Shirley (Tierno) Mehaffey, Wolverton
 Carolyn Parks-Heuman, Bassett
 John Ruiz, Bassett
 Karen (Coverdale) Hoffman, Wolverton
 Debra (Ayres) Cornwell, Bus. Off.
 RoseMarie (Curcio) Ridolfo, Wolverton
 Cassie (Knighton) Halter, Grisco
 Debbie (Stone) Halter, Grisco
 Mary (Taylor) Armstead, Harper

FIRE SAFETY IN HEALTHCARE FACILITIES

Contact PAUL GRAYSON, Safety Inspector, Ext. #6039

Firesafety in Healthcare Facilities



Fire is a danger that every health-care facility must take seriously. If a fire does break out, incapacitated or unconscious patients can be in great danger. Patients connected to life-support systems cannot easily be moved to safety. Mentally impaired patients, and infants and toddlers will not understand they are in danger.

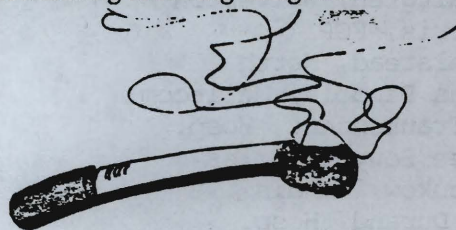
The staff of healthcare facilities can meet the threat of fire in two ways: by preventing fires from starting, and by being prepared in case a fire does break out.

Controlling fire hazards:

Smoking

Careless smoking is the most frequent cause of fire in healthcare facilities.

At minimum, smoking should be prohibited throughout the facility *except* in designated smoking areas. Many facilities have begun banning smoking altogether.



It is especially important that smoking not be tolerated in any room where oxygen is in use or is used frequently. This includes all operating, recovery and emergency rooms, all intensive care units, and any rooms where respiratory therapy is being administered. Laboratories where gases or flammable liquids are used should also be no-smoking areas.

Smoking areas should be provided with deep, non-combustible, non-tip ashtrays. They should be frequently emptied into metal containers used only for that purpose.

Fire Safety in Healthcare Facilities

(continued from page 24)

Smoking rules should be clear and enforced for all staff, volunteers, visitors, repair workers, delivery people and others.

Electricity

Many fires in healthcare facilities start because of the incorrect use of electrical equipment or faulty equipment.

The maintenance department should establish a schedule of routine checks for all electrical equipment.



All workers should regularly check the cords of equipment they use. Look for cracking or splitting of the cord and its plug. Any cord or plug that feels hot is a fire hazard. Unplug it until it has been repaired or replaced.

Never use equipment that shows signs of being unsafe—including equipment that patients bring from home.

If an extension cord must be used, make sure that appropriate technical personnel have approved it for this particular use.

Firesafety throughout the facility

Patient and laboratory areas are not the only areas where fire occurs. The following recommendations should be followed everywhere.

Keep combustibles such as paper products, linens, and clothing away from all heat-producing devices, including reading lamps.

Do not allow spark-producing toys in patient areas.

Make sure gas cylinders are stored and secured properly. Cylinders not in use must

have their caps securely attached.

Keep cooking equipment, laundry equipment, vent hoods, filters and ducts free of grease and lint. Clean them regularly.

Keep maintenance and storage areas clean and free of piled-up trash, sawdust and wood shavings, oily rags, and other hazards.

Challenge the presence of unauthorized persons, especially in restricted areas.

Keep corridors and stairways clear at all times.

Be sure EXIT signs are lighted at all times and that emergency lighting is always in working order.

Keep all emergency exit doors closed. Remember, fire doors not only let people out; they also keep fire from spreading. Never wedge them open.

Preparing for an emergency

Being prepared for a fire emergency means *knowing* and *practicing* what to do in case of fire.

Every healthcare facility should have a complete evacuation plan. The Director of Safety or Director of Risk Management should supervise regular fire drills so that the staff knows what to do in an emergency.

You should know the location of fire alarm pull-boxes in the areas where you work. You should be able to find and operate fire alarms in the dark.



Know where portable fire extinguishers are located in your work areas; learn how and when to use them.

Know how to shut off oxygen and other piped gas systems, if (and only if) instructed to do so.

