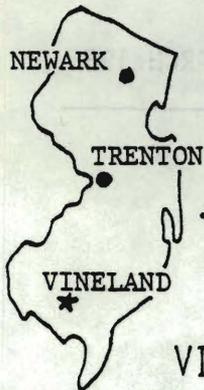


VDC NEWS



VINELAND DEVELOPMENTAL CENTER/HOSPITAL
VINELAND, NEW JERSEY

MAY 12 1986

185 W. STATE ST.
TRENTON, NJ
ANTHONY L. GRICCO
EDITOR



NEW JERSEY
DEPARTMENT
OF
HUMAN SERVICES

VOL. IV

MARCH 1986

NO. 1

A JOYOUS REUNION

974-905
v77-2



In a time when, all too often, stories tend to have an unhappy ending, a story emerges which brings a smile to the faces of all who hear.

Lorraine and Donald, twins, were born in Hackensack Hospital on February 9, 1952, and were placed in the Bergen County Children's Home. After unsuccessful attempts to place them with adoptive parents, they were separated and found homes in two of our "State Schools". Donald resided at the North Jersey Developmental Center and Lorraine joined the Vineland Developmental Center family. Contact had been broken and it was almost 27 years before the good news arrived.

In December of 1983 the Bureau of Guardianship Services informed our Center that

Lorraine's brother was living at the New Lisbon Developmental Center. This news set the wheels in motion, and through a combined effort of Residential Services, Recreation, and our Social Services Department, Lorraine and Donald were reunited at New Lisbon on December 28, 1984.

Old news you say! Absolutely!

But old news in this case is good news because through this first meeting after 27 years, Lorraine and Donald now can visit and share experiences and be brother and sister again. Good luck to both of them and may they share many more wonderful birthdays together.



SUPERINTENDENT'S NEWS AND VIEWS:

