



new jersey  
department of  
HUMAN SERVICES

# VDC NEWS

VINELAND DEVELOPMENTAL CENTER  
VINELAND, NEW JERSEY

An Equal Opportunity Employer

Anthony L. Griceo  
Editor

Robert N. Smith  
Superintendent

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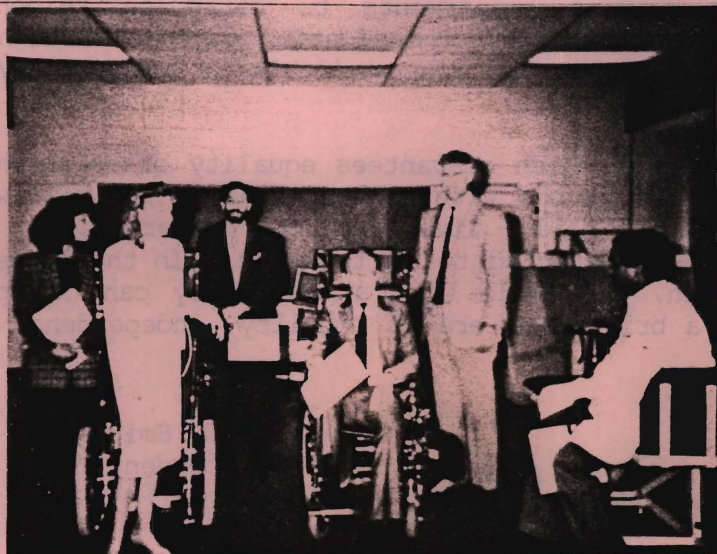
NO. 3

SEP 17 1990

## "DRIVING MISS VDC"

Submitted by Myla Rhubart, Coordinator of Rehabilitation Services

On July 17, 1990, at 1:00 PM, another important milestone was met for the Vineland Developmental Center's clients. Two Training Power Chairs were purchased thanks to the Board of Trustees' approval of Welfare Funds. Associated Medical Specialties representatives Karen Schulman and Mitchell Balaban provided us with two state-of-the-art Training Power Chairs. Ron Clayton inserviced Occupational and Physical Therapy staff along with Robert N. Smith, Superintendent; Charlotte O'Neill, Executive Assistant; and Virginia Bianchi, Assistant Superintendent. Several clients have been placed on a waiting list for this service. Now training can begin safely with staff in control until the client can independently control the chair. So, look for traffic signals and listen for the sound of horns and happy squeals of delight due to new found independence thanks to these chairs!



### AMERICANS WITH DISABILITIES ACT

Today our nation says "no" to second class citizenship for people with disabilities; "no" to isolation and exclusion; and "no" to patronizing attitudes. Today, our nation says "yes" to empowering people with disabilities to make choices for themselves; "yes" to treating people with disabilities with dignity and respect, and "yes" to judging people with disabilities on the basis of ability and not on the basis of fear, ignorance, and prejudice.

(Senator Tom Harkins)

The signing of the Americans With Disabilities Act (ADA) by President Bush on the south lawn of the White House on July 26, 1990, marked the culmination of nearly two decades of efforts to pass legislation to protect the rights of people with disabilities. The ADA guarantees 43 million Americans with disabilities the same rights of access to the workplace, public facilities, transportation, and communication as any other citizens.

#### HIGHLIGHTS

**EMPLOYMENT:** All employers with 15 or more employees must disregard disabilities when making hiring decisions and make reasonable accommodations at their own expense for workers with disabilities unless the cost causes undue hardship.

**PUBLIC ACCOMMODATIONS:** All public facilities such as hotels, restaurants, grocery stores, schools, and parks must make their services accessible to people with disabilities. New buildings must be built accessible and renovations to existing buildings must make the renovated area accessible.

**TRANSPORTATION:** All new vehicles bought by public transit authorities must accommodate passengers in wheelchairs. New rail facilities must be built accessible and existing rail systems must make one car per train accessible within five years.

**TELEPHONE SERVICES:** All telephone companies must provide relay services which allow people with speech or hearing impairments to carry on telephone conversations with people who do not have telecommunication devices through an intermediary person. Relay service must be made available 24 hours a day, 7 days a week, at regular rates.

The passing of the ADA is a landmark which guarantees equality of opportunity and full participation in society to people with disabilities. This bill will enable individuals to live their daily lives without experiencing the discrimination which they have been subjected to in the past. In the words of President Bush, "Every man, woman, and child with a disability can now pass through once-closed doors into a bright new era of equality, independence and freedom".

Robert N. Smith  
Superintendent

**"BITS AND PIECES" FROM VOLUNTEER SERVICES**

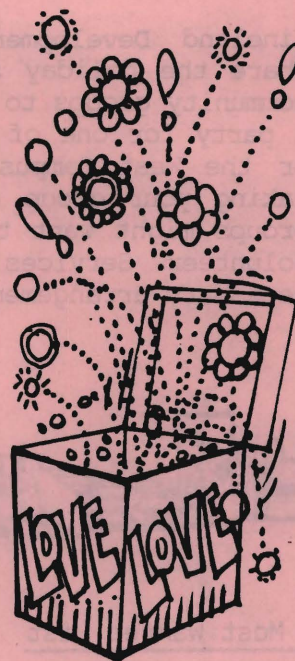
Submitted by Carole Braid, Director

.....Some of our clients have expressed an interest in attending religious services in the community. All faiths are involved. Anyone willing to escort one of our clients to their own services should call the Volunteer Services Office at 696-6050.

.....Voter Registration Application Forms are available at the Volunteer Services Office, Wilson Hall, East Campus.

.....Wishing for some magazines? Call Volunteer Services at extension 6050 to make those dreams come true.

.....Like to browse around the Donation Room? Call Volunteer Services at extension 6050 to schedule a mutually convenient time.

**BLOOD DRIVE NOTES**

DID YOU KNOW.....

.....Vineland is part of the American Red Cross Penn-Jersey Region - the largest in the Red Cross System.

.....The Penn-Jersey Region needs 1,950 pints of blood EVERY DAY.

.....The Penn-Jersey Regional Blood Center supplies 93 area hospitals with 100% of their blood needs - almost one million blood products a year.

.....The Red Cross tests each unit of blood for a minimum of 7 transmissible diseases - only 3 are required by federal regulations.

.....Each pint of blood may be separated into as many as 5 different blood products - so that one pint of blood you donate could possibly aid 5 different people.

.....VDC sponsors 4 Blood Drives each year (2 on each campus). The months are always March, June, September, December.

**THE NEXT BLOOD DRIVES ARE**

Thursday	September 13th	East Campus Auditorium
Thursday	December 20th	West Campus Learning Center

**PLEASE GIVE BLOOD**

HOLIDAY ALERT

Vineland Developmental Center is looking for some VERY SPECIAL PEOPLE to share the holiday spirit. We have many opportunities for individuals and community groups to join in the festivities of the season. You could sponsor a party for one of our 22 residential cottages in the East Campus Auditorium or the West Campus Learning Center which are gaily decorated. How about taking your group caroling through the cottages? Other musically inclined groups might want to give a concert. Have an idea or suggestion? Call the Volunteer Services Department at 696-6050. We are happy to make any necessary arrangements for some holiday fun. LET THE FESTIVITIES BEGIN!