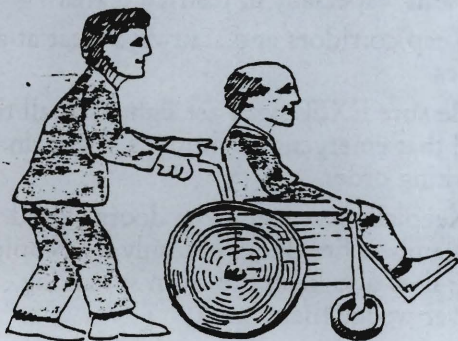
Fire Safety in Healthcare Facilities

(continued from page 25)

What if a fire does start...

In case of fire, act calmly, deliberately and confidently. Your example can prevent dangerous confusion.

Move patients who are in immediate danger from smoke or flames.



Report the fire according to established procedure for the facility.

Close patient room doors and any other doors that will slow the spread of smoke and fire. Reassure patients who remain in their rooms.

If the fire is small and confined to the area where it started, use a portable fire extinguisher to fight it—but only after reporting the fire, and only if you know how to use the extinguisher.

Remember:

Patients and their families have put their trust in your healthcare facility as a safe place for treatment and care. Great effort has gone into making the structure as safe as possible. But it is the staff's responsibility to ensure continued safety—for patients and for everyone who works or visits the facility.

For detailed technical information refer to NFPA 99, Standard for Health Care Facilities.

People Protecting People Since 1896

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BR-1A

WARM WEATHER WELLNESS TIPS.....

Submitted by Barbara Ann Logan, DON

Since wellness is a current trend, we need to keep proper fluid replacements in mind for summer. Especially on hot days, drink plenty of fluids to replenish the water you have lost through perspiration. Six to eight glasses of fluids are recommended on normal days, but you should drink even more on hot days or when you are active.

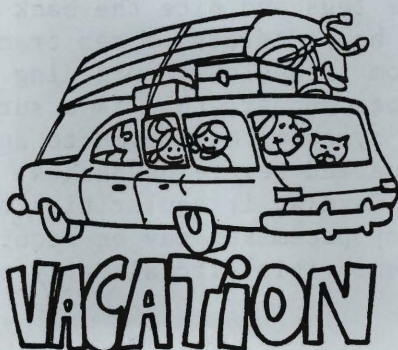
Keeping yourself well hydrated can help you maintain your work pace for longer periods of time without getting tired. When you allow yourself to become even slightly dehydrated, the amount of blood in your circulatory system is decreased. This causes your heart to work much harder to supply the needs of the body with less blood in circulation. As a result, you tire more quickly.

Do not trust your thirst! It is not a reliable guide to fluid replacement. As a general rule, you need to drink a third more water than your thirst calls for, especially when you are physically active.

Cool water is the best choice for fluid replacement. Commercial products with added sugar and electrolytes (salt) are unnecessary and expensive. The amount of salt lost through perspiration is usually very small and can be replenished in a meal. These products may, because of their high sugar content, cause a delay in the passage of fluid out of the stomach into the intestines. This results in a slower absorption of water into the blood stream, the very opposite of what you really need.

Salt tablets are unnecessary except in the most vigorous activity in the tropical or desert regions. Even then, salt replacement in a meal is preferred. The use of salt tablets is dangerous and may cause extreme thirst and even aggravate a cardiovascular problem like high blood pressure.

Bottom Line: Be good to the clients and yourselves - offer lots of water to our clients and drink plenty yourself. Have a happy and healthy summer!



LYME

HISTORY OF LYME DISEASE

Lyme disease was first identified as a form of arthritis in 1975 in the woodlands around Lyme, Connecticut (hence its name). At that time, there was a strange cluster of JRA (juvenile rheumatoid arthritis), and two physicians from Yale were petitioned by the Health Dept. to investigate. They found that all the infected children had the same rash, and almost 2 years later discovered the spirocete (bacteria - *Borrelia burgdorferi*) that caused the disease. Lyme disease was found to be carried by the deer tick (*Ixodes dammini*). It appears that deer are not the main carrier of the bacteria, though they can become infected. In eastern U.S. white-footed mice serve as the main host for both the bacteria and the young ticks. In the West, where a different species of deer tick carries the disease, jack-rabbits and lizards are the main hosts. White-tailed deer are necessary, however, for the survival of adult ticks.

