

VDC NEWS



VINELAND DEVELOPMENTAL CENTER/HOSPITAL
VINELAND, NEW JERSEY

DR. M. CRUZ
SUPERINTENDENT
ANNETTE LANGER
EDITOR



NEW JERSEY
DEPARTMENT
OF
HUMAN SERVICES

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NO. 2

SHE'S COME A LONG WAY

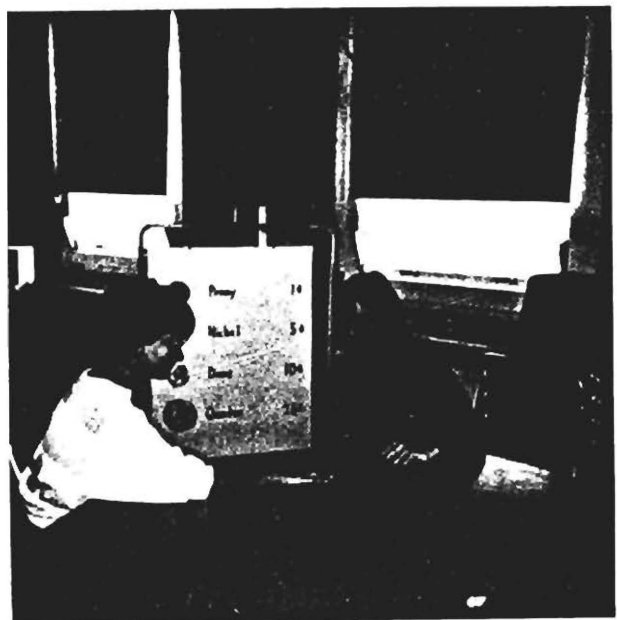
Debbie Stillwell is one of our success stories that we are all happy and proud to hear about. She has had a history of behavior problems which had prevented her from participation in many programs and activities in the past. At her IHP (Individual Habilitation Plan) meeting the team recommended that Debbie be placed in a Vocational program for a trial period. She was placed in Daily Living Class in August and Work Activity class in November of 1983. The trial period proved to be successful and Debbie was permanently enrolled in the programs. As Debbie's attention span and behavior improved, her class time was increased and at present she attends programs Monday to Friday from 9:00 a.m. to 3:30 p.m., with time out for lunch.

Carole Pentz, Teacher I, Daily Living Classes, reports that Debbie has been attending classes regularly and is pleasant and cooperative in the classroom. She tells us that Debbie seems to enjoy helping not only the teacher but also other clients in the classroom. Her current accomplishments have been learning to sew using a simple basting stitch, learning the names and values of coins, cooking activities including the names of various kitchen utensils, and painting ceramic items.

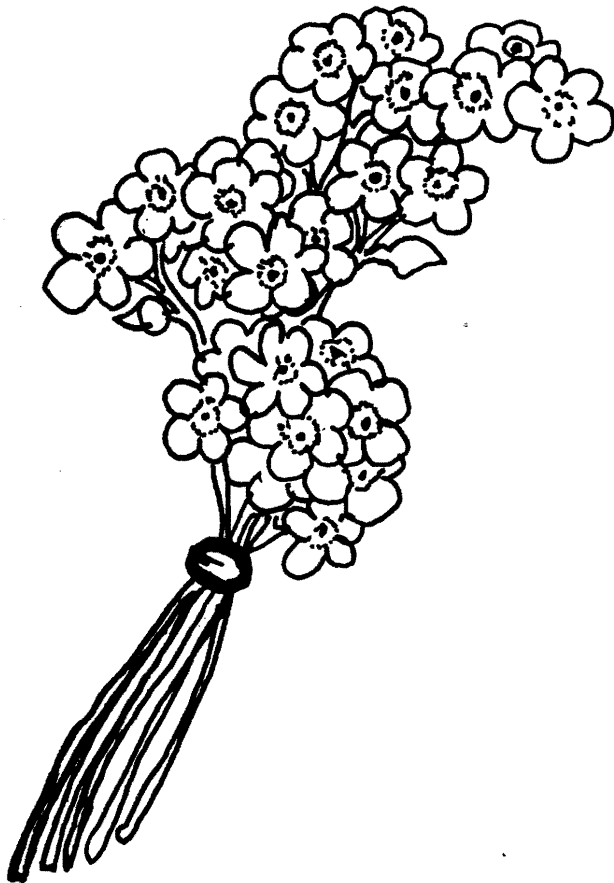
In the Work Activity Classes, Debbie has learned the rudiments of assembly line work according to Josephine Parson, STPA. Debbie has learned to count and package various items and is paid according to the number of items she packages. This has proved to be an incentive for Debbie and she continues to improve her output.

