



VDC NEWS

VINELAND DEVELOPMENTAL CENTER/HOSPITAL
VINELAND, NEW JERSEY

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DR. M. CRUZ
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ANNETTE LANGER
EDITOR



NEW JERSEY
DEPARTMENT
OF
HUMAN SERVICES

VOL. I

DECEMBER 1983

NO. 4

TEAMWORK = BETTER CLIENT SERVICES

Almost as soon as the Special Olympic Bowling sessions started, it became apparent that a wheelchair bowling ramp was sorely needed for clients to participate in the activity. After some researching, it was determined that the cost of the special equipment was rather expensive and the actual delivery would be some time in the future. Realizing the need and a possible way to save money, the S.F.E.A. Physical Education instructors, Cindy Godown and Denise Conaway contacted Lewis Rheppard, Wheelchair Technician, regarding the possibility of constructing the needed equipment. Mr. Rheppard examined the photographs and took measurements of the apparatus.

The staff was quite surprised when Mr. Rheppard contacted them the following day to inform them that the bowling ramp was partially completed except for adjustable legs, which would be purchased from a local hardware store. The legs were purchased and the completed project was delivered to the Physical Education Department.

Let it be known that Lewis Rheppard is a most dedicated, conscientious and understanding person and that his "extra" effort enabled physically disabled clients the opportunity to participate in a very worthwhile program.

Special thanks to Mr. Rheppard from the Special Olympic participants and the Physical Education Instructors



Phys.Ed. Instructors, Denise Conaway and Cindy Godown "Check Out" Lewis Rheppard's work of art.

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Dear Fellow Employees and Friends:

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As we begin the most joyous season of the year, it is befitting that the first holiday is one set aside for giving thanks. Thanksgiving is a time for celebrating the ritual of feast and family assembly. It is a time for counting our blessings and good fortunes. We, at Vineland Developmental Center may wish to add thanks for the privilege of giving service -- perhaps one of the greatest privileges of all, serving the mentally retarded. Looking at all the lands I have traveled on this earth, it is so clear that we should give thanks that ours is a land where people can still laugh, and dream, and hope, and speak their minds and worship as they please. We have so much to be thankful for. I am personally thankful for all of you who exhibited abundant energy, enthusiasm, resourcefulness, understanding and skill in working with me through my first full year as Superintendent. I request and encourage you to continue to express yourself, take an active part in our decision making. Teamwork pays off ultimately in improving the quality of care we render our clients.

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It always seems as soon as the sun sets on Thanksgiving Day, Hanukkah, Christmas and New Year's Day are upon us. While we exchange good wishes and entertain visions of a better future for us and for everyone else, let us dedicate ourselves to do whatever is in our power and resources for the realization of "peace on earth and good will towards men".

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With another New Year in sight, a year beckoning us with hopes and opportunities, I will be sure to set aside a few moments to reflect upon our pleasant association and the accomplishments of the year about to close. I hope you will do the same.

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It is indeed with gratitude that I look back upon 1983 and thank you for your support and trust, and commend you on your hard work and dedication. The accomplishments are yours.

Dr. Miguel Cruz
Superintendent



BIRTH CONGRATULATIONS TO:

Jane Bajecwicz, Hospital - a girl
 Celestine Cochran, WC/G - a boy
 Marie Santine, Giles - a boy
 Lillian Spann, Clinic - a girl
 Jean Vernon, Giles - a boy
 Velma White, North - twin sons

WEDDING BELLS RANG RECENTLY FOR:

Neida Morales Acosta, East Cottage
 Deborah Filippi Cardillo, Hospital-OPD
 Susan McFeaters D'Ippolito, Hospital-B Wing
 Mildred Cullen Huff, West Cottage
 Miriam Jablonski Kleiner, Giles Cottage
 Eugene Slack Mardayo, Food Service
 Beverly Gamble Planter, Hospital, C Wing