Cases of Lyme disease have been reported in 43 states (all but Alaska, Hawaii, Montana, New Mexico, Nebraska, Arizona, and Wyoming). Areas where largest clusters of deer ticks are found include New York, Conn., N.J., Wisconsin, N. California, Oregon, Minnesota, Mass., & Rhode Island. Deer, whose population has grown in the East in recent years, help spread infected ticks to new areas; the disease has spread South largely by ticks attaching themselves to migratory birds.

Although this disease has received the most publicity in the U.S., it has existed in Europe at least since the beginning of the century (though its assorted symptoms were often not attributed to a single disorder). Lyme disease is found today in all continents except Antarctica.

CHARACTERISTICS OF LYME DISEASE

At each stage of its life - as a larva, nymph & adult - the pinhead-sized deer tick needs a meal of blood, usually from deer or mice, but sometimes from humans. While attached, it transmits a tiny spiral-shaped bacterium (spirochete) into the host's bloodstream. It is this spirochete that causes Lyme disease.

The deer ticks usually crawl up the legs and bite the back of the knee or thigh. NOTE: The tick must be on the body for 24-48 hours before it can transfer the disease. In more than half of all cases, the first symptom is a slowly spreading rash encircling a dark bump in a bull's eye pattern. When a rash does appear, this is a sure sign of an outcome of Lyme disease. Weeks after the bite, other symptoms may begin to appear. Infected people may begin to experience fever, extreme fatigue and severe headaches. Joints - especially the knees - may become inflamed and painful. Cardiac irregularities may occur, sometimes so severely that the implantation of a temporary pacemaker may be required. The spirochete may even invade the nervous system, causing meningitis, facial palsy or symptoms of a degenerative brain disease.

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Lyme Disease

(continued from page 28)

The signs & symptoms appear in three (3) phases:

1. ACUTE (INITIAL PHASE) - Soon after the bite (from 3 days to as long as a month), a classical lesion develops at the site of the tick bite - expanding, red, circular lesion - center becomes pale. This is not like hives - does not itch that much. Also, look for "satellite lesion" anywhere on the body. Flu-like symptoms may be noted (e.g. chills, fever, stiff neck, sore throat, headaches, fatigue & joint pain), which then go away. NOTE: 30% do not develop any rash; in 50% of cases (exposed to Lyme disease but not treated) the body fights off the disease and no further problems are noted.
2. SUBACUTE (PHASE II) - The other 50% of cases go on to this phase. Occurs weeks to months after the bite. Symptoms are recurrent skin lesions, neurological problems (Belle's palsy, etc.) and cardiac disorders (bradycardia, hypotension, etc.). If treated with antibiotics, goes away; if not, can go on to aseptic meningitis (double vision, fever, headache, etc.).
3. LATENT (PHASE III) - If disease not diagnosed and treated, about 1/2 of untreated persons develop recurring or chronic arthritis after a latent period of up to 2 years. Joint is hot, swollen, inflamed, painful - usually the knee, elbow, wrist, or jaw is affected. Vast majority get better with IV antibiotics. NOTE: No one has died of Lyme disease to date!

DIAGNOSIS OF LYME DISEASE

Should be a clinical diagnosis - take an accurate history & physical. Q. "How can I explain the patient's symptoms?". If Lyme disease cannot be ruled out, order blood test for Lyme disease antibody. If positive, could have the disease or not. Lab test is not always reliable. Should use reliable Lab and compare titers. (Note: There are currently 20 different companies that market a Lyme Disease Test, some with little preparation and little quality control). Authorities do feel that the blood test is quite helpful, since almost all people with Lyme disease have a positive test result after the first several weeks of infection; in some cases, it takes 6 months for a positive test.

The organism has been cultured out of blood, spinal fluid and joint fluid, but it is very difficult to grow. Currently, more studies are going on at Stonybrook and Yale. Note: Blood banks are not routinely testing for Lyme disease; however, there are no documented cases of the disease being transmitted by blood transfusion.

In late 1989, a team of investigators at the National Institute of Allergy & Infectious Diseases in Bethesda, MD., unveiled a test that accurately detects the spirochete's genetic material, even in blood samples containing only a few of the bacteria. The problem is that the spirochete is probably in the blood only during the early stage of the disease. Still, when this test becomes widely available, within the new few years, the panic (and hype) over Lyme disease may finally begin to subside.

