



new jersey
department of
HUMAN SERVICES

VDC NEWS

VINELAND DEVELOPMENTAL CENTER
VINELAND, NEW JERSEY

An Equal Opportunity Employer

Anthony L. Grieco
Editor

Robert N. Smith
Superintendent

VOL. IX

MARCH, 1991

NO. 1



"SMOKER TO NON-SMOKER"

On Tuesday, February 26, 1991, an important event took place at the Vineland Developmental Center Hospital. Gloria Wilson, a client hospitalized and receiving dialysis, presented an inservice to the staff. Entitled "Smoker To Non-Smoker — The Benefits", this inservice had a strong impact on its participants. Gloria told her audience how her life had changed for the better since giving up a three pack a day habit. Her pain was less, her breathing easier, her clothes cleaner, and her ability to follow her dietary restrictions increased. The message, sincere and clear: "If I can do it, so can you". Through the assistance of Mrs. Lois Griffin, Infection Control Coordinator, and Mrs. Judy Brown, Assistant Director of Nursing, pertinent handouts were obtained and refreshments were served. Hopes are that we will soon be able to take Gloria's message to other areas. Watch the Hospital calendar for further scheduling. All are welcome!



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SUPERINTENDENT'S NEWS & VIEWS

Robert N. Smith
Superintendent

COMMUNITY PLACEMENT

During the next two years, seven hundred people with developmental disabilities who reside in the State of New Jersey will be provided with community placements. Two hundred beds will be made available for Phases II, III, and IV of the Vineland Depopulation Plan, one hundred beds for the depopulation of Woodbine Developmental Center, one hundred beds for the closure of Johnstone Developmental Center, and three hundred beds for emergency placements. Johnstone Developmental Center, which presently has a census of 230 individuals, will close by June, 1992. Those individuals from Johnstone who are not placed in the community will be transferred to New Lisbon, North Princeton, and North Jersey Developmental Centers. People from Johnstone are not expected to be transferred to Vineland Developmental Center because of this facility's involvement in the Vineland Depopulation Plan initiative.

Phase I of the Vineland Depopulation Plan is nearing completion. Five women were transferred to an Archway Programs Group Home last December, and another Group Home for six of Vineland's women will be opened by Archway during mid-March. Caring House Projects, Incorporated will open a Group Home for six individuals during the first week of March. Seven women will be placed in Skill Homes by mid March and five individuals will have backfilled the vacancies created by supervised apartment placements with Burlington, Atlantic, and Gloucester ARC's. PAFA's supervised apartments officially opened on February 1, 1991. By the end of March, twenty-four women will have left Vineland Developmental Center for placements in PAFA Group Homes. Only three supervised apartment backfill placements will remain to complete implementation of Phase I.

Burlington and Atlantic ARC's, Developmental Services Association of Lakewood and Developmental Resources Corporation of Middlesex County will be opening group homes during Phase II of the Vineland Depopulation Plan. Developmental Resources Corporation and Mercer County ARC will be providing supervised apartment backfill placements, and Community Services, Southern Regional Office will be arranging skill home placements. PAFA will open two group homes and additional supervised apartments. The target date for implementation of Phase II is September, 1991.

The goal of the Vineland Depopulation Plan is to phase out four non-ICF cottages and place the people who reside in them into more appropriate settings in the community. When the Depopulation Plan is completed in 1992, it is expected that a new initiative will begin to address the needs of those individuals who continue to reside in non-ICF cottages.

MARCH, 1991

V.D.C. NEWS

PAGE 3

PAYING TRIBUTE TO OUR ARMED FORCES IN THE PERSIAN GULF

Submitted by: Harriet Levin, Supervisor of Education

The staff and students of the The Learning Center on West Campus are busy organizing and setting up a showcase display for those men and women serving in Operation Desert Storm in the Persian Gulf.

We have sent a letter to all Departments requesting the name, rank, and division of friends and/or relatives who are in Saudi Arabia. They will be honored in the display showcase in the lobby of The Learning Center beginning the last week of February.

Anyone wishing to submit names can contact
Connie Ortega, Supervisor of Recreation, at Ext. #6857.



**THE FOLLOWING VINELAND DEVELOPMENTAL CENTER EMPLOYEES HAVE
BEEN CALLED TO ACTIVE DUTY AS A RESULT OF OPERATION DESERT STORM**

Dr. Ladislao Aguila	Physician I, Hospital
Barbara Ann Logan	DON, W/C Nursing Dept.
Ron Errickson	LPN, E/C Nursing Dept.
Theresa Cassidy	LPN, E/C Nursing Dept.
Thomas Lane	Asst. Sup., Housekeeping
Sharon Thompson	HSA, Wolverton

We were able to obtain addresses for some of these employees who are on Military Leave, for those who may wish to correspond with them.

Sharon Thompson - 152-46-3380
144th Supply Co. (NVT) (GS)
736 Supply & Service Bn.
APO, N.Y., N.Y. 09734

TSgt. Theresa Cassidy
PFC #2, Box 22168 Hospital
Keesler AFB
Biloxi, Miss 39534-5372

Sgt. Thomas D. Lane - 587-46-4480
BTRY G, 3D BN, 14th MAR
3rd Marine Division (-) (REIN) FMF
FPO, San Francisco, Ca. 96602-9476

Ron Erricson, E5, HM2
Fleet Hospital #15 - IMEF
FPO, San Francisco, Ca. 96608-5409

STUDENT VOLUNTEER INTERNSHIP PROGRAM

Submitted by: Clifford Mays, Jr.

The Special Projects Office has implemented the Volunteer Student Internship Program. Charlotte O'Neill, Executive Assistant, Carole Braida, Director of Volunteer Services, and Clifford Mays, Jr., Director of Special Projects, met with 20 students from Vineland High School on January 30, 1991.

John Brodzik, Business Industry Services Liaison for Vineland High School was instrumental in coordinating the internship program with the Vineland Board of Education. Mr. Brodzik has worked many hours to support the program. Vineland High School acted as a pilot program to develop a direction that was necessary for its success. A total of 12 high schools and 2 colleges have received information about the internship program.

Thirty-six area locations at Vineland Developmental Center offer students an array of assignments. The program is designed to fit the students' needs as well as those of the individuals who reside at Vineland Developmental Center. Students can work between 8:30 AM & 4:30 PM, Monday through Friday. We also developed a volunteer program during the evening and on weekends to fit students' schedules. The assignments are church service activities, recreation, and one-on-one companionship, as well as in the group homes.

Students have been placed in the following areas: Rehabilitation Engineering (1), Management Information Center (1), Psychology (1), Client Records (2), Quality Assurance Department (1), Cottage Setting (3), and Recreation (1). Any students interested in participating in the Student Volunteer Internship Program should contact Mr. Mays at 696-6005. The cooperation of Vineland Developmental Center staff and the enthusiasm of the student volunteers have helped to get this new program successfully underway.