Additionally, Debbie has made tremendous improvement in her current cottage assignment, Pond, where she is involved in the Wholistic Program. She represents her Cottage on the Client Council as an alternate. Debbie assists other clients by escorting them to and from programs and activities and is fortunate to have an attentive sponsor.

If you count back, Debbie has made fantastic improvement over a very short period of time and we all applaud her many successes!



Debbie and her Daily Living Teacher, Carole Pentz, are reviewing a lesson on money.



Dear Staff:

On Friday, May 4th, the twenty-second Annual Employee's Awards Dinner was held in Atlantic City at the Playboy Hotel and Casino. Three hundred and two employees received Service Awards and twenty-seven retirees were honored. I was privileged to make those presentations to the many hard-working, caring people who make the Vineland Developmental Center a place of which we can all be proud. The team spirit that is generated when we are together in a group is very noticeable. It flows through the crowd like a current, and is invigorating and refreshing.

Over the past several years I have developed a deep respect for "state workers", who have for too long had a bad reputation as a result of the actions of only a few. I have found, the majority of "state workers" are a group of dedicated, hard working and caring good people.

I congratulate you on your efforts and fine achievements. I am proud to be part of all of you. Let's keep the spirit high and continue making our Center the finest.

Dr. Miguel Cruz
Superintendent

BIRTH CONGRATULATIONS TO:

Preston Dockery, Hskpg. - a girl
 Marylyn Drye, Brown - a girl
 Hannah Garron, Kimble - a boy
 Nancy Gonzalez, Brown - a girl
 Kellie Gorski, TLC/Teacher - a girl
 Jeannine Hennessey, Hospital - a girl
 Cheryl Hyson, TLC/Rec. - a girl

Ruthie Jones, Sykes - a boy
 Harry Kilpatrick, Mental Health - a boy
 Lianne M. Leighty, TLC/Education - a girl
 Myra Norman, Fisher - a boy
 Darrell Owens, Hospital - a girl
 Cynthia Robinson-Shockley, Grisco - a boy
 Carmen Velez, Sykes - a girl

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WEDDING BELLS RANG RECENTLY FOR:

Kathleen (Egen) Branca - TLC
 Susan (Wagner) Gainfort - Education
 Audrey (King) Harper - Grisco
 Diana (Jackson) Matthews - Grisco
 Ola (Braziel) Scott - Brown

BEST WISHES FOR RETIREMENT TO:

Josephine Baruffi, Food Serv.-20 yrs.9 mo.
 Claudius Maldonado, Beauty Shop-16 yrs.
 Doris Pettit, Dental Clinic - 27 yrs.
 Lillian Pollock, Personnel - 30 yrs.
 Vivian Powers, Landis - 19 yrs.

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SINCERE CONDOLENCES TO:

Patricia Arasin, Patient Accts, on the loss of her father
Josephine Baruffi, Food Service, on the loss of her brother
Kathleen Branca, TLC, on the loss of her mother
Jacqueline Brown, Sec. I, on the loss of her mother
Susan Cook, Kimble, on the loss of her father
Virginia Cordero, Grisco, on the loss of her mother
Dorothy Dale, North, on the loss of her son
Irene Derr, Vocation, on the loss of her mother
Rosalind Goodman, Sec. II, on the loss of her mother
Mattie Hines, B-Wing, on the loss of her brother
John Janiszewski, Carpenter Shop, on the loss of his mother
Annie Johnson, TLC, on the loss of her husband
Patricia Johnson, Grisco, on the loss of her father
Cora Jones, Grisco, on the loss of her son
Bertha Lane, Ireland, on the loss of her brother
Charles Letts, Soc.Serv., on the loss of his father
Ferdinand Martelli, Maintenance, on the loss of his step-father
Evelyn Morton, Food Service, on the loss of her son
Geraldine Patterson, Grisco, on the loss of her sister
Jerzy Szpieg, Carpenter Shop, on the loss of his father
Elizabeth Velez, Donahue, on the loss of her baby
Rossie Wilson, West, on the loss of her husband

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"Dr. Maslal Saul was born on May 15, 1922, and came to the Vineland Developmental Center from Woodbine in December 1967. We extend our sincere condolences to the family of Dr. Saul on his passing. A Physician, a friend and a dedicated servant to all who knew him."