(continued on page 30)

Lyme Disease

(continued from page 29)

TREATMENT OF LYME DISEASE

Current recommendation is 2-4 weeks of antibiotic (Penicillin PO for children or Tetracycline PO for older individuals) if 1st stage; longer course (up to 6 months) if treatment started in later stages.

If adequately treated (and in 1st stage), probably cured. If 2nd or 3rd stage, hospitalize and give IV Vibramycin. If this does not work, treat with different antibiotics (Rocephin, Claforan, etc.). Watch for side effects - diarrhea, hepatitis, skin rashes; also autoimmune disease (chronic rheumatoid arthritis).

How do you know if you are cured? The spirochete that causes Lyme disease is similar to the one that causes syphilis - can hide in the body for long periods of time. Also, there is no vaccine and nothing to prevent disease - no prolonged immunity. The antibodies that develop are not protective, and sometimes they never develop (especially if treated in early stage). Thus, you can be reinfected by a new bite!

HOW TO MINIMIZE THE RISK OF GETTING LYME DISEASE

First of all, protect yourself from tick bites. Cover your body as much as possible. Wear light-colored clothing - use common sense. When you are in woody or marshy areas, wear long-sleeved shirts, long pants tucked into socks, and closed shoes. Don't go barefoot. A hat may help too, since ticks like to settle in the scalp.

Check yourself, children, and pets for ticks after being outdoors, especially between May and October when ticks bite. Look closely at the hair, ears, underarms, trunk of body, groin and back of the knees. Avoid tall grasses and low brush; clear away these areas (which attract ticks) from around your home. Also woodpiles (which attract mice) should be placed away from the house. Bird feeders should be put at the edge of the yard instead of close to the house. Use tick collars on dogs and cats. Don't let animals on furniture and don't sleep with them. If DEET product is sprayed on clothing, watch for side effects (especially seizures). Shower when you come in from outdoors, and wash your clothes.

If you discover a tick attached to your skin, remove it gently with a pair of fine-tipped tweezers - not your bare hands, a hot match, nail polish, Vaseline, or other "home remedy". The procedure is as follows: Grip the tick as close to your skin as possible and gently pull it straight away from you until it releases its hold. Don't twist it as you pull, & don't squeeze its bloated body, which may actually inject bacteria into your skin. Then thoroughly wash your hands and the bite area - soak in warm water and apply antiseptic - betadine or alcohol. If you must touch the tick, cover your fingers with a glove or tissue; then wash your hands thoroughly. Remove ticks from pets as you would from yourself. If you cannot get the tick out, or if you develop any symptoms, go to the doctor!

(continued on page 31)

Lyme Disease

(continued from page 30)

Save the tick in a small container or jar labeled with the date, the body location of the bite, and where you think the tick came from. This way you can show it to your doctor if necessary.

A Lyme Research Study is currently underway in New Jersey. There are 6 centers in the State enrolled in this study, and results will be reported in the New England Journal Of Medicine. Requirements for entry are:

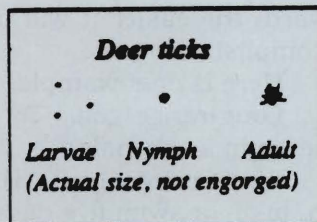
1. Must be over 14 years of age.
2. Must have presence of Lyme skin lesion (ECM rash - Bull's Eye).
3. Must not have been started on antibiotics

Entire treatment is free of charge - visits, laboratory and all follow-up. Study will compare two different antibiotics (Vibramycin vs. Ceftin) given in early Lyme (rash stage) to prevent late Lyme.