EXTERNSHIP PROGRAM BEGINS AT VDC HOSPITAL

Submitted by: Doris Botts, MLT (ASCP)
Acting Lab Director



On January 29, 1991, the Vineland Developmental Center Hospital hosted 5 students from Star Technical Institute of Vineland. The purpose of the visit was to orient the students to our hospital, familiarize them with the staff, and review Safety and Infection Control policies.

The Externship Program provided by Star Technical Institute, in cooperation with our hospital, will prepare the students to be proficient in performing phlebotomies and/or taking EKGs in a hospital or physician's office. The students enrolled in the Medical Assistant's Program must complete 50 hours in the Lab and 50 hours in the EKG Department; those being trained in only one area (EKGs or phlebotomy) require only half this time.

The program has gotten off to a successful start, and the staff is expecting additional students in the ensuing months.

HOSPITAL HAPPENINGS

Submitted by: Denise Zucca, LPN

After the Holidays, a few (or more accurately, many) of us at the Hospital discovered we had "found" some extra pounds on our bodies. Deciding that strength, and hopefully willpower, lies in numbers, we formed a Weight Loss Club. The first meeting of the Club was held January 4th, during our morning break. Twenty-eight recent weight recipients gathered around the digital scales on B-Wing for weigh-in. One week later we met again, 55 pounds lighter, overall!

Over the ensuing weeks, we have had some dropouts, lost and found some pounds, acquired some new members, heard lots of "encouraging words" and learned that weight control is a life-long committment, not just a short term program.

We continue to meet weekly for weigh-in and a short discussion during our morning break. For us, this "break" is far more beneficial than the more common "coffee break"—not to mention lots lower in calories!



Submitted by: Paula Calcaterra, RN/MSN

In February, the Hospital's Staff Development Department, Michelle Sainsott, RN/MSN, and Paula Calcaterra, RN/MSN, offered a three-day course on BASIC DYSRHYTHMIA INTERPRETATION. Eleven Hospital/Clinic Registered Nurses from various shifts attended. Everyone has successfully completed the course and each participant can apply for continuing education credits from American Journal of Nursing. Congratulations for a job well done to Josephine Lewis, Charlotte Lahn, Evelyn Keen, Sara Ortega, Robin Marcacci, Leann Fox, Elizabeth Etter, Natalie Stokes, Peggy Johnson, Florence Jones, and Patricia Borz. This course will be offered repeatedly until all of our nurses have attended. The next scheduled course is March 13, 20, 27, 1991, from 8:00 AM to 4:30 PM in the Hospital Audio/Visual Room.



VINELAND DEVELOPMENTAL CENTER

EMPLOYEE ANNOUNCEMENTS

DEATHS

JoAnne Brown, Roselle Ave. Group Home - Brother
 Mazie Williams, Donahue - Son
 Peggy Denby, Grisco - Father
 Earl Johnson, Food Service W/C - Father
 Cheryl Brookings, Harper - Father
 Jacob Small, Pharmacy - Brother
 Edith Wagner, Fisher - Mother
 Marion Wynder, Reeves - Brother
 Elberta Cole, Wolverton - Brother
 Marcia Dawkins, Jones - Brother
 Shirley Douglas, Lee - Mother
 Ruth Harris, Wolverton - Husband - (Former Employee Walter Harris)
 Denise Osborne, Lee - Father
 Roberta Thomas, Business Office - Mother
 Alice Loquez, Ireland - Sister
 Nuha Hababo, Hospital - Father

BIRTHS

Darlene Fisher, Morais Ave Group Home - Boy
 Wanda Jones, Pond - Girl
 Kathleen Brown, Business Office - Girl
 Barbara Pierce, Bassett - Girl

RETIREMENTS

Vera Mink, Dental Clinic - 15 yrs
 Joseph Serlick, Housekeeping - 11 yrs
 Floriemel Walker, East - 19 yrs
 Donald Sigafoos, Quality Assurance - 43 yrs
 Darlene Tomlinson, Lee - 26 yrs

MARRIAGES

Carole Braida, Volunteer Services
 Sandra (Jones) Williams, Fisher
 Cheryl (Johnson) Brookings, Harper
 Patrice (Martine) Schwegal, Human Resources
 Lois Wilson-Perren, Employee Clinic
 Susan (Ridgway) Andrews - Wolverton
 Marion (Radford) Taylor, Sykes
 Thelma (Battle) Robinson, Sykes

RESIGNATION

Henry Hall, Housekeeping - 5 yrs
 Vivian Newborn, Kimble - 10 yrs
 Janice Jones, Bassett - 14 yrs
 Dorothea Withers, Wolverton - 9 yrs

OUTSTANDING EMPLOYEE OF THE MONTH - JANUARY, 1991

Leola Webb, Cottage Training Supervisor, Donahue Cottage has been selected "Outstanding Employee of the Month" for January, 1991. Leola began her career at Vineland Developmental Center in 1966 in a direct care position in C Cottage. After working there for 3 1/2 years, she transferred to Brown Cottage, and four years later she took a position as an ambulance driver, which she held for ten years. She then was promoted to a CTS position on third shift, and has worked in that title in C, Emerlee and Donahue Cottages. Leola holds the distinction of being the first third shift employee to receive the "Outstanding Employee of the Month" award. She has played key roles in training staff and in implementing Physical Management programming on third shift. Leola organizes clothing and toiletries in Donahue Cottage, and it has been said that when she is on duty, not a single item is out of place. Leola is a dedicated employee who is to be commended for her 21 years of service to Vineland Developmental Center.

OUTSTANDING EMPLOYEE OF THE MONTH - FEBRUARY, 1991

Corinth Wilson, Laundry Supervisor has been named "Outstanding Employee of the Month" for February, 1991. Corinth began her career at Vineland Developmental Center in 1960 as an attendant in C Cottage before transferring to her present work area, the Linen Center, in 1968. After holding Laundry Worker and Head Laundry Worker titles, Corinth was promoted to Laundry Supervisor one year ago. Corinth's strongest asset is her ability to motivate staff. She is a person of integrity who promotes a positive environment in her work area by treating everyone fairly. It was noted in Corinth's nomination that she makes it a pleasure for her employees to come to work. No matter what the obstacle she can be counted on to get the job done. Corinth is most deserving of recognition as "Outstanding Employee of the Month".

OUTSTANDING EMPLOYEE OF THE MONTH - MARCH, 1991

Charles J. Marder, Psychologist has been chosen "Outstanding Employee of the Month" for March, 1991. In addition to serving as a psychologist, Charles is a certified rehabilitation counselor. The Rehabilitation Engineering program at Vineland Developmental Center, which Charles initiated, has grown considerably during the past three years. Not only is instructional material fabricated from items which are usually thrown away, but the Rehabilitation Engineering Center in Giles Cottage now produces switches and electronic devices for much less than it would cost to purchase these items ready made. Charles is a creative person who initiates new ideas, and then demonstrates the tenacity necessary to see these ideas through to completion. He is a caring employee who has made a difference in the lives of the individuals who reside at Vineland Developmental Center.