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ZONE PROGRAMMING

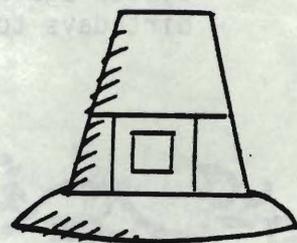
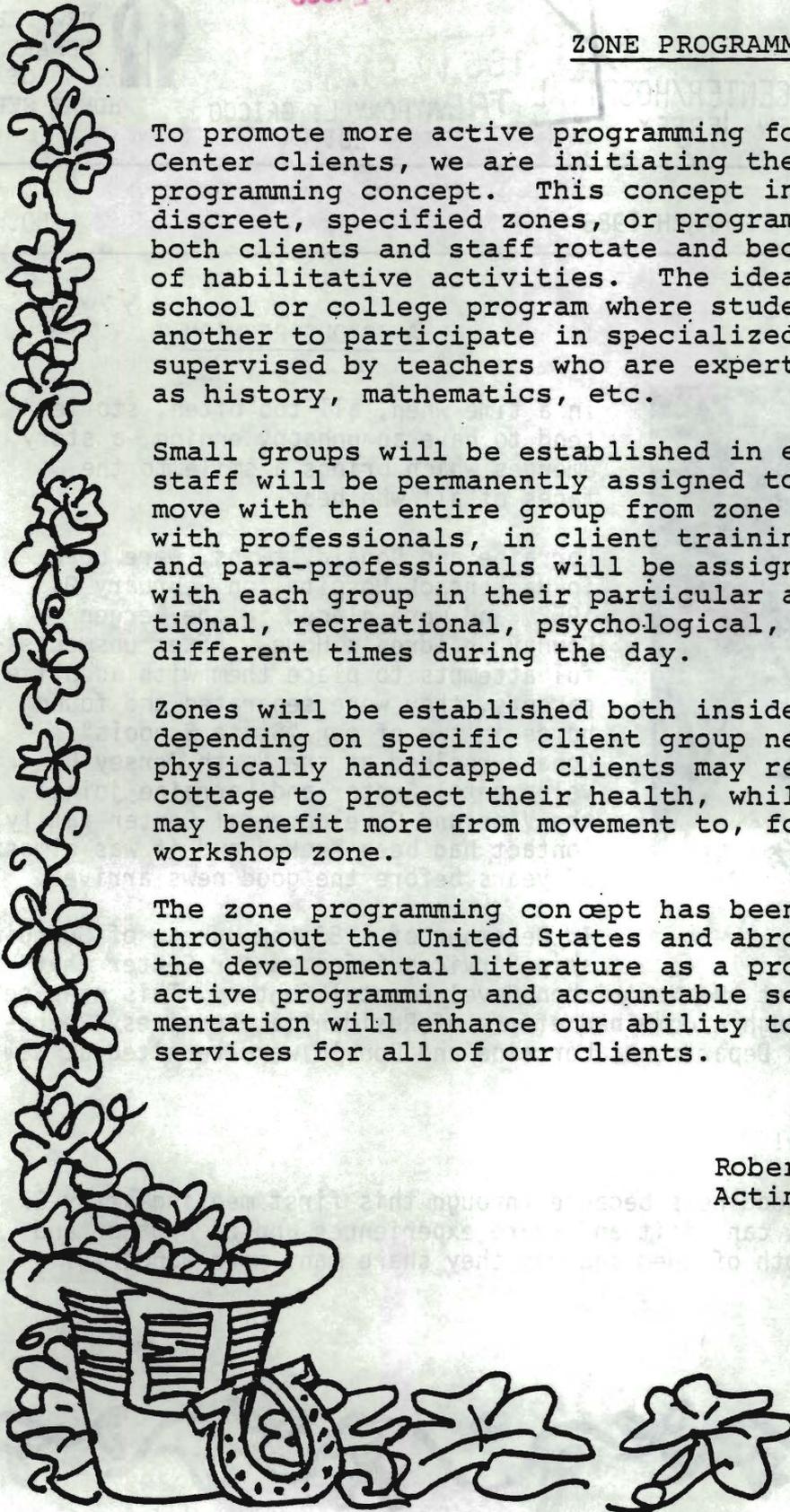
To promote more active programming for all Vineland Developmental Center clients, we are initiating the development of the "zone" programming concept. This concept involves group programming in discreet, specified zones, or programmatic areas, through which both clients and staff rotate and become involved in varied types of habilitative activities. The idea is analogous to a high school or college program where students move from one class to another to participate in specialized educational activities, supervised by teachers who are experts in different areas such as history, mathematics, etc.

Small groups will be established in each cottage, and direct care staff will be permanently assigned to each group. These staff will move with the entire group from zone to zone, and will participate, with professionals, in client training activities. Professionals and para-professionals will be assigned to each zone, and will work with each group in their particular area of expertise (i.e., vocational, recreational, psychological, etc.) as they come and go at different times during the day.

Zones will be established both inside and outside of cottage areas, depending on specific client group needs. For example, severely physically handicapped clients may require programming inside the cottage to protect their health, while active ambulatory clients may benefit more from movement to, for example, the vocational workshop zone.

The zone programming concept has been utilized in many institutions throughout the United States and abroad, and is well documented in the developmental literature as a proven and effective method of active programming and accountable service delivery. Its implementation will enhance our ability to provide the highest quality services for all of our clients.

Robert N. Smith
Acting Superintendent



WEDDING BELLS RANG RECENTLY FOR:

Brenda (Jackson) Patterson-Emerle
Denise (Foster) Styles - Dental Dept.
Dave Monteleone Jr. - Refrigeration
Kathy (Bell) Williamson - Cross

BIRTH CONGRATULATIONS TO:

Iris Centron - Sykes - a boy
Gerard Gartland - Pond - a boy
Jacquetta Griffin - Kimble - a boy
Linda Chisolm Kelly - Recreation - a boy
Kenneth Rawls - Kimble - a boy
Mildred Whitaker - C/LA Food Service -
a girl

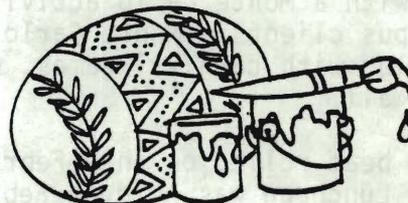
BEST WISHES FOR RETIREMENT TO:

Elizabeth Bowman - Food Service - 14 1/2 yrs.
Barbara Byrne - Food Service - 28 yrs.
Margaret Coombs - Unit VI - 17 yrs.
Rose Levin - Social Service - 11 yrs.
Hazel Porch - Reeves Cottage - 10 yrs.
Mary Taylor - ADM C/LA - 26 yrs.
James Thames - Asst. Supt. - 22 yrs.