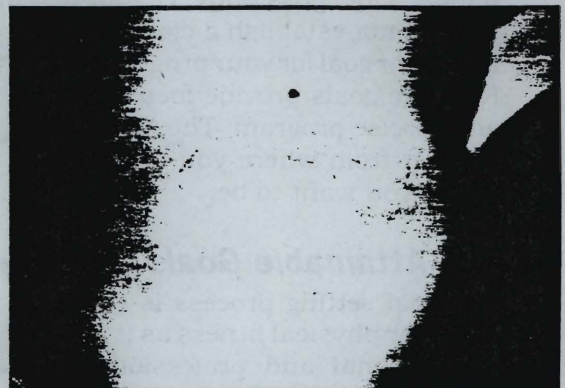
For information, contact (609) 823 - 3322 - Philip W. Paparone, D.O.
Internal Medicine - Infectious Disease

4827 Atlantic Avenue
Ventnor, N.J. 08406
FAX - 609 - 823 - 5064

72 West Jim Leeds Road
Pomona, N.J. 08240
FAX - 609 - 748 - 1029



Actual size



Submitted by: Lois Griffin, RN - Infection Control Coordinator

LIVING FIT

From the President's Council on Physical Fitness & Sports

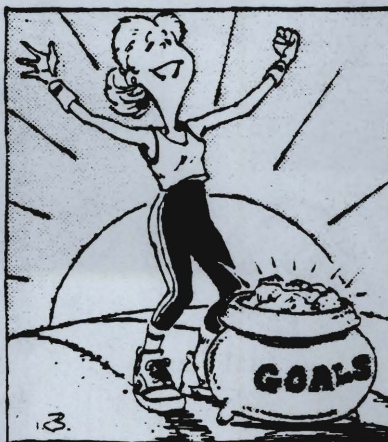
Fitness Goals

It's lunch time and you have to attend a meeting rather than your regular fitness workout. You think it doesn't matter, because you can always exercise tomorrow. But tomorrow comes and you have too much work to do. More days go by and you haven't worked out; something keeps getting in the way. You really enjoy your exercise time and how you feel afterwards, but you just do not understand why you are not as motivated as you once were.

Any number of factors can contribute to changing fitness habits. One possibility is that you did not establish a clear direction or goal for your program. Realistic goals provide focus to an exercise program. They help you get from where you are to where you want to be.

Set Attainable Goals

The goal setting process is the same for physical fitness as it is for personal and professional development. Attainable goals help you understand what is possible out of many available options. Establishing goals brings into focus how your current fitness status relates to your ideal.



Reward Your Accomplishments

Now you need a means to keep yourself focused on what you want to accomplish. One method is to make a contract with yourself. Contracts help you establish a system of accomplishments and rewards. First, list your short-term and long-term goals. Then decide how to reward yourself for reaching each of your goals. Make the rewards

special things that are important to you, i.e. buying a novel to read, going to the movies, getting a sitter for the kids one afternoon, or buying something special that you have always wanted. The more you value the reward, the easier it will be to accomplish the goal.

Here is one example:

Long-range goal: To participate in a triathlon.

Short-range goal (1): To run, bike, or swim five days per week for two months.

Reward: A professional sports massage.

Short-range goal (2): To lift weights three days per week for one month.

Reward: Purchase a pair of lifting gloves.

Short-range goal (3): To properly stretch each day, especially before and after each exercise session for one month.

Reward: Purchase a new pair of shorts.

(continued on page 33)

LIVING FIT

(continued from page 32)

The Long And Short Of It

Develop both long- and short-range goals. Long-range goals are more general, but not all-encompassing. They should be achievable through a logical progression of activity. They do not need to have a time limit on achievement.

Short-range goals identify the logical steps to achieving your long-term goals. They should be very specific and realistic based on your present capabilities and should have a time limit for achievement. Short-term goals can be used to measure your progress. Remember to include all the components of fitness when setting your goals—cardiovascular fitness, muscular strength and endurance, and flexibility. Take a few minutes to consider your fitness goals and write them down.

An Ongoing Process

Setting goals keeps you motivated to do what you should do on a regular basis. This is a very personal process. Everyone's goals will be slightly different. Your goals and rewards need to be right for you.

Remember that goal setting, like physical fitness, is an ongoing process. Each time a goal is achieved, set a new one. If you do not reach your goal within your set time frame, do not be discouraged. Reassess your status and set a new goal, either short- or long-range. Goal setting will help you maintain a consistent fitness program for the rest of your life.

*You Can be a
Healthy American
It's Up to You...*

It's reassuring to know that there are many steps you can take to keep your body in tip-top shape. It's good news for you. Recent studies have dramatically proven that many diseases can actually be averted through good health habits. It's a matter of being aware of, and learning more about proper care and treatment of your body.