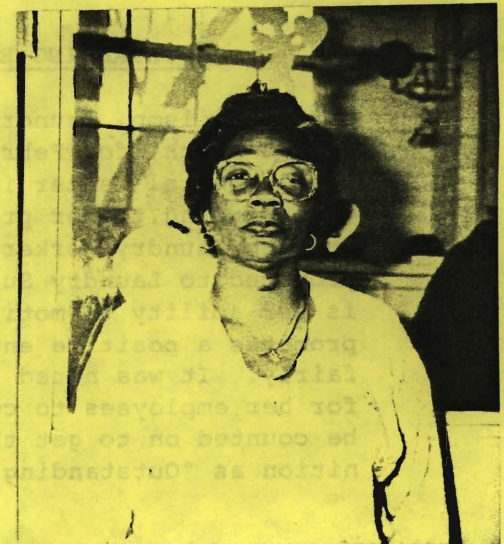
OUTSTANDING EMPLOYEE OF THE MONTH - JANUARY, 1991

LEOLA WEBB



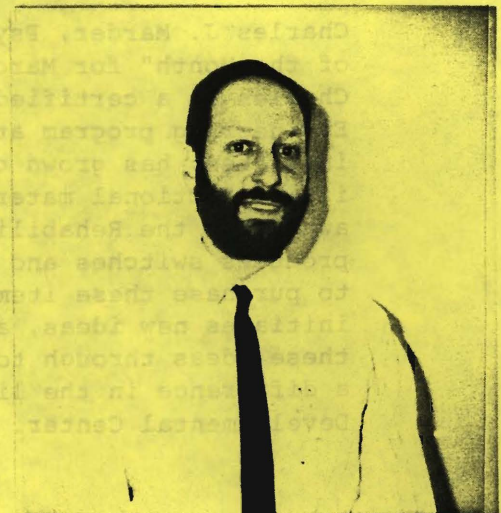
OUTSTANDING EMPLOYEE OF THE MONTH - FEBRUARY, 1991

CORINTH WILSON



OUTSTANDING EMPLOYEE OF THE MONTH - MARCH, 1991

CHARLES J. MARDER



REHABILITATION SERVICES - REHABILITATION ENGINEERING**QUIZ**

Take the following quiz to test your knowledge of
Rehabilitation Engineering at Vineland Developmental Center

Question: What has 12 legs; has been growing for 3 years; can turn childrens' toys into domestic, vocational, and community life tools; and can help to remove unwanted behaviors with the flick of a switch?

Answer: It's PROJECT A.B.L.E. (Adapting Basic Life Environments)

We are in the initial phase of a new growth spurt. Our location is on the third floor of Giles Building; along with our Adaption Shop. Adaptive "Toy" Library, Reference/Resource Library, Conference, Training and Program Areas. We will be networking with other habilitative disciplines to provide intrinsically rewarding activities to teach our women to control their basic life environments without dependence on others. Our programming components address therapeutic and physical needs in transitional settings in Giles Building, the Carter House and the Community. We even make cottage calls!

Question: What has 2 legs, several talking circuit boards, and a new home in Giles Building?

Answer: The A.C.P. (Augmentative Communication Program)

The A.C.P. has also been in existence for 3 years and is also experiencing a growth spurt. The A.C.P. recently relocated to the first floor of Giles from its previous home in the Multi-Purpose Building. The goal of the A.C.P. is "finding ways to find the words". The A.C.P. strives to maximize communication skills through the use of adapted computers, voice-output communication boards, etc....The 2 legs of the A.C.P. belong to Tracy Bombara, who is looking forward to coordinating with the 12 legs from Project A.B.L.E. to increase independence of VDC women by applying rehabilitation technology to their daily lives.

Question: Does this mean the Future is Now?

Answer: It means the Future is Here, but..... THE BEST IS YET TO COME!

Project A.B.L.E. Staff

Charles Marder, CPI, Project Manager
Carolyn Parks-Heuman, Sr. Rehab. Engineer
Roberto Rodriquez, Rehab. Engineer
Ronald Segers, Rehab. Engineer
Debbie Ishihos, Sr. Clerk Transcriber
John Vasquez, Student Intern

A.C.P. Staff

Tracy A. Bombara, SHSI/ACP

EAST CAMPUS RECREATION NEWS

Submitted by: Retta Burch, Supervisor

**SPECIAL OLYMPICS:**

On Thursday, January 24th, 21 East Campus clients travelled to Woodbine Developmental Center to compete in the Area 8 Special Olympic "MAP" (Motor Activity Program) Meet. Our athletes competed in: Bean Bag Toss, 10 Meter Walk, 25 Meter Walk, 5 Meter Scooter Board, 10 Meter Assisted Walk, etc. Tabulation of ribbons is as follows:

- 14 First Place (Blue Ribbons)
- 14 Second Place (Red Ribbons)
- 14 Third Place (Yellow Ribbons)

On Saturday, February 9th, 10 East Campus clients travelled to Atlantic City to compete in the Area 8 Special Olympic Bowling Meet at the Show Boat Casino. Our two wheelchair athletes competed in the morning, while our other bowlers competed in the afternoon. Lunch was enjoyed as well as a short visit to the Casino. Tabulation of ribbons is as follows:

- 2 First Place (Blue Ribbons)
- 2 Second Place (Red Ribbons)
- 3 Third Place (Yellow Ribbons)
- 3 Fourth Place (White Ribbons)

On Friday, February 15th, 4 East Campus clients competed in the Area 8 Special Olympics Basketball Skills Meet at the Vineland High School. A tabulation of ribbons is as follows:

- 1 Second Place (Red Ribbon)
- 2 Third Place (Yellow Ribbons)
- 1 Fourth Place (White Ribbon)

On Saturday, February 23, Karen Davis of Main Cottage, will compete in the Area 8 Special Olympic Swim Meet at the Ocean City Community Center.

On Sunday, March 3, eight of our bowlers will travel to Seton Hall to compete in the New Jersey Special Olympic Spring Games.

East Campus Recreation News

(continued from page)

On Saturday, April 27th, our bowlers will travel to DiDonato's Bowling Lanes in Hammont to compete in the Area 8 Special Olympic Team Bowling Meet.

On Friday, May 3, our East Campus track and field athletes will travel to Buena High School to compete in the Area 8 Track & Field Meet.

The New Jersey Special Olympics Summer Games will be held on May 31 thru June 2nd, at Trenton State College.