VDC Most Wanted List

The holidays are rapidly approaching and in response to many questions concerning donations, we have compiled a list of the items most requested. Anyone wishing to provide donations or having a question regarding donations should call 696-6050.

Toiletries/Cosmetics

(Preferably non-breakable  
or plastic containers)

Bath Powder  
Cologne/Perfume  
Deodorants  
Hand Cream  
Shampoo  
Toothbrushes  
Toothpaste  
Lipstick  
Eye Shadow  
Blusher  
Nail Polish/Remover  
Hair Rollers/Clips  
Body Lotion  
Cream Rinse

Jewelry

Necklaces  
Pins  
Bracelets  
Rings  
Earrings  
Watches

Games & Toys

Balls  
Games  
Coloring Books  
Puzzles (up to 100 pcs)  
MusicBoxes  
Playing Cards  
Peg Boards (large)  
Story Books (up to 3rd grade)

Miscellaneous

Large Bibs (terry  
cloth/plastic lined)  
Stationery/Tablets  
Pens/Pencils  
Pocketbooks  
Wallets/Change Purses  
Brushes/Combs  
Lap Robes  
All Size Batteries  
All Occasion Gift Wrap  
Christmas Gift Wrap  
Ribbon  
Christmas Decorations  
(artificial trees)  
(ornaments/lights)  
(garland/wreaths)  
Silk/Artificial Flowers

New Clothing Items

Slippers  
Blouses  
Knee Socks  
Panties  
Pantyhose/Knee-Hi's  
Slacks  
Sweaters  
Knitted Hats  
Mittens/Gloves  
Scarves  
Shawls

Arts & Craft Supplies

Crayons/Markers  
Glitter  
Beads  
Stencils  
Construction Paper

Ditty Bags  
Cobbler Aprons  
Barrettes  
Greeting Cards  
Radios  
Cassette Tapes  
Video Tapes  
Umbrellas

MUSIC IN THE CLASSROOM

Submitted by Mary Ann Domenico, Music Therapist

No matter where you are, either in a shopping mall, or at the doctor's or dentist's office, or even in the grocery store, you will hear music coming over the loud speaker. We are bombarded daily with music, yet we take it for granted most of the time because it has become a natural part of our environment.

For the sake of this article, let's NOT take music for granted, but rather, look at how we can make it work for us. It is of no consequence whether you play an instrument or sing, on or off key, because musical training is not required in order to do musical activities. In working with the severe and profound mentally retarded, my discussion herein shall concern itself primarily with that population. The ideas presented however, may be adapted for anyone.

Here are some guidelines to follow when utilizing music as the medium for activity. Musical activities should take place in a familiar predictable setting where the rules and limits are applied in a consistent manner. This easily lends itself to conducting musical activities in the calssroom. The type of musical activities chosen can strive for spontaneous verbalizations from the students as well as directed requests and responses to questions. For example, if you decide to listen to records, the student should be responsible for choosing one or two songs to which they wish to listen and they should be encouraged to verbalize their choice, if verbalization is possible. this helps to developo directed and spontaneous language as well as the development of decision making abilities. The musical activity should be designed to aid the student in recognizing and developing their own abilities. Once they have chosen the song, then they can be responsible for taking the record from its case and putting it on to play. This may require some assistance from the music activity leader, at least until the student becomes familiar with and is able to manipulate the equipment. Musical activity should encourage the student to participate with others in parallel, shared and cooperative efforts in order to improve socialization skills.

Additional activities which may be done are musical chairs, rhythm band, dancing, singing, marching, or just making musical instruments from materials found around the home. Use music which is familiar to the student whether it be a current hit or an old standard.

As well as being a medium which is utilized with verbal students music works quite well with non-verbal students. Countless times I have observed non-verbal students tapping their foot or hand to the music. Even the most profoundly retarded student will elicit some response to the sound of a drum, a tamborine, songs on the radio, records or tapes. It may begin as a reflex action, but the activity leader can channel the response by following the above guidelines and effectively utilize the music as a means to an end. If your goal is to help a non-verbal student to develop fine motor coordination, play a record containing a familiar song and have the student use the castinets (a small Latin percussion instrument). The student may initially require assistance, but with persistence, that student may soon be able to play those castinets. Eventually, a transference may be made and the student will be able to utilize newly acquired grasping skills in areas of self-help, such as feeding.

(continued on page 6 )



Music in the Classroom

(continued from page 5 )

Listening skills can be improved by playing a simple game with the student. The music activity leader can place several musical instruments on a table, possibly behind a screen, depending on the student's ability. Playing one instrument at a time, in various intervals, have the student identify the presence of sound by raising their hand as soon as they hear the instrument. Eventually they can be asked not only to identify the presence of sound, but the type of instrument being played, thus the student can develop discriminatory listening skills with this exercise.

Self-help skills will be developed by merely giving instructions to the above game, and encouraging them to complete the task presented.

Music is a term which encompasses many things, including an extremely wide variety of activities and stimuli. To make use of music is to utilize the possession of a special tool. If nothing else, we can make use of music as a form of communication which may enhance the development of a warm, helping relationship with our students. Music can be applied as structure and it is reinforcing activity of great power. It is a time-ordered stimulator and facilitator of human activity. This is what makes it different from any other medium used in the classroom.

**VINELAND DEVELOPMENTAL CENTER  
EMPLOYEES' ASSOCIATION  
EXECUTIVE BOARD**

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## Vineland Developmental Center Employees' Association

### VDCEA COMING ATTRACTIONS

#### September 6, 1990 (Thursday)

"VIDBEL'S OLDE TYME CIRCUS"

Pavillion Area - East Campus

Show Starts at 6:00 PM

All VDC employees, families and guests invited!

NOTE: Please bring your VDC ID Badge or VDCEA Card  
for admission.

#### September 26, 1990 (Wednesday)

"EMPLOYEE TALENT SHOW"

Auditorium - East Campus

Show Starts at 7:00 PM

FIRST PRIZE	-	\$250.00
SECOND PRIZE	-	\$150.00
THIRD PRIZE	-	\$100.00

SIGN UP TODAY! CALL EXT. #6050 NOW!

#### October 12, 1990 (Friday)

"FLEA MARKET"

Auditorium - East Campus

From 10:00 AM to 4:00 PM

TABLE FEES:	\$ 5.00	-	VDCEA Members
	\$10.00	-	Non-Members

Call Ext. #6050 for reservations AFTER September 6th.

#### October, 1990 (Details will be published after October 1st)

"EMPLOYEE HALLOWEEN COSTUME CONTEST"

"EMPLOYEE PUMPKIN PAINTING CONTEST"

**OUTSTANDING EMPLOYEE OF THE MONTH - JULY, 1990**

Frances Dixon, Cottage Training Technician, Ireland Cottage, has been selected Outstanding Employee of the Month for July, 1990. Frances has worked on second shift in Ireland Cottage during all of her eight years of employment at the Vineland Developmental Center. She is totally dedicated to the care and training of the women she serves. She interacts with each individual on a personal basis, and especially enjoys reading and singing to the women entrusted to her care. It was noted in her nomination that "Each cottage and each client should have at least one Frances Dixon".