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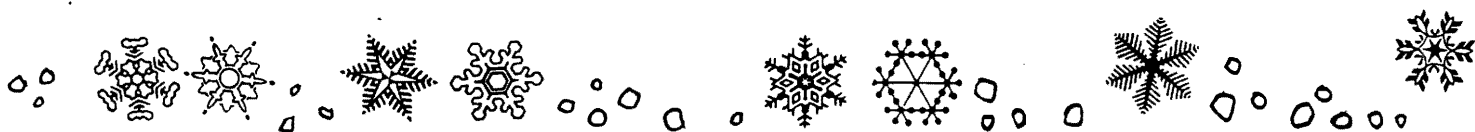
BEST WISHES FOR RETIREMENT TO:

Diane Ballard, 10 years - Cross Cottage
 Peter Capazzi, 5 years - Maintenance
 Florence Carter, 12 years - Food Service
 Dorothy Darminio, 20 years - WC/R.L.O.
 John Gillisslee, 10 years - WC/Food Service
 Mary Hess, 9 years - Giles Cottage
 Josephine Holland, 11 years - "A" Cottage
 Erma Mezzetti, 18 years - East Cottage
 Eugene Murray, 18 years - Linen Center
 Barbara Nelson, 9 years - WC/Prof.Services
 Florence Robinson, 9 years - North Cottage



SINCERE CONDOLENCES TO:

*Rennae Arrington, Sykes Cottage, on the loss of her brother.
 Barbara Byrne, Food Service, on the loss of her brother.
 Karen Byrne, Giles Cottage, on the loss of her father.
 Linda Catlett, Lee Cottage, on the loss of her sister.
 Alice Hartz, Hospital-A Wing, on the loss of her brother.
 Alene Huggins, "A" Cottage, on the loss of her father.
 Geneva Johnson, "E" Cottage, on the loss of her father.
 Alice Lopez, WC/Infirmary, on the loss of her father.
 Mary Nicosia, Administration, on the loss of her mother.
 George Pearce, Housekeeping, on the loss of his brother.
 Margaretta Reynolds, Billing Dept., on the loss of her father.
 Norma Rodriguez, North Cottage, on the loss of her father.
 Lynette Smith, Education, on the loss of her father.*



NEWS FOR YOU FROM:
IMPROVING THE SYSTEM

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By: Tanya Maurelli - Acting Assistant Food Service Supervisor

The food service department is in the process of undergoing changes with the implementation of the computer. Mr. John Esham, a systems analyst, and Mr. Joe Russo, a nutritional consultant, have begun training all personnel involved in this project. The menu is computer generated based on a 56 day cycle. The constraints used to establish the menu are cost, nutritional analysis, and preference. Quality and quantity control become major considerations. We plan to improve the quality of our meals with greater variety and consistency since standardized recipes will be used. Accurate quantity control will minimize waste but accurate portion control techniques will be essential. All personnel serving food will receive training and everyone's efforts will be essential in order to eliminate waste and still provide nutritious meals. Since this tool permits very accurate quantity calculations, our costs should reflect a significant saving without sacrificing quality. In addition to meals, a daily prescribed snack has been included in the nutritional assessment.

Our target date for implementation is the beginning of January, 1984.

WHAT IS PSYCHOLOGICAL DISCOMFORT?

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By: Dr. Lewis S. Alban, Chief Psychologist

Discomfort takes on many forms. The forms most of us are familiar with and find easiest to identify are indispositions, such as aches, pains, nausea, and fatigue. These bodily distressors often cause us to seek the help of physicians and acquire medications.

When physiological abnormalities occur in the absence of medical disease, they are typically caused by psychological factors. A bodily discomfort is a psychological discomfort not because symptoms are present but because it arises from psychological abnormality.

Another form of psychological discomfort is worry. One may constantly or sometimes be apprehensive about the present or the future. One may worry about an aspect of life, such as heights, open spaces or job prospects. Whatever the contents of the apprehensiveness, worry constitutes a state of psychological discomfort that many of us seek to relieve.

A third kind of psychological discomfort is depression. Depression does not mean changes in mood or adjustment or temporary sadness resulting from such events as failure, disappointment or psychological indisposition, such as a hangover. Depression or melancholy typically endures long after a temporary saddening event, or may endure in the absence of or unrelated to a saddening event. This is abnormal psychological discomfort.