CELEBRATION '84

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The Vineland Developmental Center is proud to present "Celebration '84", an annual event to be held consecutively at the Center's Almond Road and Landis Ave. campuses on Saturday, July 7, 1984.

On the Landis Ave. Campus, festivities are scheduled to begin at 1:00 p.m. There will be various games of chance, the U.S. Navy Band at 2:00 p.m., and Capt. Rob Shannon making balloon animals. Free cotton candy, popcorn and snow cones will be available to all. Hot dogs and sodas will be sold for a small price. Breakdancers are performing at the George Barton Thorn Aud. from 3:30 - 4:30, and at 7:00 p.m. in the Aud. entertainment will be provided by the 3-D puppet theatre.

Starting at 1:00 p.m. the Almond Road Campus will be host to the Air Force Northeast Band. Hot dogs, popcorn and snowcones will be available. Field games and prizes, an arts & crafts sale, and the Pros Disc Jockeys should make for an enjoyable afternoon. Two new highlights added this year, that you won't want to miss will be the "Nickel Auction" and our Foster Grandparents homemade cake sale.

Please join us and help to make this a special day for all. We promise some surprises!

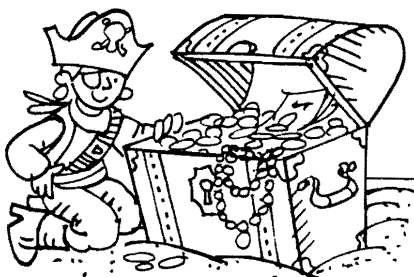
NICKEL AUCTION - ALMOND ROAD CAMPUS

You're not going to want to miss this, especially if you like penny auctions.

Our July 7 "Celebration '84" will have a Nickel Auction. It's very similar to a penny auction with the only exception being that bids will require a nickel donation each. You'll be able to get as many bids as your little heart desires. There'll be a fine assortment of items for the auction. Some items to look for are electronic items, plants, frozen pizza, decorator items, and maybe an antique or two.

The VDC Employees Association is the sponsor for the Nickel Auction. The anticipated profits from the Nickel Auction will be donated to the VDC Clients Welfare Fund, which is a resource utilized to purchase or support activities not anticipated in the annual budget.

We are also actively looking for items for our Nickel Auction. Pull something from your yard sale to help us help those for whom we care so much. Should you have an item you would like to donate for the Nickel Auction, please contact Ed Mihaly, Supervisor of Recreation, Almond Road Campus, at 696-6257.



CONTROLLING WEIGHT

By Jean Barbarotto, RD - Dietary Services

Overweight is one of the major health problems in the United States today. It effects 40 million Americans. Overweight greatly increases the risk of hypertension, diabetes, and gall bladder disease. Obesity is linked to increased heart disease, stroke, circulatory problems, arthritis and early death.

In most cases, overweight is caused from eating too much and excercising too little. Glandular and other physiological problems are only involved in 1 - 2% of all cases of overweight. The only way to permanently control weight is to follow a sensible program of diet and excercise.

Diet Control is the first part of weight control. Here are some guidelines to follow:

- A) Lose Weight Slowly - Aim to lose only one or two pounds per week. Take in at least 1200 calories per day.
- B) Space Meals Evenly - Keep meals approximately the same size, and distributed evenly throughout the day.
- C) Don't Skip Meals - It makes fattening snacks more tempting.
- D) Eat Slowly - Chew each mouthful thoroughly. Put down your fork frequently. Stop eating when you're full. (From the time you begin eating, it takes approximately 15 minutes to realize you're full.)
- E) Plan Snacks - Save part of your daily calorie allowance to snack on later instead of going off your diet.
- F) Watch Your Progress - Weigh yourself about once a week at the same time of day.
- G) Choose from the "Four Basic Food Groups" - To be sure you get the amount of protein, carbohydrate, vitamins and minerals you need.
 1. Milk Group - 2 one cup servings a day
 2. Meat & Protein Group - 2 or more servings a day
 3. Fruit & Vegetable Group - 4 servings a day
 4. Bread & Cereal Group - 3 - 4 servings a day
- H) Avoid High-Calorie Foods - Such as sweetened baked goods, fried foods, cream products, solid fats, gravies and sauces.
- I) Keep At It - Good eating habits require a lifetime commitment.