It's not easy to change your habits, but you'll find it's worth the effort. Here are some prevention "tips" recommended by health experts:

- Maintain an ideal body weight
- Lower cholesterol by eliminating fats in your diet
- Participate in a regular exercise program
- Reduce salt intake
- Stop smoking
- Curb alcohol consumption
- Eliminate stressful situations as much as possible
- Have your blood pressure checked periodically

It's up to you to create and follow your own prevention program.

National Employee Health and Fitness Day. Wednesday, May 16, 1990

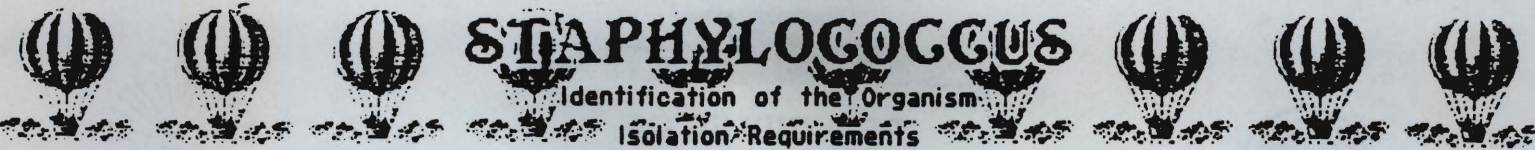
A VDC/H "Wellness Coordinating Committee" has been formed to develop an on-going health promotion program for our employees. The major goal of the Committee will be to encourage all employees to take responsibility for their own physical and psychological health and well-being and thus be better prepared to cope with stressors encountered throughout life. Through a diversified program of lectures and other activities on wellness, fitness, nutrition, etc., employees will be shown how to reduce risk factors for later disease. Once employees are enlightened about the benefits of a healthy lifestyle, it is hoped that they will make choices that promote good health and wellness.

The Committee is comprised of 21 employees from various disciplines of the facility. Our first meeting was spent discussing activities for "National Employee Health & Fitness Day" which was Wednesday, May 16, 1990. The theme for the event, which was strictly voluntary and non-competitive, was "Take a 15 minute Shape-up Walk on Your Break". Participants checked in between 9-11 a.m. & 2-4 p.m. at the Start/Finish Point: Gym - W/C and Auditorium - E/C. Before and after the walk, a nurse recorded each employee's pulse and BP. There were also handouts on exercise & fitness, nutrition, weight management, smoking cessation, and stress management. A "Participation Ribbon" was awarded at the completion of the event (complements of VDCEA). Special Tee shirts were also available on order for a cost of \$10 each. The total number of employees participating in this event was 102 - 56 from E/C and 46 from W/C. A follow-up questionnaire will be sent to each participant to measure the success of the event.

Many thanks are extended to Ms. Joan Lockwood, P.E. teacher at TLC for coordinating activities at W/C and Ms. Debbie Menzoni, LPN and Paul Grayson for handling E/C.

The next meeting of the Committee will be held in the near future to begin planning for an Employee Health Fair in October (at both campuses). Thereafter, the Committee will meet as needed to develop and support the Wellness Program for our institution. If you have any comments or suggestions, please send them to me. Thanks so much!

Submitted by: Lois Griffin, RN - ICC
Chairperson



INFECTION CONTROL BUG OF THE MONTH
STAPHYLOCOCCUS

IDENTIFICATION OF THE ORGANISM: Staphylococcus are gram-positive cocci, usually arranged in irregular grapelike clusters and occasionally produce pigments ranging to deep golden yellow. Most species are considered to be part of the normal flora of the skin, mucous membranes, and respiratory and gastrointestinal tracts.

COMMON SPECIES OF THE ORGANISM:

S. aureus is typically off white, tan, or golden yellow and is coagulase-positive. This species characteristically produces abscesses in man and animals. Also causes carbuncles, impetigo, wound infections, pyelitis, cystitis, "food poisoning" (production of an enterotoxin in certain foods), pneumonia, empyema, osteomyelitis, arthritis, puerperal sepsis, brain abscess, bacteremia, endocarditis, meningitis, and suppuration in almost any organ. Hospital acquired strains are often resistant to multiple antibiotics, including methicillin. Also is the cause of toxic shock syndrome by virtue of producing a systematically absorbed toxin (toxic-shock-associated toxin). The latter condition is characterized by fever, sunburn-like rash, and, occasionally, severe hypotension.