Worry (or anxiety) and depression are typically assumed to be psychological discomforts, unless proven to be physiological abnormalities. Somatic symptoms are assumed to be physical indispositions, unless demonstrated to have causal factors or related factors that are psychological in nature.



NEWS FOR YOU FROM

STATE PROMOTIONAL EXAMINATION PROCEDURES

By: Edward A. Gesty, Personnel Officer I

A change in Promotional Examination Procedures will lead the way to expand promotional opportunities for employees of the Vineland Developmental Center.

We have always utilized promotional examinations as a way of fostering career advancement for our own employees. However, under past regulations an employee had to have permanent status in at least one competitive title via an open competitive Civil Service Examination in order to be eligible to participate in a promotional examination. Employees in noncompetitive titles could not take a promotional examination even though they might have qualified for a higher title in the competitive division because of experience they had obtained through their employment.

Under the new regulations this has changed. In certain areas we will be able to establish "bridge" titles from the noncompetitive to the competitive division for promotional examination purposes. Generally, these opportunities will impact on entrance level para-professional, craft and clerical titles. Also, under the new regulations it will be possible to establish "bridge" titles from competitive para-professional titles to entrance level professional titles.

The Administration will move to implement these changes as promotional opportunities occur. By doing this, employees will be able to participate in an expanded career advancement program at the Vineland Developmental Center.

A FIRST AT THE VDC HOSPITAL

On November 7th, at the V.D.C. Hospital, cataract extraction surgery followed by prosthetic lens implantation was performed on a client by Dr. Steven Rodis. This is the first time this type of surgery was performed in a Department of Human Services Hospital. The surgical procedure, performed after appropriate consent was obtained, avails the clients living at the Center to the most recent advances in the ophthalmological field.

Dr. Rodis, an Ophthalmology Consultant at the VDC/H for almost two years, has been performing lens implantation surgery in his private practice since 1975. He feels that there is ease in use and retention of peripheral vision with prosthetic lens implantation, with the advantage to the patient of not having to wear glasses. With simple cataract extraction and later correction with eyeglasses, one cannot see sidewise, one has to turn to the object to see.

INFECTION CONTROL PROGRAM

By: Lois Pierotti, R.N.

An Infection Control Program has been developed at the VDC/H in an effort to educate employees in the detection, evaluation, prevention and treatment of

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NEWS FOR YOU FROM:Infection Control Program-Cont. from p. 5

infections. It is anticipated that this program will play a part in "breaking the chain of infection".

Below is a list of terms and definitions which are often encountered when dealing with infections:

1. Asepsis - the exclusion (absence) of microorganisms.
2. Antiseptic - an agent that stops the growth of microorganisms by preventing their activity, but does not necessarily destroy them. Usually it refers to a chemical applied to living tissue (example - alcohol swab).
3. Disinfectant - an agent that frees from infection. Destroys microorganisms but not ordinarily bacterial spores. Usually refers to a chemical substance applied to inanimate objects.
4. Detergent - an agent used with water to aid in cleaning. It combines the properties of wetting and emulsifying substances, to aid in the removal of oil and dirt.
5. Germicide - an agent that destroys pathogenic (disease-producing) microorganisms, but not necessarily spores.
6. Sanitizer - Reduces the bacterial count to safe levels as judged by the public health requirements. Usually refers to an agent used to cleanse inanimate objects such as eating and drinking utensils and floors.
7. Pathogen - any disease-producing agent or microorganism.
8. Spore - in Bacteriology, a resting body, highly resistant to heat, toxic chemicals and drying; found in the family Bacillaceae.

EMPLOYEE HEALTH

WASH YOUR HANDS

- before and after your work shift.
- before and after physical contact with each client.
- after handling contaminated items such as bedpans, dressings, etc.

REPORT ANY ILLNESS

- such as a cold, flu, infected cut, skin rash, etc.---to your supervisor. What's minor for you could be serious for a client.

WATCH OUT FOR

- stray syringes and needles, especially when handling bed and surgical linens and trash containers. Sweep up and wrap broken glass immediately. Dispose of the wrapped glass in the proper container.