COED ACTIVITIES:

On Thursday, December 13th, Central Recreation hosted the "Annual Christmas Dance" in the Auditorium with New Lisbon and Woodbine Developmental Centers attending.

On Thursday, December 20th, our ladies traveled to Woodbine Developmental Center for a Christmas Dinner/Dance.

On Thursday, February 14th, Central Recreation hosted their "Annual Valentine Dance" in the Auditorium. New Lisbon and Woodbine Developmental Center joined our ladies for a most enjoyable evening.

A "Fifties Dance" is being scheduled for Spring and information on this will be forthcoming.

SPECIAL ACTIVITIES:

On December 10th, our clients traveled to Atlantic City to attend a Christmas Show and on December 17th, our ladies enjoyed the "Annual Christmas Party" at the Hyatt House in Cherry Hill.

The Vineland Symphony Orchestra performed in the Auditorium on Saturday, February 9th. This thirty piece orchestra provided entertainment at our December Open House and they enjoy performing for our clients that they called to re-visit!

On February 19th, the Vineland Rotary Club sponsored their "Annual Valentine Party" in the Auditorium for thirty clients. The Vineland Musicians Union provided a band and our clients especially enjoyed the extra measure of warm attention and "special" refreshments provided for them.

Our Hospital **clients** enjoyed a "Valentine Party" on Thursday, February 14th.

The Vineland Musicians Union will provide an evening of "MUSIC" for our clients on Wednesday, March 20th in the Auditorium.

On Friday, March 15th, our Hospital clients will enjoy a "St. Patty's Party".

East Campus Recreation News

(continued from page)

A "Shamrock Contest" will be held on Tuesday, March 19th, to celebrate "St. Patrick's Day".

On Wednesday, March 27th a Hat Decorating and Easter Party is planned for our clients to celebrate Easter and SPRING!

Also on the Central Recreation drawing board is the "Fashion Show" --- a definite highlight on our calendar!

PAFA BUS RIDES

East Campus now has the PAFA Bus on Wednesday, Thursday and Fridays. Our clients look forward to this outing - which is utilized by our cottage staff for bus rides A.M. and P.M. or all day outings to shopping Malls, scenic rides with lunch out, etc.

SUNDAY SERVICES

Every Sunday, Services are conducted in the Auditorium with clergy being rotated monthly.

CUSTARD TREATS

Custard Treats will be scheduled weekly for all cottages, on a rotating basis, beginning in March. Surely Spring and Summer can-not be too far away!

SEABO HOUSE

Central Recreation Staff have been assisting two days a week with this program. Due to the illness of Joan Carson, Central Recreation is now programming daily at the Seabo House. We extend our best wishes to Joan for a speedy recovery.

CORNER CANTEEN

Have you visited the "Corner Canteen" to see our new look? We have renovated and added to our line of products offered to our clients and staff.



MARCH, 1991

V.D.C. NEWS

PAGE 14

WEST CAMPUS RECREATION NEWS

Submitted by: Connie Ortega, Supervisor

I am only one; but still I am one.
 I cannot do everything, but still I can do something;
 I will not refuse to do the something I can do.

Helen Keller

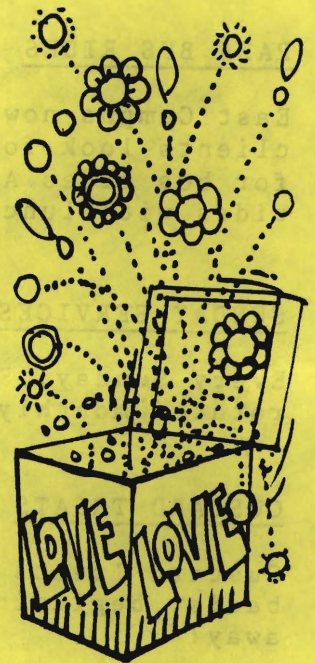
Let us take pride in Helen Keller's words and let them be our guide for 1991.

The West Campus Tree Lighting Ceremony was held on Tuesday, December 4, 1991, outside the TLC. This was the first year West Campus held its own Tree Lighting, and we hope it continues. The clients and staff who attended sang Christmas carols, enjoyed entertainment from the Sacred Heart Choir, and had refreshments. A special thank-you goes to all the employees, guests, and friends who volunteered and rearranged their schedules to ensure the success of the Tree Lighting Ceremony and the enjoyment of the evening for our clients.

Open House was held Saturday, December 8, 1991, and as always, the day was filled with the Christmas Spirit. The day started off when beautifully decorated Cottages were opened to our visitors. The Vocational Department held a lovely Arts-n-Crafts Sale, and the Foster Grandparents had a tasty Bake Sale. Next came "The Employee of the Year Award" presented by Mr. Robert Smith to Ms. Peggy Peyton, H.C.T.S./Jones Cottage--a well-deserving employee.

Then came the Unit entertainment, which was a hit. Many thanks must go to all the Unit Staff who participated in the show, but a special thanks goes to Mrs. Vera Brown, Sr. T.P.A./Unit I, who coordinated Unit I, and to Mrs. Rosa Holden, Sr. T.P.A./Unit II, who coordinated Unit II. Both performances were nicely done.

The musical entertainment continued. Two special guest singers, Mrs. Joanne Lee and Mrs. Kathleen Brown, performed this year. Both were outstanding in their solos. The Fre-Tye Choir also did several selections this year, and their selections were moving. Also, last but not least, there was a visit from Santa which everyone enjoyed.



West Campus Recreation News

(continued from page)



Other Holiday Festivities were the following.

On December 17, 1991, **The Fraternal Order of Police Party** was held in Cherry Hill at The Hyatt House. Fifteen West Campus clients attended and had a great luncheon. Entertainment and gifts from Santa himself were enjoyed.

Part of the Christmas festivities included a **Wreath Contest** for all client program areas. The winners for West Campus were the following: Central Recreation, First Place; Fisher Cottage, Second Place; and Emerlee Cottage, Third Place. There were cash prizes given to all three winners. The cash prizes were provided by the Vineland Developmental Center Employees' Association. A personal thank-you to the V.D.C.E.A. for their continued support of our client and staff events.

On January 3, 1991, the **New Year's Party** was held in the TLC for all West Campus clients complete with hats, horns, balloons, and refreshments.

"We are His people, and the sheep of His pasture."

Psalm 100:3

Those were the feelings conveyed at the January 19 **Gospel Concert** held at the West Campus. The Concert was enjoyed by 150 clients, staff, and guests. The songs and love that were shared that night were truly a blessing. The performers who gave an evening of spiritual caring were Mickey Montiero with a scripture reading, Kim Spear, Lois Griffin, Susan Finney, and Jacqueline Scott, with song offerings, Trumpet Soloist/Evangelist Stanley Doyle, Joe Jennings at the keyboard, and the Camden Inspiration Mass Choir. It was a beautiful evening for all who attended.