SINCERE CONDOLENCES TO:

Ella M. Bailey - Main Cottage - on the loss
of her brother
Joseph Barr - Paint Shop - on the loss of
his sister
Charlotte Bratten - Chimes Terr. GH - on the loss of her husband and father
Patricia Dunn - C/LA Food Service - on the loss of her mother
Betty Esposito - Hospital - on the loss of her brother
Cynthia Finney - Lee Cottage - on the loss of her brother
Emma Finney - Pond Cottage - on the loss of her son
Elizabeth Hanson - Kimble Cottage - on the loss of her mother
Anna Lee Harris - Hospital - on the loss of her husband
Gayle Hart - Staff Development - on the loss of her father
Mary L. Jones - Pond Cottage - on the loss of her mother
Fred Malone - Powerhouse - on the loss of his father
Carol Rae Reed - Hospital - on the loss of her husband
Ed Sica - Pharmacy - on the loss of his brother
Elizabeth Thomas - Education - on the loss of her sister
Kenny Werger - Paint Shop - on the loss of his father
Corinth Wilson - C/LA Laundry - on the loss of her father



CONGRATULATIONS

Ms. Mary Ann Domenico, a music teacher for the SFEA Dept., Almond Road Campus, has received her first music award. She entered the Music City Song Festival, a national song writing contest, based in Nashville. Her song, "No More Love", a crossover ballad style song, captured the honorable mention category.

Mary Ann has been writing songs for the past 12 years. She says that most of her songs come from personal experience and can take from 15 minutes to 3 weeks to complete. She also enjoys singing, but says that she is not a performer. She would like someone else to purchase her songs to perform. She has sent her songs to Los Angeles and New York and says, "I've had some pretty favorable comments". She plans to continue writing and sending out her songs.



EMPLOYEE NEWS - Cont. from p. 3

Mary Ann is a lifelong resident of Hammonton and a graduate of Hammonton High School. She is also a graduate of Salisbury State College in Maryland with a degree in Music. She has an additional degree in Music Therapy from Combs College in Philadelphia.



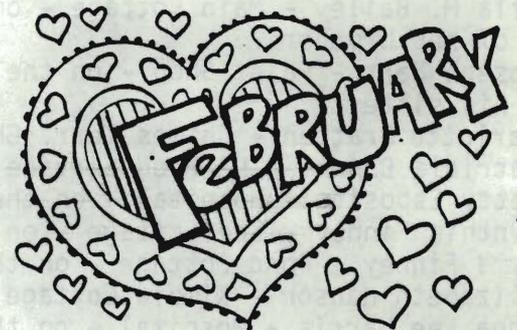
CONGRATULATIONS to Kenneth Cohen, School Psychologist, on receiving his Doctorate from Temple University, December, 1985. Dr. Cohen's dissertation was completed on "Electro-myographic Biofeedback Relaxation Training with Hyperactive, Mentally Retarded Individuals."

He reported on his findings and the impact of his research at the Human Rights Committee Meeting held February 14, 1986.

RESIDENT ACTIVITIES

By Connie Ortega, Recreation Dept.

Almond Campus Recreation started off 1986 with a welcome '86 New Year's Coed Dinner Party for 130 clients. The New Year rang in with hot roast beef sandwiches, macaroni salad, dessert, punch, and, also, music from a great DJ, Steve Allonardo. The excitement continued in the TLC Gym on January 23 with a Monte Carlo activity for all Almond Campus clients. Monte Carlo is an afternoon filled with carnival games, prizes, and treats for all.