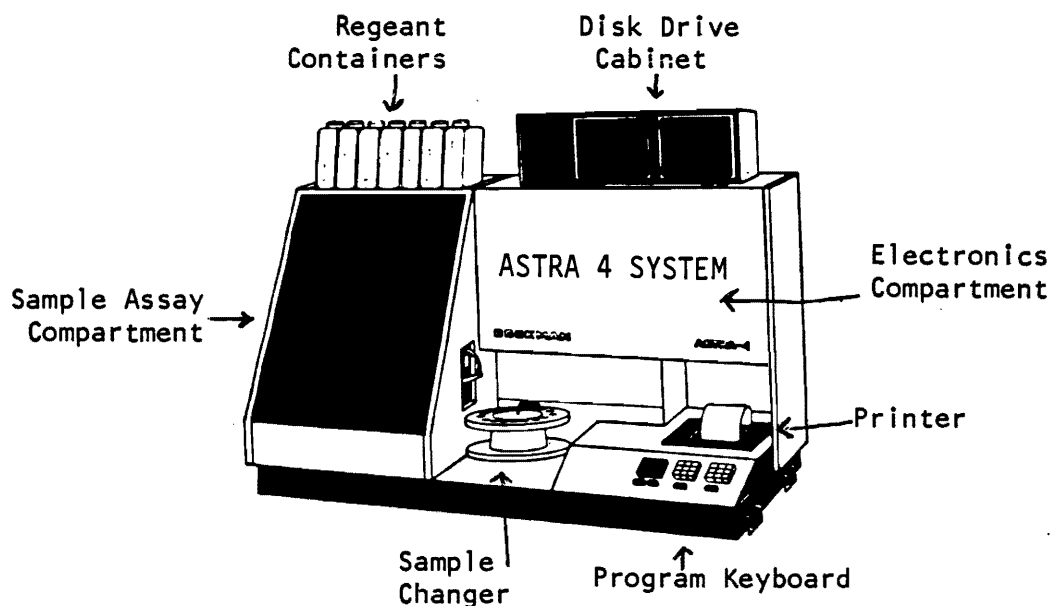
NEWS FOR YOU FROM:NEW DIMENSIONS IN LABORATORY SERVICES

By: Ernest DiPalma - Supervisor of Clinical Laboratories

In June 1983, the Vineland Developmental Center Hospital Laboratory took receipt of a Beckman Instrument Company Astra 4 machine. The Astra 4 is an automated emergency/routine analyzer which is fully automated and computer controlled for simultaneous quantitative determination of a number of clinical blood chemistries. The systems can be programmed to assay patient samples with only one chemistry, or a combination of two or more chemistries.

The Astra 4 has added a new dimension to the laboratory by giving us quick answers, quality control and assurance by accurate reproducibility and calibration monitoring plus automatic identification as to the location of any malfunction.

At the present time, the Astra 4 is capable of performing serum sodium, potassium, chloride, CO₂, and creatinine testing. This addition to the laboratory has given physicians a dependable tool to aid in the diagnosis of illness affecting our clients.



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NEWS FOR YOU FROM:

FIRST AID AND C.P.R. TRAINING

By: Brenda Baxter, Office of Staff Development

Several V.D.C./H employees were recognized by the American Red Cross - Vineland Chapter, for the time each spent training others in Multi-Media First Aid and Cardio Pulmonary Resuscitation.

During a Volunteer Recognition Luncheon held on October 27th by the Red Cross, Cathy Johnson from the Office of Staff Development accepted certificates for the following employees:

Judy Armstrong	First Aid	954 Hours
	C.P.R.	430 Hours
Glenn Franzoi	First Aid	1000 Hours
Sylvia Keenan	First Aid	452 Hours
Boris Reissek Jr.	First Aid	332 Hours
Brenda Scott	First Aid	842 Hours

CONTINUING EDUCATIONAL OPPORTUNITIES

By: Phyllis Sloneski, Office of Staff Development

Cumberland County College will once again offer tuition free courses to V.D.C./H employees. Classes will be conducted on both campuses and are scheduled to begin in January.