Exercise is the second part of weight control.

Look for activities that are enjoyable, convenient, inexpensive, and moderately strenuous. Everyday exercise opportunities can play a role in your overall exercise program. For example, you can take the stairs instead of using an elevator, push a lawnmower instead of riding one, walk instead of drive, and learn to stretch, flex, and bend as you do daily chores.

If you are over 35 years of age, it is recommended you consult with your physician before beginning an exercise program. When getting started, go slowly at first, limber up each time and increase exercise gradually.

GLAD YOUR BETTER

By Robert L. Manestrina, Foster Grandparent Program

Jeannie Faith was hospitalized from 9/29/83 to 4/25/84 for an operation on her hip called a Girdle Stone Procedure. The purpose of the operation was to increase the mobility in

Cont. on p.6

NEWS FOR YOU FROM: Cont. from p. 5 - F.G.P. "Glad Your Better"

her hip allowing her to hopefully sit up. Her hospitalization period for over 1/2 a year took her Landis Cottage family and friends away from her. Jeannie's foster grandfather, Mr. John Watson, helped alleviate some of that problem by visiting Jeannie just about every day during her hospital stay. Mr. Watson would feed Jeannie her lunch, converse with her and make her stay a bit more pleasant. The familiar face brought a smile to Jeannie's face. Weather permitting, Mr. Watson would bring his other foster granddaughter, Winnie Reimel, along with him to visit with Jeannie.

Life is back to normal now for Jeannie since she was discharged from the hospital, but it is nice to have a grandparent ease the pain of a hospital stay.

CONGRATULATIONS

By Glenn Franzoi, Dept. of Staff and Community Development

Congratulations are in order for Mr. Martin Manno, G.N., who recently completed his nursing studies at Cumberland County College. Martin was a Department of Human Services R.N. Scholarship recipient who started his nursing career development in September, 1982, and just this May completed his Associate in Science degree in Nursing.

Martin received two honors for his academic excellence while pursuing his studies. He has been named to the Who's Who Among Students in American Junior Colleges in recognition of outstanding merit and accomplishment as a student at Cumberland County College and was also nominated and has received a one year Special Honorary Membership to the New Jersey League for Nursing. The latter award was received after being selected by the faculty of Cumberland County College for exemplifying the ideals that the New Jersey League for Nursing organization stands for.

We at the Vineland Developmental Center/Hospital are proud of Martin's academic accomplishments and feel this is one example in many of the special, caring employees providing their services to our clients.

ART EXHIBIT

By Dr. Lewis S. Alban, Mental Health Dept.

Clients from the Chimes Terrace and Park Avenue Satellite Homes had their artwork on exhibition at the 6th Annual South Jersey Special Arts Festival on May 21, 1984 at Glassboro State College and also in the Vineland Public Library throughout the entire month of August and part of September. The exhibitions, for the purpose of enhancing the clients self-esteem, will also convey to the public the positive aspects of deinstitutionalization by displaying the individuals newly learned skills and increased ego-strength such as improved, increased and more mature interpersonal relationships and socialization skills, increased independence, improved decision-making skills and enhanced self-esteem. Samples of artwork by institutionalized clients will be compared to the clients artwork in the Satellite Homes and photographs and newspaper articles will also be used to promote the principles of normalization and deinstitutionalization. The exhibits are coordinated by Christine Force, ATR, Art Therapist with the help of Ruth Marish, Occupational Therapist, both of the Mental Health Service on the Landis Avenue Campus.

NEWS FOR YOU FROM: Cont. from p. 6

SECTION SYSTEM AT THE VDC/H
SECTION UPDATE FOR THE CAMPUS AT LANDIS AVE.

Professional/Residential Services Dept.