**OUTSTANDING EMPLOYEE OF THE MONTH - AUGUST, 1990**

Domenico Tulli, Head Housekeeper, Hospital, has been named Outstanding Employee of the Month for August, 1990. Domenico is a hardworking, dedicated employee who has an excellent relationship not only with his own staff, but also with employees from other departments throughout the facility. He assures that housekeeping needs are met and has been praised for his efforts not only by Vineland's own administrative staff, but also by members of survey agencies who have inspected the facility. Domenico is to be commended for his 18 years of outstanding dedication and service to Vineland Developmental Center.

**OUTSTANDING EMPLOYEE OF THE MONTH - SEPTEMBER, 1990**

Marlene Stevenson, Human Services Assistant, Landis Cottage, has been chosen Outstanding Employee of the Month for September, 1990. Marlene is to be commended for the positive attitude which she has demonstrated during her 21 years of employment at Vineland Developmental Center. She has a ready smile for everyone, and is willing when necessary to put the needs of others ahead of her own. She recently volunteered her time to accompany a group of women who reside in Landis Cottage on a trip to Florida where a wonderful vacation was had by all. Marlene is a dependable, caring employee who is most deserving of recognition as an Outstanding Employee of the Month.



**OUTSTANDING EMPLOYEE OF THE MONTH**

**JULY, 1990**

**FRANCES DIXON**

**OUTSTANDING EMPLOYEE OF THE MONTH**

**AUGUST, 1990**

**DOMENICO TULLI**



**OUTSTANDING EMPLOYEE OF THE MONTH**

**SEPTEMBER, 1990**

**MARLENE STEVENSON**

SPECIAL NEWS FROM THE HOSPITAL

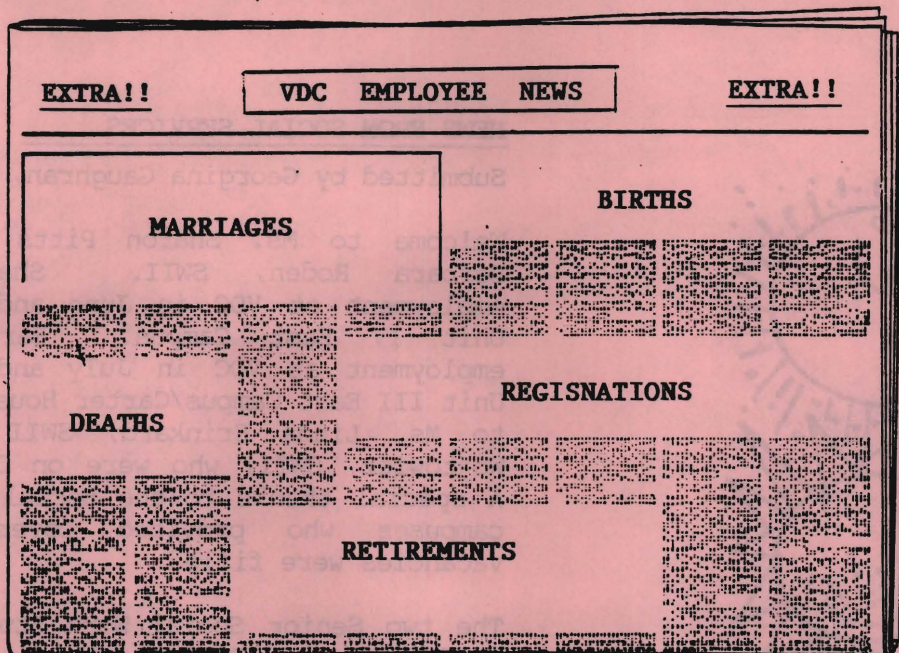
Submitted by Beverly Pruckoy, ADON

On March 1, 1990, the Vineland Developmental Center Hospital opened a Community Services Clinic to expand its services to the developmentally disabled individuals residing in the community who have encountered difficulty in obtaining medical services. Coordinating the Clinic is Beverly Pruckoy, ADON, with Sandra Asselta as Head Nurse and Denise Zucca, LPN, who coordinates appointments and handles correspondence.

In general, the present health care delivery in New Jersey lacks consistently available quality health care for people with developmental disabilities. The overall goal of this program is to establish a system of coordinated, continuous and comprehensive health services designed specifically to accommodate the special needs of people with developmental disabilities in the southern region of New Jersey.

The Clinic is open from 8:00 AM to 4:30 PM, Wednesdays and Thursdays, but the need is so great that the Clinic will be in operation five days a week. The number of patients seen in the Clinic averages between 15 and 20 patients a month. There is a tremendous amount of organization and planning involved with each case. The services provided include physical examinations, diagnostic studies, dental examinations, and consultations with specialists. At times we serve as a referral resource. When a consultant is in agreement, arrangements are made by our clinic staff for the patient to be seen in the consultant's community office. We are also involved with patient teaching. Parents and sponsors have many concerns such as medication side effects, oral hygiene and seizure control. Thus far, there has been a good response from families, sponsors and group home staff.

The expected outcome of this approach is to enable developmentally disabled persons to remain in community settings without sacrificing their fundamental right to high quality and comprehensive health services.



**MARRIAGES**

Michele Schaffer Churchill, Giles  
 Scott Marsh, Lee  
 Tania Zeller Creamer, Business Office  
 Moises Bermudez, Central Hspkg.

**RETIREMENTS and REGISNATIONS**

Elizabeth Hanson, Kimble (18 yrs.)  
 Doris Hultgren, Wolverton (18 yrs.)  
 Andre Rolon, Food Service (21 yrs.)  
 Veronica Bell, Giles (11 yrs.)  
 Jeanette Hall, Pond (13 yrs.)  
 Blanche Torres, Donahue (9 yrs.)  
 Janie Afanador, Linen (9 yrs.)  
 Sheila Carter, Landis (12 yrs.)  
 Kamala Elliott, Hospital (12 yrs.)  
 Catherine Pomerantz, Switchboard (12 yrs.)

**DEATHS**

Ruby Ivory, East (father)  
 Debbie Lewis, Pond (mother)  
 Henrietta Harris, Lee (father)  
 Brian Carpenter, North (mother)  
 Katherine Heath, North (sister)  
 Jeanne Jackson, Donahue (father)  
 Emma Turpin, Sykes (brother)  
 Elinor Williams, Main (father)  
 Lavenia Camper, Main (sister)  
 Edward A. Gesty, Personnel (mother)  
 Awilda Rodriquez, North (mother)  
 Audrey Johnson, Giles (sister)  
 Blenda Blackwell, Main (father)  
 Scott Lewis, Central Hspkg. (mother)  
 Elizabeth Veltman, HPS Dept. (brother)  
 Grace Phillips, Weymouth Group Home (brother)

**BIRTHS**

Donald Klinge, Giles (boy)  
 Mary Stewart, Harper (girl)  
 Denise Thompson, Pond (girl)  
 Ed Ireland, Refrig. Dept. (girl)  
 Sharon Frye, HPS Dept. (boy)  
 Virginia Horton, W/C Vocation (girl)  
 Louis Torres, Food Serv. (girl)



### NEWS FROM SOCIAL SERVICES.....

Submitted by Georgina Gaughran, ASWS

Welcome to Ms. Sharon Pitts, SWII, and Ms. Barbara Roden, SWII. Sharon began her employment at VDC in June and is assigned to Unit IV East Campus. Barbara began her employment at VDC in July and is assigned to Unit III East Campus/Carter House. Welcome back to Ms. Linda Drinkard, SWII and Ms. Karen Wojtowicz, SWII, who were on Child-Care Leave. A special thanks to the Social Workers of both campuses who provided coverage until the vacancies were filled.