Credits earned from these courses may be applied toward C.C.C.'s Handicapped Assistant Program or a B.S. in Human Services from Thomas Edison College

For further information contact: Connie Johnson - ext. 6771
 Phyllis Sloneski - ext. 6122
 Joe Weatherbee - ext. 6888

A SPECIAL PROGRAM

By: Robert Manestrina, F.G.P. Supervisor

The Foster Grandparent Program is a federally funded Program that gives individuals age 60 years and older the opportunity to serve children with special needs. We are fortunate to have 68 grandparents working with 136 clients, who in most cases have little or no family contact. The average age of our grannies is 72, with our oldest participant being a very active and healthy 88. Grandparents work a 4 hour day and are assigned to two clients on an individual basis for 2 hours daily. Consequently they develop strong relationships with their clients and both become attached to one another. The 10 hours a week of individual attention enables the grandparent to know the client better than probably anyone else on grounds. They have much knowledge of their habits, behaviors, likes, dislikes and potential.

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NEWS FOR YOU FROM:

- F. A Special Program - Cont. from p. 8
- G. Foster Grandparent experiences are many. They are a generation that is work oriented. They have lived through two World Wars and a Great Depression. Many emigrated from Europe at an early age to a country that was totally foreign to them. One of our recently retired Foster Grandfathers tells stories of how he helped dig the Panama Canal in the beginning of the 20th Century. Our Foster Grandparents have been through a lot in life and have plenty of experience and wisdom to offer. We should all take the opportunity to learn from our Senior Citizens, so "Youth won't be wasted on the Young".
- P.

UPDATE ON THE SECTION SYSTEM

The following is an update on personnel who are responsible for the supervision and operation of the various cottages within the Sections:

EAST CAMPUS

Section I - Cross, Main and Pond Cottages

Jackie Brown, Supv. of Prof/Res Services	696-6321
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Wolverton Center

Seeta Voorakkara, Supv. of Prof/Res Services	696-6496
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WEST CAMPUS

Section IV - "B" and "H" Cottages

Constance Johnson, Supv. of Prof/Res Services	696-6681
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PARENT PARTICIPATION

By: Rose Fava, HCTS/Lee Cottage

On Sunday, October 30th, Mr. and Mrs. Charles VanGelder, parents of Elizabeth, conducted a slide presentation for the clients of Lee Cottage. The slides, accompanied by music and a verbal commentary by Mrs. VanGelder, pertained to the Smokey Mountain Park.

The clients, who sat entranced during the entire show, were rewarded with a treat of apple cider and spice cookies also provided by the VanGelder's. A round of applause and cheer was extended to the VanGelder's for their graciousness and generosity.

Our personal gratitude is extended to Mr. & Mrs. VanGelder for their time and effort on behalf of our clients.

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NEWS FOR YOU FROM:

WOLVERTON CENTER

On July 22, 1982 the Wolverton Long-term Care Facility, opened at the V.D.C./H. Adjacent to the Hospital, the facility currently has a population of sixty clients, fifty-nine female and one male.

In the course of just one year, there has been tremendous growth in the behavior of the clients living in the facility. Many clients, who have been previously unable to relate to others, are now participating in group activities with their peers through intensive programming. In addition, many have become active participants in off campus trips to such places as the Philadelphia Zoo.

The involvement of staff and family working together has brought about improvement, happiness and awareness to the clients, irrespective of their individual handicaps.

ICF/MR UPDATE

By: Ellen R. Bleda, R.N.-HPC

In this area, we are constantly striving to improve the quality of life for all clients at Vineland Developmental Center.

Scoring for self-help training has evolved from plus/minus to the latest Gradient System, where credit is given for varied steps from assisted care to independence. This is in the third month of implementation.

Starting this month, a pilot program is being conducted in Section IV-EC, for the accountability of nourishments. A program of this nature will ensure that clients receive adequate fluids and nutritional supplements. When final revisions are complete, the program will be campus-wide.