Hearts, Hearts were everywhere at the **Campus Valentine Party** held February 14, 1991. The party was held in The Learning Center Gym for approximately 200 clients and staff. There were decorative balloons, games, prizes, music, dancing, and refreshments for everyone. There were also Valentine cards given out that were made by the clients from the Central Recreation zones.

West Campus Recreation News

(continued from page)

A Special Thank-you to West Campus Central Recreation

from Connie Ortega, Supervisor of Recreation

I want to thank each of you for all the hard work and effort you put into making 1990 a successful year for our clients and for the Recreation Department. Thank you for the numerous times you changed your x-days and rearranged your schedules, both work and personal, to meet the needs of client programs and activities.

As Napoleon Hill said, "Effort only fully releases its reward after a person refuses to quit." That's what all of you do--refuse to quit. Through your dedication, our clients continue to receive programs and activities despite funding cuts and staff cuts. Your hard work has not gone unnoticed or unappreciated.

West Campus Recreation Athletics

by Joan Lockwood, Physical Education Teacher/Recreation

"The Motor Activity Training Program"

The Motor Activity Training Program prepares athletes for the Special Olympic Program. Some changes have been made in the events of the training program this year. The events athletes train for are: (1) Crawling/Creeping, (2) Five Meter Scooter Board Race, (3) Ten Meter Walk With Assistive Device, (4) Ten Meter Independent Walk, (5) Five Meter Wheelchair Race, and (6) Bean Bag Throw.

"Athletic Meet"

Athletes from West Campus participated in a meet at Woodbine Developmental Center on January 24, 1991. Almost all of our 14 athletes participated in three events. There were nine athletes who received third place ribbons; twelve, second place; and eleven, first place.

"Special Olympic Bowling Singles Competition"

The V.D.C. Special Olympic bowlers traveled to Showboat in Atlantic City for Area 8 Singles Competition. Each athlete was placed in a division and bowled three games. Kathy Ridings received a First Place Ribbon, Second Place Ribbons were given to Pam Peschock, Alexis Ogrodney, and Johanna Karyczak, and Florence Rogozinski received a Fourth Place Ribbon in her division.

LEE COTTAGE SUPPORTS OUR TROOPS.....

Submitted by: D. Groves, STPA and S. Miller, STPA

LEE COTTAGE EXTENDS GOOD WISHES AND SUPPORT
TO ALL THE TROOPS IN THE PERSIAN GULF.....

Lydia Lopez, CTT, assists Beverly Schlinger and Virginia Moody in tying yellow ribbons to a tree to honor our troops engaged in Desert Storm. In addition, the entranceway to Lee Cottage displays a patriotic look. The entire staff and clients of Lee Cottage hope our troops come home soon.....



On February 14th, the ladies from Lee Cottage enjoyed a sumptuous luncheon with some of the gentlemen from the Training School. There was good food, games were played, and of course - dancing! Everyone exchanged Valentines and we all look forward to next year. Everyone was entertained with songs from Nereda Rodriguez and Joyce DeMary. A special thanks to them. Our ladies had a "Sweetheart" of a time.....

NORTH COTTAGE NEWS.....

Submitted by: Rosemarie Peek, CTS

On February 20th, North Cottage hosted a Post-Valentine Party for the ladies of North and 15 gentlemen from Woodbine Developmental Center. The cottage was decorated in pink and white balloons and streamers. Balloon centerpieces in pink and white added an especially festive touch! A sumptuous menu of meatball sandwiches, roast beef sandwiches, cole slaw, pasta salad, potato salad, soda, cupcakes and ice cream was enjoyed by everyone. Following dinner, everyone danced, played games, and helped to break the piñata. It may have been a week late, but it was evident that there were plenty of "sweethearts" left over!



UNIT V EVENTS.....

Submitted by: Marcia Pollard and Shirley Rose

"THE NIGHT OF THE SWEETHEART DANCE"

.....There was make-up and lipstick everywhere you looked
Hair spray was in the air and nail polish and perfume were applied diligently
Next, it was off to the Savoy Inn for a night of dining and dancing!
 We danced with those handsome lads from Woodbine Developmental Center, to the music played by Sheba Productions.

The food was fit for a King or Queen! We dined on such morsels as sausage & peppers, macaroni, Roast Beef Burgundy, assorted salads and desserts.

The staff and clients from Unit V (Pond, Pond Annex, East, Landis, Cross, and Regan) had a time to remember!



NEWS FROM CHIMES TERRACE GROUP HOME.....

Submitted by: Bonnie Pierce, RLS

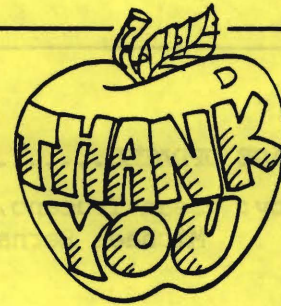
On November 3rd, Fannie Holtzhauser was honored with a surprise party to celebrate her 80th birthday.....Keeping a "secret" was exciting and challenging for her housemates, staff and family members. Fannie was so surprised to find everyone waiting for her that she was "speechless".

The East Side Inn of Vineland prepared a delicious buffet. The private dining room was decorated with flowers. There were loads of presents from everyone!

After dinner we enjoyed a luscious creamy cake while Fannie opened all the wonderful presents.

Fannie's family were a joy to meet and talk with. They were proud to see Fannie so well and happy. Also joining us for a brief visit were Dr. Madden and his wife Barbara.

We wish to thank everyone who helped mark the special occasion, leaving Fannie with many fond memories to cherish.

**HARPER HAPPENINGS.....**

Submitted by: Rosa Warren, CTS

On January 29th, a birthday celebration was held for Viola Gouger and Ruth Rogers. Ms. Rosa Warren escorted Ms. Gouger and Ms. Rogers to the Maplewood for a delicious stuffed lobster dinner with all the trimmings. A beautifully decorated birthday cake was presented following the meal and everyone in the dining room joined in the singing of "Happy Birthday". Lovely gifts were exchanged and everyone had a wonderful time. Now there's more to the story of our special evening.....To everyone's great surprise, the check for our birthday meal was paid by a handsome and generous gentleman who was also dining in the restaurant.....A special thank you, sir!!!

REGARDS FROM REEVES.....

Submitted by: J. Merlino, C. Shawlot, I. Graham

Reeves Cottage is getting into shape! On Tuesday mornings the cottage participates in an exercise program and Special Olympics. the Special Olympic activities consist of bowling, bean bag toss, wheelchair races and basketball. Everyone participates to the best of their abilities while having fun. Exercise time finds clients and staff strengthening their upper and lower extremities. This is done to music and a video tape of special exercises for the physically challenged. All this great exercise has produced some good athletes. Harriet Baker and Julia Scalese have participated in Motor Activities Program Events at Woodbine Developmental Center. Harriet came in First Place in the Bean Bag Toss and Second Place in the Ten Meter Walk. Julia placed First Place in the Ten Meter Assisted Walk and received two Third Place Ribbons in the Ten Meter Wheelchair Race and the Bean Bag Toss. At the Bowling Tournament Margie Watson placed First in her division and Florence Caton placed Second in her division.....As you can see, all this hard work has really paid off for all of us here at Reeves.