The two Senior Social Work Students, Ms. Annie Boyd and Mr. Timothy Bryte, graduated from Stockton State College in May. We wish them all the best! A special congratulations to Ms. Dorinda Taylor, SWII, who received a Master of Arts Degree from Glassboro State College in May!

All VDC social workers attended a workshop, sponsored by the Directors of Social Services, in Lawrenceville, NJ, in the Spring of 1990. The topic was "Cultural Awareness". Several social workers suggested that the Social Work Directors consider sponsoring a Workshop on Comparative Religions. It is hoped that the social workers of developmental centers throughout the state can gain a better understanding of the cultural and religious differences in order to better serve the clients and their families.

### SPECIAL NEWS FROM HOUSEKEEPING.....

Submitted by Martha Lambert, Hspkg. Sup. I

A luncheon was held in June for those Housekeeping personnel who have had perfect attendance from the beginning of the year. It was just a small way of recognizing these employees and showing appreciation for their dedication to the job. It is a pleasure to have employees such as these, and they deserved to be acknowledged.

Everyone enjoyed and appreciated the delicious lunch. Ms. Barber, HCTS, supplied corsages for the employees of North Cottage. The following are the names of the employees invited: Elaine Brooks and John Thomas of Landis Cottage; Anthony Puesi of Kimble Cottage; Catherine Bryant and Yvonne Haberler of North Cottage and Otello Nizzi of Central Housekeeping. A SPECIAL THANKS TO ALL OF YOU!

SELF-ADVOCACY NEWS

Submitted by Georgina Gaughran, ASWS/Social Services Dept.

March 20, 1990, was a special night for thirteen ladies of VDC. That was the night we held our first Self-Advocacy Meeting at our Center. The Self-Advocacy Meetings are an outgrowth of the Client Council which used to meet four times a year. When the clients began to ask when the next meeting would be held, it was decided to increase the frequency of meetings to once a month.

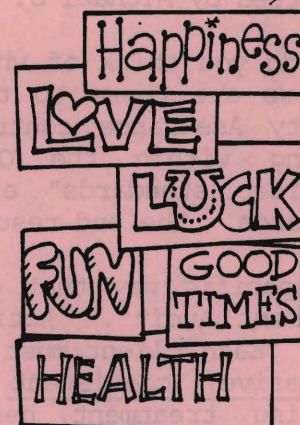
The Self-Advocacy group consists of representatives from each of the cottages, with the exception of Cross, Sykes and Ireland. The group decided to choose a name for itself, rather than just "Client Council". Clients and staff made several unique suggestions before settling on PRIDE (People's Right to Individual Development and Equality).

Meetings are now held on the third Tuesday of the month at 6:30 PM in the West Campus Gymnasium. They are currently presided over by Ms. Gloria Wilson of the Hospital. Ms. Barbara Coppens, a former VDC resident who is now living independently, and Ms. Georgina Gaughran, ASWS, serve as Co-Advisors to the group. Ms. Coppens brings first-hand knowledge of our Center in her role of Co-Advisor. We hope to have an election of officers in the fall.

The purpose of the group is to help our clients learn to speak for themselves and to help them make choices. PRIDE members are very concerned about making their lives here at VDC the very best it can be. They are addressing such issues as having additional curb cut-outs added, having full-length mirrors installed in the cottages and having more bathrooms converted to wheelchair accessible. They have asked for additional items added to the menu and have invited Mr. Mike Murphy of Food Service and Ms. Maryann Noone of Dietary to address the group to explain why it is not always possible to have all the items requested.

During the month of July, PRIDE members toured the PAFA Group Home on Post Road. Marie Ratti, Fisher Cottage representative, had requested to visit a group home. Other PRIDE members also said they would like to see the group home and arrangements were made. Everyone who toured the home said they wanted to live there. It was such a positive experience for all.

In the coming months, we hope to devote several meetings to the topic of community living since most PRIDE members are so interested in this topic. Look for more news about the PRIDE Self-Advocacy Group in future issues of the VDC News.



QUALITY ASSURANCE AT A GLANCE

Submitted by Michael J. Smith

What do you think of when someone from "QA" comes to your area? Many have told me that we are there to tell them everything that is wrong. This summation of what Quality Assurance contributes to our facility is very limited. The individuals working within the Quality Assurance Department are knowledgeable of present "provider standards" and work to suggest ways for the facility to meet these standards. The end result is better care for the clients at our Center.

One specific way that Quality Assurance provides a service is through the "Active Treatment Audit". Active Treatment as quoted from the Code of Federal Regulations lists "Each client must receive a continuous active treatment program, which includes aggressive, consistent implementation of a program of specialized and generic training, treatment, health services and related services described in this subpart, that is directed toward—

- ( i ) The acquisition of the behavior necessary for the client to function with as much self-determination and independence as possible; and
- (ii) The prevention or deceleration of regression or loss of current optimal functional status."

To meet this criteria, the QA Team reviews one client per cottage semi-annually with individuals following the client from 7:00 am to 10:00 am, from 10:00 am to 1:00 pm, from 1:00 pm to 4:00 pm, and between 4:00 pm and 9:00 pm. the purpose of this review is to assess whether the client is receiving programs/activities per identified needs and if the reception follows a comprehensive schedule. The reviewer also checks the client's environment and necessary supporting paperwork. QA auditors do provide on-the-spot feedback to staff to help in their training and the final package is submitted to the Unit Director and Executive Managers for a Plan of Correction.

So, if you see a QA reviewer in your area, please greet them and ask them any questions you may have about client programs because they are there to assist you and ultimately improve the clients' daily life. You can contact the Quality Assurance Office by calling the following:

Connie Johnson, Director of Quality Assurance  
Michael J. Smith, Executive Assistant/QA

Ext. #6072  
Ext. #6098



**MORE NEWS FROM REHABILITATION SERVICES**

This month's article is written by Lizabeth Watts, OTR. Lizabeth is part of our Contracted Services Team - East Campus that have been providing excellent services for several years. Kathy Feast, OTR, also works on East Campus. Ilene Ackerman and Kathy Cosgrove are our newest members to the Contracted Services for Occupational Therapy and work on West Campus. Kris Desai, OTR, Joseph Lind, OTR, and Satish patel, OTR, provide Occupational Services at East Campus and the Hospital. Aju Puri, OTR, is the Director of Occupational Therapy. We also have Ingrid Bergen, COTA, who works with Mr. Patel, Bernadette Sumen, COTA, who works with Mr. Lind and Bonnie Phillips, COTA, who works with Mr. Desai. All are happy to share their field of expertise with those who take the time to ask.