SPECIAL OLYMPICS ART FESTIVAL

Clients from East Campus in the Art Therapy program of the Mental Health Department participated in the Annual Spring/Summer N.J. Special Olympics Art Festival. Each client received a certificate for entering and a personal letter of appreciation. All of these entries are kept by Special Olympics to be used for state flyers, in buildings such as banks, stores and for other displays. When each entry is used, the participant will receive another letter telling them of its use. Three of our clients were award winners.

This contest is for all mentally deficient clients in the State of N.J. and all of our clients are encouraged to enter. There will be an upcoming Winter Art Festival which will consist of subject matter containing winter sports. A client does not have to be especially talented in art to enter, for all entries are judged according to age and developmental level.

Please contact Chris Force, ATR-Art Therapist (696-6075-Mental Health East) for details and application forms.

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DRY LAND SKI SCHOOL

Every Wednesday evening the auditorium of the Vineland Developmental Center buzzes with hopeful cross-country skiers from all over South Jersey. Our auditorium is the center for Area 8 Special Olympic dry land ski school. Under the direction of Volunteer Pete Ganio, potential Special Olympic skiing participants must complete an extensive six-week, two hour per session course in order to qualify for the Special Olympic Winter Games.

The school includes trainees from Vineland Developmental Center, East and West Campus, A.I.M.S., Woodbine Developmental Center, P.A.F.A. Group Home, The Hembold Center and the Evanoff Center. In all, there are 60 trainees each week going through skiing exercises and conditioning.

The fruits of their hard work will be tested at the Special Olympic Winter Games to be held at Great Gorge, Feb. 1st - 3rd, 1984. Competitors will participate in cross-country skiing, snowshoeing, and some down hill skiing. Many social events, including dances, will be held.

RECREATION'S NEW TEMPO

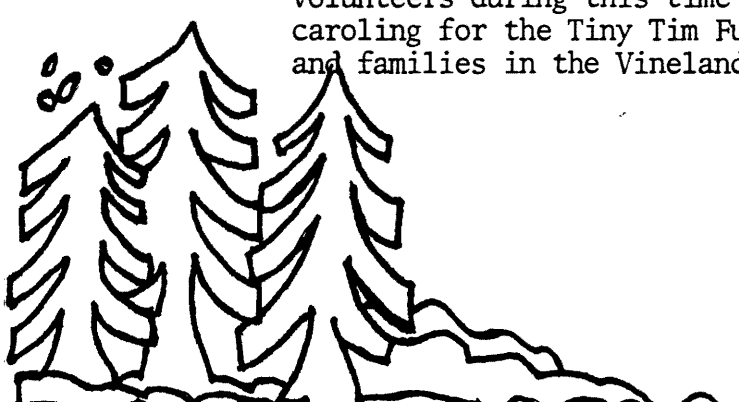
The Recreation Department is again responding to the Fall/Winter/Spring aspect of overall programming. One might consider it "marching to the beat" of a new drummer.

Since climatic conditions are, generally, not as conducive to outdoor activities as in the Summer months, the Fall Program heavily emphasizes Halloween and Thanksgiving. This is done through crafts, parties, and what has become a client assisted Thanksgiving Dinner.

This year, clients from Woodbine attended our Campus Halloween party. The TLC gym was packed, and an enjoyable time was had. This year's Thanksgiving Day Dinner is being planned by TPA (Recreation) 4-H Club Leaders. Clients attend and assist in preparation of the meal. Safety precautions are observed, and before you know it, a festive Thanksgiving Dinner is ready.

The Highlight of the Winter Activities, naturally, is Christmas. Our Holiday Open House, a show/party, heralds a month of many special occurrences. Vineland Development Center has been well addressed by community benevolent associations, schools, and many holiday spirited volunteers during this time of the year. We also assist, in turn, by caroling for the Tiny Tim Fund. Donations obtained assist individuals and families in the Vineland area.