A MESSAGE FROM MAIN.....

Submitted by: Lillian Bell, STPA

Christmas in Main Cottage this year was a special event. Our very special clients were surprised and thrilled with their many wonderful gifts and with all the special surprises that they experienced during the Holidays. Many clients attended Holiday parties and trips both on and off campus.....Spring is coming up and many trips and fun events are in the making.....Goodbye to Winter.....Welcome to Spring!

SYKES COTTAGE UPDATES.....

Submitted by: Sean Trucano, STPA
Michael Bernstein, BMPT

"ROVING RICK REPORTING".....NEWS FLASH - OCTOBER: Black Widow? Tarantula? We may never know for sure, but it was BIG! Last Halloween the largest web this reporter has ever seen engulfed the front part of Sykes Cottage with the main webbing covering the window of the dining room. It scared everyone, even the decorating competition - well, not all the competition. Giles showed great creativity for Halloween. According to web consultant, Darlene Hadley (who assisted in its construction), making the colossal web was the proof in finding out if "patience is a virtue". "It was a time consuming project (1½ days) and tedious work", Hadley added, "and no one served us breakfast, lunch, or dinner in those 36 hours!" With tough rope, the web was woven. Sixteen main lines stretched from the center and circled lines were weaved through them. It was finished off with a 52" inflatable spider. Web designer Sean Trucano stated, "My first idea was to stretch it across the front lawn from the top of Sykes to the curb; but due to its design, it would not work. Plus, that would have taken even more than 1½ days. Besides, no one served us breakfast, lunch, or dinner in those 36 hours!" The web was set up and stood for over a month.

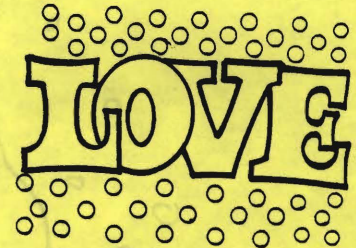
.....NEWS FLASH - DECEMBER: Santa Cries. North Pole turned upside down with news of decoration competition down south. It was no holes barred as Sykes Cottage turned up the heat and melted the competition up north. Local competition was weak and easily crushed. Sykes spokesman Ron Harris stated, "We're still cleaning up from the gala event". Defecting elves from Christmas Land (Santa's Workshop) said, "We've come to be in the winner's circle". Though the elves did not defect in time to help with the initial outside decoration construction, Michael Bernstein, construction engineer, stated, "We've got the talent and we've got the technology". So, up went "Frosty" and the building was BOWed. The weather did have a dampening effect on outside hangings, but the decapitation of the 8' snowman was not a scare. The construction sight foreman, Sean Trucano, stated, "We have the wood, we have the rope, we can rebuild him!" Repaired him they did - and he hung through the New Year. Sykes construction is not done! What can't Christmas go without, but a tree! A 15½' tree! Donated by construction engineer, Michael Bernstein, the mammoth cedar was hoisted by wire with the help of helicopter pilot Don Klinge. Klinge reported several near misses from local commuter flights and stated, "This tree is too big! Put some lights on it." Once lit with lights it was a helpful landmark for incoming flights to Millville Airport. It also could be seen from the corner of Maple Avenue and Main Road! As the outside was being completed, the interior was underway. Every inch of Sykes was attacked within its walls by staff to illuminate the luster of the season. With spray flock, window stickers, wrapping foil and ceiling ornaments, the staff cut, hung, stuck, and sprayed - enlightening the interior to all who entered. Interior coordinator Winsome Brown stated, "We left no wall uncovered, no ceiling uncovered, no window uncovered, and no floor well, we did leave the floor uncovered." So, with the illustrious glow of Christmas so brilliantly lighting the interior of Sykes - Decoration Complete!

(continued on page 21)

Sykes Cottage Updates.....

(continued from page 20)

On a final note.....Valentine decorations were calm and relaxing. No climbing around or on the building. No need for step ladders, lights, or tools of any kind. Just one statement: The hanging of a yellow bow. It hangs over the entrance to show our support to the men and women who are out brothers and sisters, sons and daughters, or friends and neighbors fighting in the Persian Gulf. So, for those who see our bow, whether walking or driving by, say a prayer for our troops and remind yourself what it means: "Have a safe campaign and a quick journey home"..... This is your Roving Reporter, Rick, signing off.....Good Day.

**WINTER WONDERLAND IN GRISCO.....**

Submitted by: Richard H. Doughty, Jr., BMPT

Even though this winter has been a little warmer than usual, our clients have been creating their own Winter Wonderland. First came Christmas, which is always a special time of the year. Cottage staff and clients combined to make this past Christmas a very exciting and memorable one. Both inside and outside the cottage were decorated to perfection. Outside, clients helped put up a tree and decorate it beautifully. Ribbons, lights, garland, ornaments — everything a Christmas would need. Inside things were just as cheery. There was another beautiful tree with musical lights, along with stocking with all the clients' names on them. Even Santa Claus and Rudolph the Red Nosed Reindeer came for a visit. While Santa Claus and Rudolph passed out gifts to the clients, staff passed out cookies and drinks to the clients. The staff and clients also joined in memorable renditions of some of the classic Christmas Carols.

Then, in the beginning of January, the ladies went out for a special "Night on the Town". No night club stops here — but a little dancing was involved as we traveled to the Philadelphia Spectrum to see "Disney on Ice". Everyone had a fantastic time as the clients enjoyed the musical scores and eyes gaped in fascination at the costumes and the excellence of the skaters. Almost all of the Disney characters were there skating, Mickey, Minnie, Pluto, Goofy, and characters from Duck Tales, The Little Mermaid, and The Jungle Book. The best cheers and laughter were for Roger Rabbit and the daredevil skaters who jumped through flaming hoops and performed many other acrobatic stunts. While at the show, clients were treated to programs from the show plus treats such as cotton candy, french fries, popcorn, and soda. By the time we returned from the Spectrum, everyone was exhausted from the sheer delight of the show. A special thanks goes out to the cottage staff, chaperones, and bus drivers for a wonderful time — for both the trip and the Christmas celebration!

(continued on page 22)

Winter wonderland in Grisco.....

(continued from page 21)

On a more serious note, everyone in Grisco Cottage sends out all our prayers and hopes for all the troops involved in Desert Storm — especially for those VDC employees and their families. We wish you a speedy end to the war and a safe return home!