**THE OCCUPATIONAL THERAPY DEPARTMENT**


Submitted by Lizabeth Watts, OTR

Occupational Therapy plays an important role in the habilitation process at Vineland Developmental Center. For the first time in twenty years, a client is able to independently feed herself.....another client who was dependent in wheelchair mobility becomes independent.....another learns to sit up independently. These are a few examples of what Occupational Therapists are doing at VDC. The key is using functional activities to promote independence. That is what makes an Occupational Therapist different from a Physical Therapist. Physical Therapists mainly use exercises to gain independence while Occupational Therapists mostly use functional activities. Other areas of OT intervention include: making splints to prevent deformities or increase function; making adaptive equipment to increase function in ADL's or leisure activities; developing positioning programs to improve joint flexibility/range of motion and facilitate movement; providing sensory stimulation to normalize muscle tone, and much more.

Two new programs that have started at VDC which OTs are strongly involved in are Physical Management and the Power Wheelchair Program. In the Physical Management Program, the OTR evaluate the client's neuromuscular skeletal system to determine an individualized positioning program which would improve the functional use of upper extremities while also improving joint alignment and range of motion. The OT also identifies the type of skill development areas to be carried out while clients are positioned.

In the Power Wheelchair Program, the OTR works in conjunction with the Wheelchair Clinic to identify seating position and switch/control access to activate the power chair. The OTR then trains the client to use the wheelchair independently.

Occupational Therapists are a valuable part of the Interdisciplinary Team at Vineland Developmental Center. Please be sure to use them for suggestions on buying equipment/supplies, developing programs, for suggestions on beneficial activities, or if a client is having mealtime problems with positioning or adaptive equipment.

NEXT ISSUE: WE H  YOU - AUDIOLOGISTS!

INFECTION CONTROL CORNER

Submitted by Lois Griffin, RN/Medical Services  
Infection Control Coordinator

AMEBIASIS (*Entamoeba histolytica*)

Amebiasis is a term used to identify infections with a protozoan parasite, Entamoeba histolytica. The parasite is swallowed and can enter the tissues of the GI tract. It can also travel in the bloodstream to the liver, lung or brain, where abscesses are produced. Most infections are asymptomatic. There may be mild stomach pain with loose stools containing blood or mucous, alternating with periods of constipation or no symptoms. If intestinal disease is acute, there will be fever, chills and bloody or mucoid watery diarrhea. Amebiasis can mimic numerous other noninfectious and infectious diseases.

Amebiasis occurs worldwide, but is most common in tropic, subtropic, and other areas with poor sanitation and health practices. Incidence in the United States averages between 3% to 5%, but is higher among institutionalized groups where fecal-oral contamination (hand-to-mouth activity, pica behavior) is common. The number of infected persons who have clinical symptoms is usually low.

This disease is found only in man, usually a chronically ill or asymptomatic cyst passer. Spread is by hand-to-mouth transfer of feces containing the cyst, by contaminated raw fruits or vegetables, by flies, possibly by soiled hands of foodhandlers, and sexually.

The incubation period varies from a few days to several months or years - commonly 2 to 4 weeks. Anyone is susceptible to the disease, but most persons who have the organism do not develop disease. Re-infection also occurs. As long as a person is passing cysts in his/her stool, he/she is considered communicable.

Diagnosis is made by examination of a stool specimen under the microscope; also smears of aspirates or scrapings taken during sigmoidoscopy or other direct exam. Blood tests (Hemagglutination HA/CF titers) are also useful, as are x-rays, ultrasonic and CAT scanning of the liver.

Treatment of amebiasis depends on whether the person is symptomatic (has active disease) or asymptomatic. If symptomatic, the treatment of choice is Flagyl 750 mg TID x 10 days; if asymptomatic, Yodoxin 650 mg TID x 21 days. If treating amebic liver abscess, two drugs are used, plus surgical intervention if rupture is possible. It should be noted that amebic cysts are very difficult to eradicate.

Prevention of amebiasis is both a community and a personal matter. The disease can be prevented by taking proper sanitary precautions with regards to food, water and personal hygiene. In general, all food should be thoroughly cooked. Non-leafy vegetables or fruits can be safely eaten once they have been scraped or peeled and washed. Protect food against fly contamination by screens and other devices that catch flies. Always wash your hands after using the toilet and before handling or preparing food, both at home and work. If you do not have a municipal water supply, make sure your water supply is protected from fecal contamination.

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Infection Control Corner

(continued from page 16)

When a diagnosis of amebiasis is made, the following actions are necessary (for the infected individual) to prevent re-infection and/or transmission:

1. All accidents involving stool should be immediately cleaned up and the area disinfected with 10% bleach or Wescodyne solution.
2. All toilet seats should be wiped with appropriate disinfectant solution at least daily and if soiled.
3. All soiled laundry should be placed in a yellow plastic bag marked "Isolation Linen" until negative stool samples have been received from the individual.
4. Good personal hygiene must be stressed, especially frequent handwashing, keeping fingernails short, cleaning under nail beds, discouraging rectal scratching, use of disposable diapers, and sanitary disposal of feces. Staff precautions include washing hands frequently and wearing disposable gloves when handling infected individual or her/his linens. Change gloves and dispose of properly!

LAUGH YOUR WAY TO GOOD HEALTH

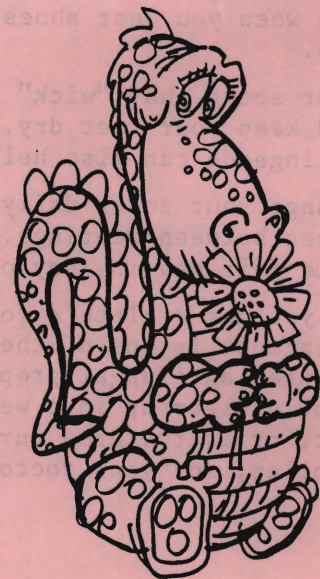
A dozen years ago, Norman Cousins startled the medical community by claiming that watching the Marx Brothers had helped him recover from a serious arthritic disease. Since then researchers have been taking laughter more seriously.

Laughter has been called "inner jogging". That's because it can be a real workout, causing muscles of the abdomen, chest, & shoulders to contract, briefly raising heart rate and respiration rate. Afterwards, muscles may be more relaxed, and heart rate and blood pressure may dip.

Laughing may also stimulate the production in the brain of endorphins, the body's natural pain-relievers, which may cause what is called "runner's high" - and, similarly, "laugher's high."

For these reasons, laughter may reduce stress, depression, hypertension, and the risk of heart attack and stroke.

While medical science attempts to quantify the benefits of laughter, keep your sense of humor. A good laugh is free, and you don't need a prescription!



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Infection Control Corner

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NOT FOR ATHLETES ONLY

Despite its popular name, athlete's foot can develop in places other than locker rooms and gym showers. The fungus that causes it thrives in warm, moist, enclosed environments: poorly ventilated shoes and damp, sweaty socks are an ideal breeding ground.