The beat rolled on into February with a beautiful Coed Sweetheart Valentine Luncheon. The Luncheon was held on February 14 at the TLC Gym with 100 clients. The tables were beautifully decorated with red tablecloths and vases with pink roses. Each Vineland Developmental Center client had a red carnation corsage, and each Woodbine Developmental Center client had a white carnation boutonniere. The ladies gave each man a chocolate heart and a Valentine card. The Luncheon was catered by Gia's, and the music was supplied by Steve Allonardo.

This great beginning will continue throughout the year with a gala theme party each month. The next event, a Coed St. Patty's Dance with all the trimmings, will be held March 19. Almond Recreation invites one and all to join our clients in these monthly celebrations.

HEART'S DELIGHT by Mrs. Lynette Smith and Mrs. Charlotte Lahn, Education

On February 14, seventeen of our school students traveled down to Woodbine for a coed Valentine's Day dance. The girls' spirits ran high in anticipation of seeing and dancing with "the boys". Our young ladies, dressed in their Sunday best finery, were well prepared for Woodbine's "Best Dressed Couple" contest.

Upon arrival at Woodbine, the gentlemen presented our ladies with flowers which they had

Cont. on p.5

RESIDENT ACTIVITIES - Cont. from p. 4 - Heart's Delight

made themselves. In return, our girls gave the boys handmade Valentine cards. With these exchanges made, the dancing began. As the dancers whirled around the dance floor, impartial judging for the "Best Dressed Couple" was taking place. When the judging was completed, Taunya and Kyle were crowned King and Queen of the Valentine party. With their newly acquired crowns, they had their picture taken in the flowery Valentine archway.



During the dancing, hors d'oeuvres of crackers, pepperoni and cheese were available. After the dancing was done and the King and Queen crowned, refreshments of cake, ice cream, and juice were served to the hungry dancers. Once again, Woodbine had provided our young ladies with a memorable coed affair.

FOOD SERVICE: Employee Dedication

By Mr. M. Murphy, Food Service

Food Service Managers agree that dedicated Food Service Personnel are one of the key elements in a successful operation.

It is difficult to find a productive, enthusiastic, and positive staff, in today's fast paced world, especially a staff who take pride, not only in their job, but also in their place of work.

After working in private industry for some 15 years, and then entering State Service in 1976, I was dismayed with the negative, I don't care attitude of some workers. However, when Vineland State School, as it was called then, was mentioned in conversations, it was said to be a family of employees, a great place to work.

Well, in my opinion, there is much more to be said about the family of employees at Vineland Developmental Center. Since my transfer here in late September 1985, I have had the privilege of working with truly dedicated professionals who assume responsibilities that are tremendous and endless.

It is easy to be critical, derogatory, and negative, especially during the strain that all have been under for the last several months. But instead, there has been a staff, who have risen to an exciting challenge, a staff with motivation, with high morale and positive attitude, who have been respectful and concerned, and have overextended themselves time and time again for the betterment of the Center.

I have seen employees, willingly accept requests to fill in for Cottage Staff to insure that meals were served in a timely manner during extreme weather conditions, braving bitter cold, snow and ice. Performance beyond the call of duty is rarely seen in this day and age and is a bright and shining example for others to follow. I have seen a staff respond to correcting deficiencies, even when no light could be seen at the tunnel's end, staff who have offered suggestions for improving the facilities, those who have suppressed the negative, risen above and reached down deep for the next burst of energy, those who have put forth efforts to cut down on waste, those who continue to improve the sanitation aspects of the facility. Staff who have superior knowledge of food handling procedures. All are impressive and too numerous to mention by name. But there are others who are responsive and dedicated and are an integral part of the progression that lies ahead. Transportation, Dietary, Maintenance, Supervision, Administration and so many more.

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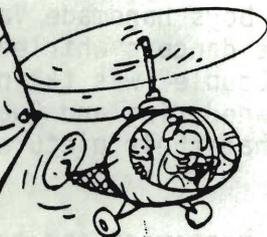
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NEWS FOR YOU FROM:

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Employee Dedication



We should understand what conditions would be like if no one tried, and if we are not part of the solution, then we are part of the problem.