S. epidermidis is the most commonly isolated coagulase-negative species. It is generally less virulent than S. aureus, producing insidious but very serious infections, such as bacteremia, endocarditis, meningitis, and infections of catheters and various prosthetic devices. In recent years, methicillin resistant staph epi. has increased dramatically in many hospitals.

ISOLATION PRECAUTIONS: Contact Isolation is necessary for S. aureus pneumonia and severewound infections with S. aureus that cannot be contained by a dressing. In methicillin resistant S. aureus infections (MRSA), at any body site, Contact isolation is imperative as to halt the spread of the organism within the hospital environment.

The most common spread of this organism is transient carriage on the hands of health care workers to susceptible patients who are in proximity of other infected or colonized patients. It has been clearly demonstrated that hands of personnel are positive of MRSA immediately after dressing infected wounds. It also has been shown that MRSA experimentally inoculated on the hands persists for more than three hours and, furthermore, that the organism can be eliminated by simple handwashing and soap and water.



PRINCIPLES OF INFECTION CONTROL



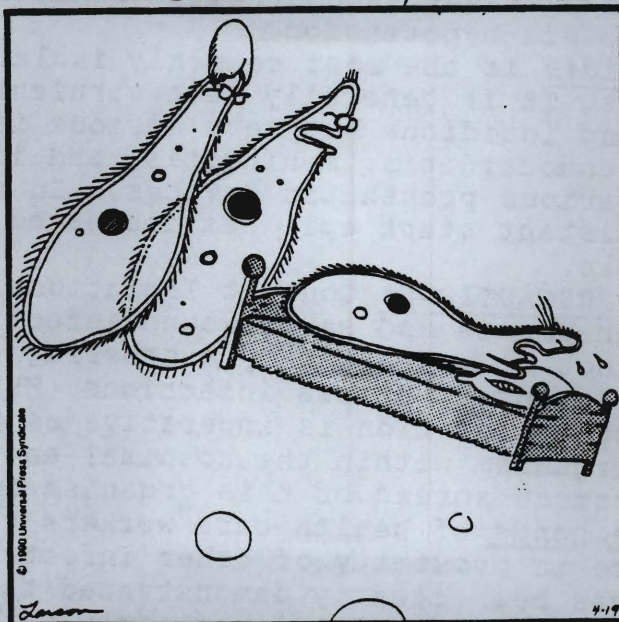
The Northern & Southern New Jersey Chapters of the Assoc. for Practitioners in Infection Control and the New Jersey State Department of Health presented a 5-day training course entitled "Principles of Infection Control" from March 5 - 9, 1990. This course was developed over the past 18 months and replaces the CDC Basic Course In Infection Control, which is designed to prepare the new practitioner or an individual responsible for infection control to perform his/her duties in an acute care or long-term care facility. (Note: The CDC course was discontinued several years ago).

Lois Griffin, RN, Infection Control Coordinator, was the co-chairman from Southern APIC and directly involved in planning for this first course. A total of 76 individuals throughout New Jersey, Pennsylvania, & New York completed the course and were awarded certificates on 3/9/90. CEU's were also given to the nurses who participated.

The overall evaluation of the course was excellent, and Mrs. Griffin will be sharing some of the information with nursing staff in the future. It is planned to offer the course twice a year, with the next course set for Oct. 29 - Nov. 2, 1990. While the task of putting together such a course from the ground up seemed monumental back in Nov. 1988, Mrs. Griffin was amazed at how everything fell into place with the dedication of all involved on the planning committee. Anyone interested in more information on the course should contact Mrs. Griffin at ext. 6204.

THE FAR SIDE

By GARY LARSON*



"Now Betty Sue, we know you're upset ... breaking up with a boyfriend is always hard. But as they say, there are more protozoa in the lower intestine."

7TH ANNUAL PAFA DINNER DANCE

On Sunday, August 5th, the Parents and Friends Association (PAFA) will be holding their 7th Annual Dinner Dance at the Trop World Casino Entertainment Resort. This years event will be held in the Royal Swan Ballroom.

The evening will commence with an open bar at 6:00 PM and dinner will be served at 7:00 PM.