Athletes' foot is only slightly contagious, via shed fragments of skin. But some people are highly susceptible to the fungus. If you are, follow these rules - especially in hot weather, but anytime you're very active and your feet tend to perspire:

- ..Keep your feet clean. Use soap & water, and be sure you dry thoroughly, especially between the toes.
- ..When you can, go barefoot. Next best thing to bare feet is sandals. But when you wear shoes, wear socks too.
- ..Wear socks that "wick" away moisture and keep your feet dry. Cornstarch or bakingsoda can also help keep feet dry.
- ..Change your socks daily, and air your shoes between wearings. Don't wear the same pair day in, day out.
- ..If you get athlete's foot, the usual treatment is one of the over-the-counter antifungal preparations. It should clear up in a week or two; if not, or if the area turns red and swollen, see your doctor.

CONTROLLING HEAD LICE

Head lice can spread rapidly in institutions. Epidemics are quite common in school children. The lice are passed from child to child indiscriminately; lack of cleanliness has little to do with a person's becoming infected.

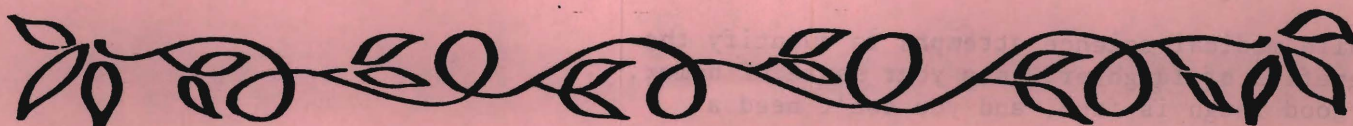
Head lice live their life cycle on the skin feeding on the blood of their hosts. The female louse fastens her eggs, called nits, to the hair shaft at the scalp surface. The eggs hatch in 10 to 14 days, but the empty nits remain attached to the hair shaft as a sign of their presence

Dandruff can sometimes be confused with nits. However, the white flakes of dandruff can be easily removed from the scalp, while nits are tightly fastened and take considerable effort to remove.

There are several prescription and over-the-counter products intended to treat lice. The problem is that some of them only kill the lice, but not the eggs. Also, none of the killing agents remove the nits from the hair shaft.

The two most effective products used to treat head lice are Ovide and Nix Creme Rinse. Ovide is a new prescription shampoo containing malathion. It kills both the lice & eggs. Nix Creme Rinse, containing permethrin, is another prescription product. It remains on the scalp to kill the lice as they emerge from the eggs.

A new over-the-counter product called Step-2 made by GenDerm Corporation contains formic acid which loosens the nits from the hair shaft for easy removal. Head lice are unpleasant and disturbing, but treatable.



SUMMER FUN IN BASSETT COTTAGE

Submitted by Diane Dixon, STPA/Recreation

The lovely ladies of Bassett Cottage have been busy this summer! To start the summer off, our ladies were thrilled and dazzled with excitement at the Ringling Brothers Circus in Philadelphia. Next, it was a chartered bus trip to the Baltimore Harbor in quest of the Aquarium and it's many forms of aquatic life. Then, off to a dinner show at the Three Little Bakers Dinner Theater. This proved to be a delightful event for all those who attended. Plans for PAFA bus rides led us to Great Adventure Safari Park (both the animals and the many shows within the park thrilled us all.) and to the Cape May Zoo, where the sight and sound of the ferocious hugh lion excited everyone. This was indeed a special experience! Again, off on a trip to visit Stockton State College one day was great fun since we got to stay overnight. Both staff and clients alike will remember all of these special summer events. We will all file them among our most pleasant experiences at VDC.

Our other campus activities included Camp SmallFawn, pool activities, and a special picnic at the campgrounds on August 16th. The entire cottage has also enjoyed several mouthwatering cookouts and cottage parties. We must say, the summer of 1990 has been fun and full of exciting memories for both staff and our lovely ladies.

BASSETT COTTAGE COURTYARD CREATIVITY

Submitted by Diane Seabock, LPN

Once again it is time for creativity and individuality to shine through! In Bassett Cottage many hearts and hands have been busy beautifying our center courtyard. JoAnn Lusk, Food Service Worker and Marion Bowden, CTS, have donated their time and even some of the summer flowers in order to enhance the environment for clients as well as employees. Their unselfish offer of time, elbow grease and just plain "get your hands dirty" work is greatly appreciated. Their plunge into "Mother Earth" really makes our area shine! In addition to the flowers, we also have three turtles called "Mike", "JoJo", and the last is unnamed as yet. Thanks again to JoAnn, Marion, and Sandy for the addition of flora and fauna to Bassett's Court Yard!!!



THIS 'N THAT FROM SYKES COTTAGE

Submitted by Sean Trucano, STPA/Recreation

Voyagers? Well, maybe not to the extreme but Sykes residents have been tripping. No, No. We are not referring to the alternate lifestyle espoused by many gurus of the sixties, but rather the exploring many well known attractions of the Delaware Valley and surrounding area.

The summer started with a big trip; Baltimore Harbour. We set sail early the ninth day of May in a Unit Three filled chartered bus and were soon on our way to a tour of the Harbour Aquarium. We witnessed Baluga whales entertain us, learned of the decline of our rain forests, and observed other marine life. On our way home we had our dinner in buffet style at Horn and Horn. Those residents who enjoyed themselves were Louise Famiglietti, Janet Brough, Monica Reasor, and Laurie Shubin.

June was a double shot. First we led off with the Ringling Bros And Barnum Bailey Circus. After a good meal at Ponderosa, the residents were spectrum bound where they watched great feats of daring and animal acts. The residents who ran off to join the circus were Brita Ware, Laurie Green, Cynthia Freund, Marie Molnar, and Diane Barbato.

Our next June voyage was Dutch Country in beautiful Lancaster PA. Our residents enjoyed there meal at Millers before touring the Amish country. They visited one of the farms where they toured a house, saw animals, and learned the history of the Amish. Those who visited the past in the present were Betsy Ahl, Laurie Green, Nancy Swerdel, Brita Ware, Nancy Popke, Beulah Camp, and Diane Lippincott.

July was an adventure in itself while driving through the safari at Great Adventure. The residents saw as many wild animals as possible from the Lion to a Bear, a Llamato, a Giraffe, and the Elephant to the crazy Baboon. Those who fought the jungle in the wild safari were Barbara Michalak, JoAnn Gorman, Janet Brough, Edith Coleman, Marie Molnar, Monica Reasor, Cheryl Tucker, Joyce Klosner and Susan Sudol.

August was a hot month, so why not start off this months voyages with a trip to Ocean City. Through the Stockton Trips this summer, Sykes residents Betsy Ahl, Edith Coleman, Monica Reasor, and Kathy Wulforst visited the beach, surf/sand, and boardwalk of Ocean city.

Our next voyage this month took Sykes ladies; Janet Brough, Laurie Green, and Monica Reasor, to Liberty Convention Hall to celebrate the bill signed by our president against discrimination of all handicapped individuals. A step forward for the special population of America.