So, as a former outsider, attempting to earn acceptance into this great family, I can say without hesitation, "THANKS" to each and every one. And a special thanks to your Food Service Department of which I am proud to be a part.

FOSTER GRANDPARENTS

By Joan Achey, FGP

The first months of 1986 have been quiet ones for our program. Cold weather has kept the "grannies" and their clients indoors much more than usual.

We did enjoy Valentine's Day. Our clients especially liked the cards and candy their Foster Grandparents gave them.

All the grandparents in our program attended an in-service training on Diabetes during February. This in-service will be useful to the grandparents in both their personal lives and in their Volunteer capacity, since many of the grandparents are diabetic and many of them have clients that are diabetic.

HOSPITAL

By Bette Gerula, Clinical Nutr.

GOOD NUTRITION FEEL THE DIFFERENCE

Today there is an increase in awareness of health and fitness. Many individuals have decided to change their lifestyles and join the fitness revolution. They have found the key to a healthier lifestyle is one balanced with a diet and exercise regime.

At any given moment, 20 million Americans are on a reducing diet. Many of these dieters believe weight loss is achieved by cutting calories. This is true, however, this process is twofold. To lose weight, one must burn more calories than taken in. This process entails decreasing the caloric intake and increasing caloric output with exercise. The difficult part of dieting is limiting calories without missing out on nutrients. During the month of March, the VDC dietitians participated in National Nutrition Month by offering individual diet counselling and providing low calorie recipes that do not skimp on nutrients and flavor.

As stated earlier, diets are not the only part of weight loss. Dieting without exercise will set you up for the frustrating "YO-YO" syndrome of quick weight loss and quick weight gain. During exercise, your body produces heat which will burn off those extra calories you ate. Imagine being able to eat a slice of pizza that contains 145 calories and working it off with a choice of running 11 minutes, biking 23 minutes, or walking 38 minutes. The message is to learn to exercise your calories away while taking in a balanced diet adequate in nutrients. So go ahead and have your egg McMuffin, but just remember, you have to work it off by walking for 49 minutes.

Cont. on p. 7

NEWS FOR YOU FROM: Cont. from p. 6 - Good Nutrition.....

CALORIE BURNERS

Activity	Approx. calories burned per hour ²	Frequency of activity	Approx. pounds of fat lost per year ³
 Equals 30 calories burned ¹			
WALKING (2-2.5 mph)	150-180	1/2 hour per day	8-9
BOWLING	150-300	2 hours per week	4-9
VOLLEYBALL	222-450	2 hours per week	7-13
DANCING (square or social)	222-510	2 hours per week	7-15
HORSEBACK RIDING	222-600	2 hours per week	7-18
BICYCLING	222-600	1/2 hour per day	12-31

CALISTHENICS

222-600	1/2 hour per day	12-31	
GOLF ⁴	300-510	4 hours per week	18-30
SWIMMING	300-600	2 hours per week	9-18
TENNIS OR BADMINTON	300-660	2 hours per week	9-20
SKATING (ice or roller)	360-600	2 hours per week	11-18
HANDBALL	600-900	2 hours per week	18-27
JOGGING (5.5-6 mph)	606-720	1/2 hour per day	32-38

¹Dark color represents lower range and light color the upper range of calories burned per hour for each activity.

²Represents approximate energy expenditure by a 154-pound individual calculated from calorie/minute values given in "Health and Fitness Through Physical Activity," American College of Sports Medicine Series, by M.L. Pollock, J.H. Wilmore, and S.M. Fox III, John Wiley and Sons, N.Y., 1978.

³Assumes no change in amount of calories eaten.

⁴Walking and carrying bag or pulling cart.