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RESIDENT ACTIVITIES

Recreation's New Tempo - Cont. from p. 11

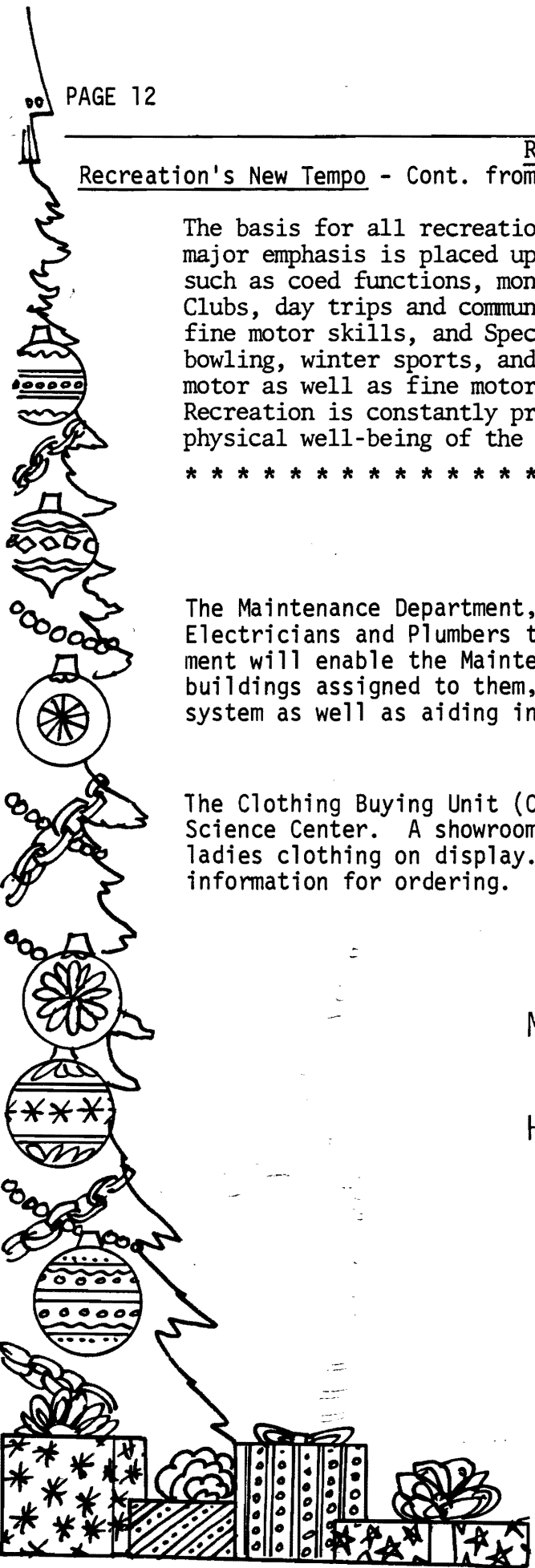
The basis for all recreational pursuits is therapeutic in nature. A major emphasis is placed upon social skills through leisure activities such as coed functions, monthly Campus parties, Girl Scouting, 4-H Clubs, day trips and community events. Crafts are highly useful for fine motor skills, and Special Olympics in track and field, swimming, bowling, winter sports, and basketball (through SFEA) addresses gross motor as well as fine motor skills. Just as time waits for no one, Recreation is constantly preparing and adapting for the social and physical well-being of the clients.

BITS AND PIECES

The Maintenance Department, in an attempt to improve services, has assigned Electricians and Plumbers to specific buildings on campus. This reassignment will enable the Maintenance staff to become more familiar with the buildings assigned to them, thus developing a preventive maintenance system as well as aiding in timely repairs.

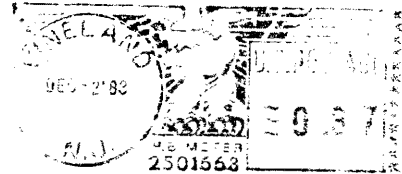
The Clothing Buying Unit (C.B.U.) is now located in the former Behavior Science Center. A showroom has been established with children's and ladies clothing on display. All items are tagged, providing the necessary information for ordering.

MERRY CHRISTMAS
AND A
HAPPY NEW YEAR!



Annette Langer, Public Relations Coord.
Vineland Developmental Center
Vineland, NJ 08360

FIRST CLASS



~~William Forman~~ *W Forman*
~~NJ Library for the Blind~~
~~1700 Calhoun St.~~
Trenton, NJ 08625