NEWS TO YOU FROM VOLUNTEER SERVICES

Submitted by: Carole Braida, Director

THE 1990 NEW JERSEY STATE EMPLOYEE CHARITABLE CAMPAIGN

Thanks to the generosity of 430 employees of Vineland Developmental Center, a total of \$16,424 was pledged to a variety of charities through the 1990 NJSEC Campaign.

The breakdown of the total is as follows

\$8,640.00 - United Way of Greater Cumberland County

\$1,937.00 - United Negro College Fund

\$5,847.00 - Pledges of \$1,000.00 or less to agencies such as the United Ways of Salem, Gloucester and Atlantic Counties, South Jersey Food Bank, AIDS Alliance, CARE, UNICEF, CHAIR, American Red Cross and Multiple Sclerosis Foundation

As the area with the highest contribution per capita, Habilitation Planning Services Department will be honored with a pizza party. The 1988 winner was North Cottage and Fisher Cottage was first in 1989. The top ten contributing areas for the 1990 Campaign were

1. Habilitation Planning Services
2. Group Homes/Group I
Roselle, Weymouth, Maurice
River, Post Road, Fairton,
Chestnut Ave., and Garden Rd.
3. North Cottage
4. Administration Building
(East Campus)
5. Fisher Cottage
6. Allen Cottage
7. Group Homes/Group II
Pacific Ave., Park Ave.,
Chimes Terrace, Arbor Ave,
Morton, Brewster, Morias Ave.
8. Medical Administration
9. Landis Cottage
10. Reeves Cottage

News To You From Volunteer Services

(continued from page 23)

1990 NJSECC AREA CANVASSERS

Jane Clark
Dolores Barber
Phyllis Lera
Florence Davis
Sandra Dillon
Leola Dockery
Ida Garlic
Lois Griffin
Marie Burrows
Kenneith Hayman
Warren Howell
Margaret Tunis

Edna Kelley
Ethel Kelly
Nancy Kletzkow
Almena Scarbrough
Viola Nelson
Joan Miller
Mary Fields
Corinth Wilson
Pamela Oliver
Brenda Patterson
Peggy Peyton
Laura Pizzo
Marinetta Kelly

Annette McIntosh
Pauline Fallows
Rebecca Stiles
Rhonda Stratton
Anna Huston
Velma White
Sheila Lee
Carolyn Scott
Eleanor McCauley
Donna DiGiovacchino
Liz Veltman
Carolyn Abbamondi



Vineland Developmental Center Employees' Association

Submitted by: Carole Braida, Social Chairperson

VDCEA OFFICERS FOR 1991-1993

WHELMA IRBY, President
JACKIE LOATMAN-BROWN, Vice-President
TANIA CREAMER, Secretary
EDWARD MURPHY, Treasurer
JANE CLARK, Benefit Chairperson
CAROLE BRAIDA, Social Chairperson

(continued on page 25)

VDCEA News

(continued from page 24)

The 29th Annual VDCEA Awards Dinner will be held on Friday, April 26, 1991. Dutch-Treat Cocktails and Hors d'oeuvres will be served at 6:00 PM. Hors d'oeuvres will consist of a selection of cheeses, pepperoni, dips, crackers, salami, devilled eggs, seafood puffs, mini-franks, egg rolls and chopped chicken liver. These are included in the price of the ticket. Dinner choices are Prime Rib of Beef and Devilled Crab Supreme. Dinner includes fruit cup, Centerton salad, baked/stuffed potato, vegetable and miniature pastries. Awards will be presented after dinner with plenty of door prizes and 50/50 raffle. Music will be by D.J. Steve Allonardo, and there will be a dance contest. We can assure everyone of a great time! ALL THIS FOR ONLY \$20.00 PER TICKET! Tables may be reserved for parties of 10 or 14. Everyone should make seating reservations by calling Carole Braida at ext. #6050. SEE YOU THERE!!!

"BITS AND PIECES"

SPRING CLEANING? Donations of formal dresses for various social activities are always welcome! Contact any Clothing Consultant or Carole Braida at 696-6050.

EVERYONE LOVES A PARADE! Volunteers for the "Spring Fling" Parade on Saturday, May 18, 1991, are needed. Marching groups, bands, antique or show cars and trucks, floats and parade performers are invited to register. Call 696-6050 for further information.

GIVE THE GIFT OF LIFE! The American Red Cross will be holding Blood Drives on the following dates. Donors are needed.

Wednesday, March 18, 1991

11:00 AM to 4:00 PM

East Campus Auditorium

Tuesday, June 27, 1991

11:00 AM to 4:00 PM

West Campus Learning Center



INFECTION CONTROL CORNER

THE MEASLES PROBLEM

Submitted by: Lois Griffin, RN

Measles (Rubeola) is an acute, epidemic disease characterized by a generalized rash, lasting 3 or more days, fever, cough, coryza (runny nose), conjunctivitis and/or eyes sensitive to light (photophobia). "Koplik spots" may be seen in the mouth prior to the onset of rash. The disease frequently is complicated by middle ear infection and/or broncho-pneumonia. Encephalitis occurs in approximately 1 of every 1,000 cases reported in the U.S., and survivors of this complication often have permanent brain damage. Death, mostly from respiratory and neurologic complications, occurs in 1 of every 1,000 cases.

The peak incidence of infection occurs during the winter and spring. Patients are contagious from 1 - 2 days before the onset of the symptoms (3 - 5 days before the rash) to 4 days after appearance of the rash.

The incubation period generally is 8 - 12 days from exposure to onset of symptoms; the average interval from exposure to appearance of the rash is 14 days, but may be as long as 21 days.

The mode of transmission is by droplet spread or direct contact with nasal or throat secretions of infected persons; less commonly by airborne spread or by articles freshly soiled with secretions of the nose and throat.

Diagnosis is usually made on clinical and epidemiologic grounds. It can be confirmed by identification of viral antigen in naso-pharyngeal aspirate using FA techniques; by virus isolation from blood, conjunctiva, naso-pharynx or urine in tissue culture; or by a rise in antibody titers.

Practically all persons who have not had the disease or been immunized are susceptible. Measles has become an increasing problem in N.J. Last year, the cases reported nationwide to the Centers for Disease Control (CDC) rose 118% over 1989. The transmission of this highly communicable disease within a medical or institutional setting represents a particular concern in terms of ensuring the safety of both health care workers and clients/patients.

In order to control an outbreak of measles at our institution, we began a mass immunization program for our clients against measles, mumps & Rubella last year. To date, a total of 653 clients from East Campus and the group homes (all presumed to be susceptible to one or more the the above named childhood diseases) have received the MMR vaccine; another 72 clients are awaiting vaccination (permission already obtained). The Program will begin shortly at West Campus, and is being coordinated by Ms. Debbie Menzoni, LPN/Assistant to I.C.C. NOTE: The cost of each dose of MMR vaccine = \$32.00.