"DIALYSIS CYCLER COMES TO VINELAND DEVELOPMENTAL CENTER"

By Judy Brown, R.N., Hospital Staff Development

78,000 deaths a year are due to kidney disease. Often when the kidney of a patient fails to do its job properly inside the body, science and medical technology must find a way to do this artificially. Such a method is called dialysis. Presently, there are two types of dialysis - Peritoneal and Hemodialysis. We, at the Vineland Developmental Center/Hospital, in conjunction with the Bridgeton Hospital Dialysis Unit, are currently dialyzing two of our patients utilizing a totally new machine called a dialysis cycler.

The functions of the kidney are to clean waste materials and excess fluid from blood, to filter the blood, and help regulate blood pressure and red cell count. By attaching the patient to the machine, a form of "blood washing" occurs. The cycler allows this to be done automatically. Nurses frequently do this procedure by hanging bottles of solution and using a clamping process. Often this is very time consuming for nurses and patient.

Cont. on p. 8

NEWS FOR YOU FROM: Cont. from p. 7 - "Dialysis..."

The cyler is a relatively new development and we are among the first in this area to be using it. The patient is attached to the machine via a catheter - in our cases, they are in the abdomen. Once the patient is attached to the machine, the computerized cyler begins the cycles. The physician orders the number of exchanges required and the patient is carefully monitored for weight and vital signs. Once a month, our patients return to the Bridgeton Dialysis Unit for special lab work and follow-up. Electrolytes must be carefully monitored to avoid any degree of imbalance which could lead to complications.

After many inservices for all shifts, our nurses, particularly in ICU (where the patients are dialyzed) became very proficient in doing the procedure and caring for these patients. This is not a sterile procedure but many precautionary measures are used such as gowns, masks and soaking of the catheter with Betadine solution. The carpenter shop built special carts to keep the collection bags off the floor until eventually emptied in the proper utility room. Infection control assisted in developing policies and these were suggested measures to meet JCAH criteria.

Our patients are now being dialyzed on evening and night shifts to allow them freedom for daytime activities. Presently, the dialysis is an eight hour procedure. This is a non-traumatic procedure, no pain or discomfort is experienced by the patients and they can be fast asleep while receiving such a treatment.

Because of a caring staff who is interested in learning, we have taken another step to make our hospital progressive and have given these patients a chance to live longer. Our nursing department is proud to be a part of this new venture in caring for our clients.

MAINTENANCE

By Dave Monteleone, Maint.Dept.

The Maintenance/Engineering Department has been setting up a computerized maintenance system. This system will include all scheduled maintenance work, preventive maintenance and emergency repairs. The new system will bring about more efficient maintenance of the Institution. Training for the computer system began in January and is due to be in effect in the near future.

PAFA TRAINING CENTER

By Mary L. Doughty, PAFA

The PAFA Training Center was established to provide a meaningful program for clients being released from VDC to the PAFA Group Homes. These clients would not be able to function in any other type of existing Community Service Program currently being provided. At present, 33 clients come from the PAFA Group Homes and 92 are from VDC Campus Landis Avenue/Almond Road. The clients from the institution are on the list to be released to a PAFA Group Home or some type of community placement. In the future the majority of the clients attending the Training Center will be residing in the PAFA Group Home.

MARCH 1986

V.D.C. NEWS

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NEWS FOR YOU FROM: Cont. from p. 8 - PAFA

Clients attending the craft program work on improving/increasing their ability to do craft projects. At the same time these clients are able to earn money for the craft items that they have helped to produce.

Every effort is made to enhance the clients skill level and hopefully make it a little easier to make the transition from institution living to community living.

PURCHASING - CLOTHING

By Karen Coverdale, Purchasing

On Tuesday, March 25th at C/LA and Thursday, March 27th at C/AR, one of our State Vendors, Silverthreads, will be offering our clients an opportunity to purchase hand picked clothing at a Fashion Show. In conjunction with the purchasing department, Ms. Judy Russo will be bringing several items of special clothing to our auditoriums and set up tables so our clients can "shop". The clothing consultants, in conjunction with the H.P.C. and professional service staff, will provide a selected number of clients a unique opportunity to pick and choose an outfit. We are hoping, that with everyone's cooperation, our "show" will be a success and we can offer this service to our clients in the future.