August also watched Sykes residents participate in our Unit III picnic and social dance held at the Moose Hall. In conclusion, our residents also enjoy many bus trips to the Franklin Mills Mall and weekend van rides conducted by cottage staff: Joan Rogers, Liz Franklin, Kim Myrie, Iris Bowden, and Marion Radford.



NORTH COTTAGE HIGHLIGHTS

Submitted by Rose Marie Peek, CTS

On Wednesday, 7/18/90, a combined trip to Baltimore Inner Harbor was made. Twenty-one clients and six chaperones went from North Cottage and twelve clients and six chaperones from Lee Cottage. After touring the Aquarium, a delicious lunch was enjoyed by everyone at the Horn and Horn Restaurant.

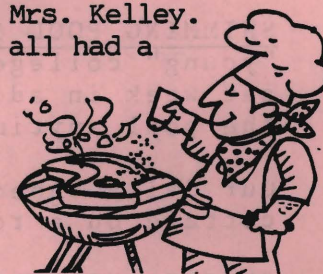
On Thursday, 7/26/90, a combined Birthday and BBQ was held for all clients and staff. There was much food and fun for all who participated.

CROSS COTTAGE EVENTS

Submitted by Irene Graham, STPA

Cross Cottage kicked off the summer season with a barbecue on June 8th. Marinetta Kelley, HCTS, who organized the party, had some influence with the visiting chef whose steak and ribs were mouthwatering and cooked to perfection. The fragrance of those delicious ribs was drifting through the cottage early in the day and by party time everyone was ready to "chow down". Mrs. Kelley was the only one allowed to hug the chef though....Thank you Gene!

Mr. Charles Harris, our Foster Grandfather, was recognized for his special contributions to the lives of our clients by the presentation of a cake by Mrs. Kelley. Everyone got into the act with music, balloons, and water pistols. We all had a great time!

MAIN COTTAGE HAPPENINGS

Submitted by Lillian Bell, STPA

It has been a very eventful summer for the clients at Main Cottage. One big event was a Cottage Picnic. It was a catered event and the food was especially delicious! The clients and their guests from Woodbine Developmental Center enjoyed barbecued chicken, ribs, baked beans, macaroni and potato salads, and baked macaroni and cheese. After all of the good food everyone shared watermelon.

Other events included trips on the Cape May Ferry, to Stockton, to Atlantic City, and many bus rides around the community.

OK Gang...let's see what's planned for the fall season!!!!

NEWS TO YOU FROM EAST CAMPUS RECREATION

Submitted by Retta Burch, Supervisor

CAMP SMALL FAWN- Our Camp opened on July 3rd and ran every Tuesday and Wednesday thru August 29th. Each cottage had the opportunity to spend a day at camp. Transportation Services provided our campers a bus ride to and from our campground, while Food Service provided our Noon Meal. Several cottages selected menu choices of: pancakes and eggs or french toast, prepared by Central Recreation staff. Our happy campers enjoyed making craft projects, stenciling, wood projects, tie-dyeing tee-shirts, painting tee-shirts and painters caps, making sachets, baskets and nature prints. Storytelling with tapesto pictures hand drawn by Central Recreation staff were enjoyed by all. Some of our campers chose to spend their afternoon at our pool catching some rays while others chose to enjoy water play provided right at our campground.

Our 1990 program was a huge success and a great "big" thanks to Ms. Bonnie Burrell and Ms. Pearl Davis, from our Central Recreation staff, for providing a fine camp experience for all.

CAMP SING-A-LONG -- On Thursday, July 26 and Thursday, August 23 - Mr. Steve Gatier from our Plumbing Shop and Mr. Bill Megargee from our Caprenter Shop, visited our camp on their own time to share their talents with our campers. This evening "sing-a-long" provided our clients who work all day the opportunity to attend a camp session and by entertained with banjo and guitar selections and hear their favorite "ole time" songs. Our Central Recreation staff cooked hot dogs and roasted marshmallows for our ladies. A special "thank you" to Steve and Bill for sharing this wholesome and deeply appreciated activity.

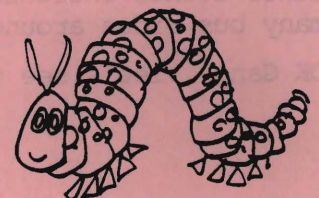
SWIMMING POOL & GLIDE-A-RIDE - Our pool and Glide-A-Ride were manned with "young" college students for the summer months. Our pool was open six days per week in addition to evening hours. All cottages were welcome to go to the pool anytime they wanted to cool off!

Our daily schedule for the Glide-A-Ride kept the "train a rolling" to each cottage on a rotating basis.

PHYSICAL FITNESS SESSIONS - Held every Wednesday evening in the Auditorium. All clients are welcome to come out and work out with Ms. Lynn LaVigne, from Slender Shapes of Buena Athletic Club. We have had a large weekly turn out which can only mean our ladies are getting into shape for their Fall fashions

VIDEO/CUSTARD NIGHT - Held every Thursday evening in the Multi-Purpose Building, clients have enjoyed the following movies: "Millennium", "Parent-hood", "Field of Dreams", "New York Stories", "Young Einstein", "Fat Man" and "Little Boy", "Willow", "When Harry Met Sally", "Meatballs III", "Brewsters Million", "My Stepmother Is An Alien".

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News To You From East Campus Recreation

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MORNING STRETCH WITH J.B. AND B. J. - Jane Bajewicz and Betty Jones have provided our clients with a Thursday morning exercise session this summer enjoyed by many of our ladies.

CUSTARD TREATS - Every Friday, two cottages enjoy a custard treat for their total population prepared by Central Recreation staff. Cottages are rotated weekly so everyone enjoys this treat!

PAFA BUS RIDES - Our clients have enjoyed their outings to: Lancaster, Cape May, Hershey Park, Franklin Mills, Wildwood, Great Adventure, Great Adventure Safari, etc. All cottages are rotated with PAFA bus rides held every Monday, Tuesday and Wednesday.

CHUCK WAGON PICNICS - Upon request, each cottage was welcome to schedule a Chuck Wagon Picnic for their clients. A new gas grill was installed in our Chuck Wagon and picnics were enjoyed as follows: 8/16-Unit 3 - Lee, Bassett, Reeves and Sykes Cottages, 8/22 - Wolverton, 8/23 - North Cottage and 9/11 - East Cottage.

SUNDAY SERVICES - Every Sunday, services are held at 2:15 P.M. in our Auditorium. Once a month, Sunday Services are held in the Hospital and in Wolverton.

COED ACTIVITIES - Coed Dances were held: 7/19 at Woodbine, 7/19 at New Lisbon, 8/16 at Woodbine, 8/18 at New Lisbon, 9/13 at New Lisbon and 9/20 at Woodbine. Pond Cottage enjoyed a coed Pool Party on 7/26 at VDC with Woodbine boys.

A Coed "Fifties" Dance with New Lisbon and Woodbine Developmental Centers will be held in our Auditorium on 9/27. Ice cream sodas, chips/pretzels, rolled-up jeans, saddle shoes, etc. are all on our agenda.