This years Guests of Honor will be Mr. & Mrs. Walter Meyers. As always, the proceeds of the gala will benefit the clients of our Center. In the past, such generous contributions as a beautiful bus have greatly enhanced the lives of the clients at the Vineland Developmental Center and we are always grateful to, and proud of, the Parents and Friends Association.

Mr. Rudy Gutman once again is arranging the Ad Book for the Dinner Dance with prices for advertisements as follows:

1/8 page - \$ 10.00
1/5 page - \$ 20.00
1/4 page - \$ 30.00
1/2 page - \$ 50.00
full page - \$100.00

Inside/Outside Covers - \$250.00

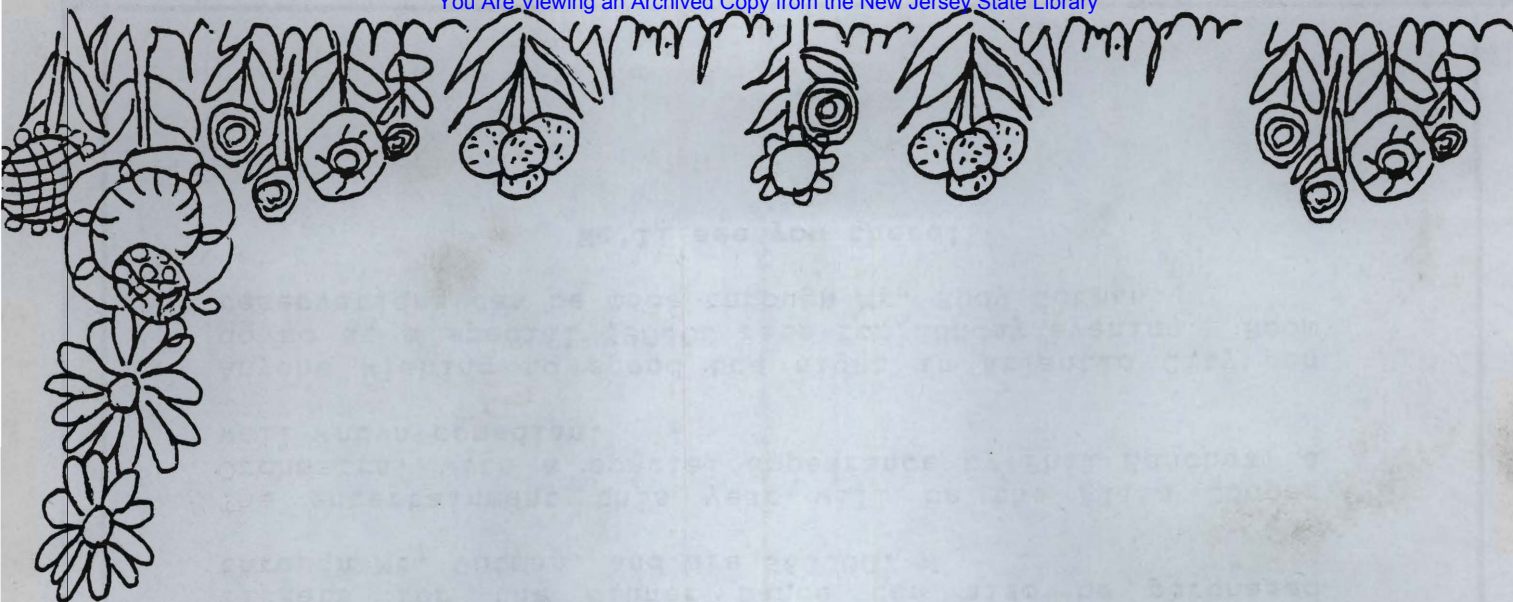
If you wish to purchase an advertisement, Mr. Gutman can be reached at (609)822-4547. The deadline for the purchase of advertisements is June 15th.

Tickets for the Dinner Dance can also be purchased through Mr. Gutman, and are \$60.00.

The entertainment this year will be the Alisa Cooper Orchestra, with a special appearance by Phil Sanchez, a well known comedian.

Anyone wishing to spend the night in Atlantic City can do so at a special \$90.00 rate for Sunday evening. Room reservations can be made through Mr. Rudy Gutman.

We'll see you there!



A. L. Gricco, Editor
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FIRST CLASS



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