Section 1: Kimble, Main & Wolverton

Supv. of Prof/Res. Services

Boris Reissek, Jr. 696-6496

Asst. Supv. of Prof/Res. Services

Peg Coombs 696-6496

John Rose 696-6496

Section 2: Cross, Giles & Sykes

Supv. of Prof/Res. Services

Carmella Mercogliano 696-6526

Asst. Supv. of Prof/Res. Services

Walter Harris 696-6321

Edwina Carter 696-6346

Section 3: Landis, Regan & West

Supv. of Prof/Res. Services

Jackie Brown 696-6754

Asst. Supv. of Prof/Res. Services

Jay Hennessey 696-6755

Eileen Bunk 696-6755

Section 4: Bassett, East & Reeves

Supv. of Prof/Res. Services

Amber Eble 696-6178

Asst. Supv. of Prof/Res. Services

Keith Egan 696-6196

Jackie Pendola 696-6196

Section 5: Lee & North

Supv. of Prof/Res. Services

Seeta Voorakkara 696-6138

Asst. Supv. of Prof/Res. Services

Nancy Cosier 696-6476

Pond Cottage:

Supervisor

Ron Derby 696-6668

Asst. Supv. of Prof/Res. Services

Stan Stiles 696-6668

SECTION UPDATE FOR THE CAMPUS AT ALMOND ROAD

Section 1: Donahue, Emerlee & Fisher

Supv. of Prof/Res. Services

Mrs. Bianchi 696-6683

Asst. Supv. of Prof/Res. Services

Ruth Harris 696-6683

John Ludwick 696-6683

NEWS FOR YOU FROM: Cont. from p. 7 - Section Update C/AR

Section 2: Grisco & Jones

Supv. of Prof/Res. Services

Mr. Bianchi 696-6685

Asst. Supv. of Prof/Res. Services

Mary Moore 696-6687

Rosalind Goodman 696-6687

Section 3: Allen & Brown

Supv. of Prof/Res. Services

Mrs. Taylor 696-6691

Asst. Supv. of Prof/Res. Services

Maryann Crilley 696-6693

Evelyn Fox 696-6693

Section 4: Harper & Ireland

Supv. of Prof/Res. Services

Mrs. Johnson 696-6681

Asst. Supv. of Prof/Res. Services

Scott Marsh 696-6772

Almena Scarbrough 696-6772

Family members are encouraged to contact the staff members listed above if they have any questions or concerns. In addition, the Developmental Center's Switchboard is manned on a twenty-four hour basis (609-696-6000) and will direct calls as required.

THE PARENTS AND FRIENDS ASSOCIATION


The Parents and Friends Association of the VDC/H are sponsoring a gala Dinner Dance at Bally's Park Place, Atlantic City on Saturday, July 28, 1984. The event is a fund raising venture by the Association and the proceeds will benefit the Client General Welfare Fund. Mr. Rudolph Gutman of the Association is Chairman.

For further information, contact Mr. Walter Doyle.

NEWS FOR YOU FROM: Cont. from p. 8

TALENT SHOW

By Bonnie Burrell, Central Recreation

We are pleased to say there was "standing room only" at the 1984 Vineland Developmental Center Talent Contest held on May 16th. The auditorium was overflowing with clients and interested spectators who were not disappointed by the show of exceptional talent that was displayed.

The event was organized and conducted by the Recreation Department and sponsored by the V.D.C. Employees Association which provided funds for prize money, flowers, and refreshments for performers.

Mr. Clive Conover, Ms. Dorothy Cullen, and Mr. Ron Ortiz graciously consented to be the panel of judges for the competition.

Mr. Ciancarelli presented the 1st place prize to the breakdance group "Mega-Rock" with Gail Hart of Staff Development, 2nd place went to Ron Segers, Giles Cottage Recreation, and his musical group "Zoe" and 3rd place winners were Marion Allen, Landis Cottage Recreation, and Perry Loatman also of Landis Cottage, singing "Endless Love".

We congratulate the winners and appreciate the enthusiasm and interest of all the fine performers and though each did not receive a prize, we sincerely believe that they were all "winners".

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RESIDENT ACTIVITIES - Cont. from p. 4

SPECIAL OLYMPIC TRACK & FIELD MEET

By Vito M. Ingerto, Sr., Central Recreation

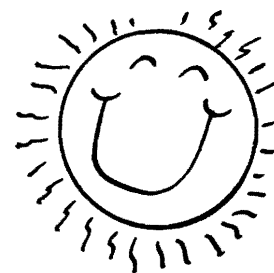
On Saturday, May 5th, Vineland Developmental Center had 44 athletes from the Landis Campus compete in the Area 8 Track & Field Meet. The meet was held at Bridgeton High School Athletic Complex. Our athletes competed in events such as; 400 meter relay, 100 meter dash, 50 meter dash, standing long jump, softball throw, frisbee throw for distance/accuracy.