LENAPE PARK OUTING - On Thursday, August 9th, 432 clients from East and West Campuses and our PAFA Group Homes enjoyed an outing at Lenape Park Recreation Center. Hot dogs, hamburgers, boneless breast of chicken, pasta and macaroni salads, chips & pretzels, soda and custard were served. Rides on the "Lenape Fun Boat" the powered boat, paddle and row boats and canoes, miniature golf, volleyball, bankshot basketball and our DJ provided our day's activities.

LIBERTY PARK OUTING - The signing of the Developmental Disabled Rights Law by President Bush was celebrated in New Jersey with a large Division picnic held on Friday, August 10th at Liberty Park. Twenty clients and their chaperones from VDC joined in the festivities.

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### News to You From East Campus Recreation

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SPECIAL OLYMPIC CRABBING OUTING - On Wednesday, August 29th, three of our Special Olympians will travel to Sea Isle City to participate in the First Annual CRABBING outing. After the crabbing, our athletes will enjoy their supper at the shore and a "String Band" scheduled to appear on the promenade.

VIDBEL'S OLD TYME CIRCUS - On Thursday, September 6th, the Old Tyme Vidbel's Circus will perform on VDC East Campus. All clients will be invited to attend the 2 P.M. Show and at the 6 P.M. Show, all Group Home clients, VDC employees and their families are invited to attend.

SENIOR ACTIVITY DAY - On September 19th, twenty-five of our ladies and their chaperones will travel to New Lisbon Developmental Center for a fun-filled day of activities.

Clients from all Developmental Centers will join together for lunch, music, etc.

VDCEA TALENT SHOW - Our employees will perform their annual Talent Show for our clients in the East Campus Auditorium on Wednesday, September 26th at 7:00 P.M.

THIRD ANNUAL OKTOBERFEST - Central Recreation will host their 3rd Annual Oktoberfest on Thursday, October 4th in the Auditorium Parking Lot. This year, New Lisbon and Woodbine Developmental Centers will be invited to attend.

HALLOWEEN ACTIVITIES - Plans are being made for our Annual Halloween festivities---Pumpkin Carving Contest, Ghoulie Bash and Employees Costume Judging Contest.....fliers will be distributed throughout the campus announcing these activities.

VDCEA FLEA MARKET - Central Recreation will staff the VDCEA Flea Market to be held on Friday, October 12th in the Auditorium. Coffee, donuts, hot dogs and canned soda will be sold.



**NEWS TO YOU FROM WEST CAMPUS RECREATION**

Submitted by Connie Ortega, Supervisor

**"You will find as you look back upon your life that the moments when you have really lived are the moments when you have done things in a spirit of love."**

**Henry Drummond**

Those are the sentiments echoed by the clergymen who provide Church Services for the clients at the Vineland Developmental Center--"Love for one another."

To honor the clients who attend the Church Services, Bishop James Finney, and Mrs. Connie Ortega, Supervisor of Recreation, arranged an Awards Ceremony. The Awards Ceremony was held on Wednesday, June 20, 1990, at the Vineland Developmental Center Learning Center from 1 p.m. to 3:30 p.m. Approximately 160 clients received awards and enjoyed hymns provided by employees of the V.D.C.--Mrs. Joanne Lee, Ms. Gloria Taylor, Ms. Paula Brown, Ms. Nereda Rodriguez, and Mr. Lee Jamison. The awards were presented by Reverend Robert W. Henninges, Central Coordinator for the New Jersey Institutional Chaplains Association, Reverend Chip O'Toole, Supervisor of Chaplaincy Services, Bishop James Finney; Sunday Service Coordinator for the Vineland Developmental Center, and Mr. Robert Smith, Superintendent of the Vineland Developmental Center. Following the Awards Ceremony, there were light refreshments for all in attendance.



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**News To You From West Campus Recreation**

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**"Cooperation is spelled with two letters--WE."**

Cooperation is what it takes to make our Yearly Picnic at Capps Camp a success. This year "Capps" was held on Wednesday, July 11, 1990, and as always, it was a very nice day for all who attended--approximately 450 clients and staff. The clients enjoyed the paddleboat, sailing, canoeing, and swimming. Even the rain at the end of the day did not dampen the fun for our clients.

Some of the many people who make up the "WE" are HCTS's, Patients' Accounts, Transportation, Medical, and Recreators. Without their continued efforts and cooperation "Capps" would not be a success. A thank-you to everyone who was involved.

**"About the only thing that comes without effort is old age."**

The West Campus Recreation Department puts a lot of effort into assuring that our clients and staff have a busy and enjoyable summer. Summer highlights are the following.

1. The pool, which opened the end of June and will close the end of August. The pool is open Monday to Friday from 9 a.m. to 4 p.m. and Wednesday and Thursday evenings from 6 p.m. to 8 p.m.
2. Snowcones are another favorite for our clients. Every Friday a Cottage is given Snowcone Treats.
3. Campus Picnics are a crowd pleaser. Each Cottage receives two picnics during July and August that are accompanied by bus rides.
4. Ice cream or yogurt treats are held on Saturday for the Cottages on a rotational basis.
5. Bus Rides are still held every Thursday and Friday with the PAFA Bus for all Cottages to enjoy a local outing of their choice.
6. Coed Pool Parties, complete with dinner, are held the first Thursday in July and August.
7. On Wednesday and Thursday evenings, beside the pool being open, refreshments of freshly popped popcorn and juice are served.



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News To you From West Campus Recreation

(continued from page 26)

A few special things were planned for July and August, and two of them are described below.

Three trips were planned for West Campus clients to attend the Glassboro Summer Children's Theatre. There a total of 36 clients and 15 staff enjoyed three musical performances of Dorothy Meets Alice. Dorothy Meets Alice is a play which combines Alice in Wonderland with The Wizard of Oz. The theatre program described the play as "the Toto-ly Oz-some Adventures of Two Storybook Girls Whose Wonderland Whirls Suddenly Explode in a New Episode 'Tween the Rabbit Hole and the Yellow Brick Road." The costumes were bright and beautiful, and the music was catchy.

West Campus July Fest was held Wednesday, July 25, 1990. July Fest is a picnic held for all the clients and employees on West Campus. The day's events included D.J. Mary Ann Domenico, games, a magician, The Great Garini, bracelets for all clients, and hats for employees. The menu was hamburgers, hot dogs, pasta salad, Sloppy Joes, melon balls, cantaloupe, soda, snowcones, and popcorn. A fun time was had by all who attended.

As you can see, summer is not only a busy time but a fun time--a time when we all enjoy being young.

EQUAL EMPLOYMENT OPPORTUNITY/AFFIRMATIVE ACTION

The Vineland Developmental Center is an Equal Opportunity Employer. The Center's policy statement proclaiming this may be found where Personnel information is posted. A copy of the Center's Affirmative Action Plan is located at all main work sites and is accessible to all employees. The Center's Affirmative Action Officer, Mr. Jerry Hall, is available to handle and provide assistance to all employees with valid discrimination and sexual harassment complaints. Phone: 696-6044 Hours: 9:00 AM - 4:30 PM.

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