After a long day of competition our athletes had compiled a total of 136 ribbons including 43 first, 30 seconds, 22 fourths, 9 fifths, and 2 sixth place ribbons. The highlight of the day was the two first place finishes of our A & B relay teams. The 400 meter relay was a new event for our girls, and they finished first in their two heats.

Joyce Sample lead the competition with 4 first place finishes, followed by Debra Burley, Mary Jane Eirenhofer and Grace Remington each with three first place ribbons. Eighteen of our athletes are looking forward to participating in the State Track & Field Meet to be held at Rutgers University on June 8, 9, and 10th.

RESIDENT ACTIVITIES - Cont. from p. 9

SPECIAL OLYMPICS AREA 8



By Cynthia Godown, C/AR/Education Dept.

Extra! Extra! VDC, Almond Road Campus, joins forces to make Special Olympics extra successful. Recreation/SFEA clients recently participated in Special Olympics Area 8 Track and Field Competition held May 5 in Bridgeton, New Jersey.

Clients participating were:

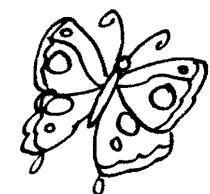
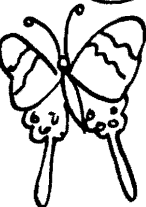
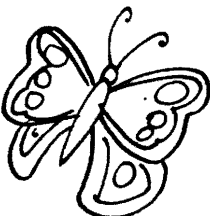
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|---------------|--------------|
| S. Astone | J. McCoy |
| J. Austin | E. O'Conner |
| M. Body | A. O'Grodney |
| J. Burroughs | C. Osborne |
| L. Castro | G. Pagan |
| J. Gaynor | L. Parker |
| M. Gustavsen | P. Peschock |
| J. Karyczak | C. Stern |
| K. Larsen | T. Thigpen |
| D. Laws | F. Tiver |
| C. Litchfield | |

Medal Tabulations:	1st	16	4th	8
	2nd	22	5th	4
	3rd	10	6th	2

This was the first year that the Recreational Staff under the direction of Mr. E. Mihaly and Ms. M.A. Kidd and SFEA Staff directed by Mrs. D. Conaway and Ms. C. Godown combined forces and competed as one large group. The additional staff allowed many more clients to train and participate in the track and field activities. Our clients performed superbly and enjoyed the day's outing, even though the weather did not display it's best.

Clients and staff are now preparing for the upcoming Special Olympic State Meet to be held on June 8, 9, and 10 at Rutgers University in New Brunswick, New Jersey.

Our athletes will not only compete with other handicapped athletes in the state but will be treated to a 3-day stay in the dormitories of Rutgers University -- a new experience for many. Good Luck Athletes!



"COMING EVENTS"AUGUST 15HOXIE BROTHERS CIRCUS

Two performances under the "Big Top" will be held for clients, employees and guests from our sister institutions, AIMS, New Jersey Memorial Home, Ancora, and the Children's Residential Center.

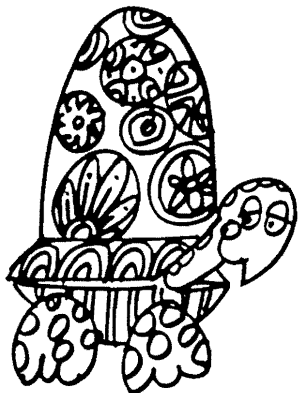
SEPTEMBER 19HEALTH FAIR

A one day Health Fair for employees and the Community will be sponsored by VDC/H in the George Barton Thorn Auditorium. We plan for screenings in Eye Health, Audiology, Blood Sugar, Hypertension and much more.

OCTOBER 14"RUN FOR FUN"

A cross-town 10 kilometer "Run for Fun" that is hoped will become an annual event will commence with 8 Area Special Olympian long-distance runners. These proud participants upon completion of their on campus run will be presented with T-shirts.

A professional organization called "Rapid Results, directed by Matthews Piatt will handle the community runners. Mr. Dick Sheerann, KYW TV 3 will be present and will be the honorary starter. The run commences at the Campus at Almond Road and conclude at Campus at Landis Avenue.



Annette Langer, Dir., Staff Development
Vineland Developmental Center
Vineland, NJ 08360

FIRST CLASS

William Forman
NJ Library for the Blind
1700 Calhous St.
Trenton, NJ 08625