Also, a Measles Surveillance/Prevention Protocol was adopted by the Infection Control Committee in January. This was done upon the advice of the N.J. State Dept. of Health, which is closely monitoring outbreaks of measles throughout the state. Some of the control measures are as follows:

Infection Control Corner

(continued from page)

1. In the event of a confirmed or suspected measles case in the institution, all "contacts" must be determined and their immune status investigated. This will be coordinated by the Infection Control Department. NOTE: An employee exposed to measles outside the institution must report to the Employees' Clinic if he/she is considered susceptible!
2. In addition to prompt reporting of a suspected case, a comprehensive immunization program will be undertaken to cover all potential susceptibles and limit spread. This will include two (2) live measles vaccinations given at recommended intervals (the 1st dose within 72 hours of exposure). NOTE: According to the CDC, persons born in 1957 or later are considered "high risk" and should be vaccinated now (unless they had physician-diagnosed measles). IG (immune globulin) may also be used for susceptible contacts and must be given within 6 days of exposure.
3. While waiting to confirm measles in a patient/client, the following will be instituted:
 - a.) Hospitalized patient will be placed in an isolation room immediately (Respiratory Isolation).
 - b.) Exposed, susceptible clients will remain in the cottage/hospital ward for 2 weeks (cohorted), unless considered immune.
 - c.) For a group home client, contact the Infection Control Dept. (6204) and Medical Director, Dr. Schroy (6431) for instructions.
 - d.) Employees considered exposed and susceptible will be cohorted and not reassigned outside work area for 2 weeks.
 - e.) To prevent nosocomial transmission, a triage area will be set up immediately to identify measles cases as they come into the hospital or clinics (both suspected and confirmed cases).
4. Health care workers who become ill will be relieved of patient/client contact for 7 days after they develop the rash. Those who are susceptible and exposed will be "restricted" from the 5th through the 21st day after date of exposure, unless they receive measles vaccine within 72 hours.
5. All records of testing and vaccination of employees will be kept by the Employees' Clinic. In addition, the Infection Control Department will maintain an updated list of susceptible hospital employees (as is done for the Rubella Program). Client information will be kept in the orange binders and recorded on each client's immunization record. A status list will be kept in the Infection Control Department.

SAFETY CORNER

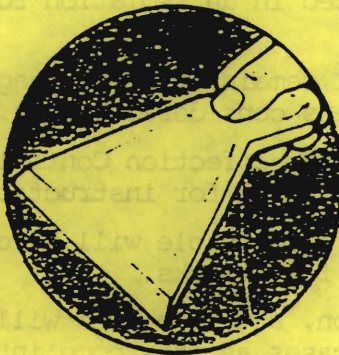
Submitted by: Aldo Mazzoni
Safety Officer

The advent of winter brings with it the fun of sledding, skiing, skating, etc. Winter also brings breaks, strains and other pains caused by shoveling, slipping and falling.

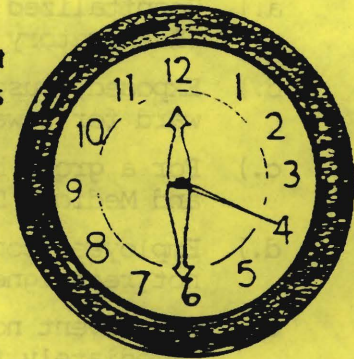
Remember to always dress appropriately for weather to protect against frostbite. Wear rubber-soled shoes to help prevent falling. Another good practice is to keep a folding snow shovel in your car trunk, a container of sand or kitty litter for traction, a blanket for warmth, a flashlight, as well as other items you think necessary. you will be happy you brought them along if you break down or become stuck in the snow.

Be especially careful during the winter season and remember.....**WE MISS YOU WHEN YOUR NOT HERE!**

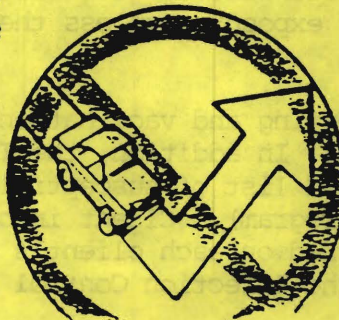
Clear snow
and ice off
your car
before you
start out.



Stay at least
four seconds
behind the
car in front.



Avoid abrupt changes.
If you skid, turn in the
direction you want to
go, foot off the brake
and the gas.



REMEMBER WHEN LEAVING YOUR DESK TO EXERCISE WAS CALLED RECESS?



May							1991
S	M	T	W	T	F	S	
			1	2	3	4	
5	6	7	8	9	10	11	
12	13	14	15	16	17	18	
19	20	21	22	23	24	25	
26	27	28	29	30	31		

JOIN OUR EMPLOYEE FITNESS PROGRAM

MARK YOUR CALENDAR NOW MAY 15TH IS NATIONAL EMPLOYEE HEALTH & FITNESS DAY!

Yes, Wednesday, May 15, 1991, will be observed as National Employee Health & Fitness Day and Federal Fitness Day. Nearly half a million workers are expected to participate this year. The object = to get people to enjoy what they do that day, and so much so that they will want to continue doing it!

The Wellness Coordinating Committee is looking for suggestions of fun things to do on May 15th. Please send your ideas to Denice Zucca, LPN - C/O Hospital Administration - as soon as possible. If your unit or department is working on a Fitness Program, no matter how modest, please share it with us. Activities should be enjoyable, non-competitive, and easily arranged. Remember, exercise doesn't have to be difficult, or inconvenient. Exercise should make you feel and look better, as well as help you control your weight, blood pressure, and even stress level.

An Employee Fitness Program can reduce absenteeism and turnover, while increasing productivity in the workplace. We encourage all employees (whether in great shape or even if you haven't exercised since gym class) to find something fun to do on May 15th. Watch for further registration information, and remember your commitment to "BE THE BEST YOU CAN BE."

CHANGING OUR WAYS DOES NOT HAVE TO BE AN EXERCISE IN FUTILITY.



THE OVERHAND HEAD SCRATCH.



THE COFFEE CUP LIFT.



THE PAPER PUSH.



THE ELEVATOR NECK CRANE.



THE TIME CLOCK PUNCH.



THE FIVE O'CLOCK DASH.

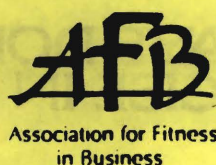
THE COOPERATING ORGANIZATIONS.

THESE ORGANIZATIONS, COMMITTED TO EMPLOYEE HEALTH AND FITNESS, PROMOTE NATIONAL EMPLOYEE HEALTH AND FITNESS DAY TO THEIR MEMBERS AND READERSHIP

Aerobics and Fitness Association of America
 Amateur Athletic Union
 American Alliance for Health, Physical Education,
 Recreation and Dance
 American Association of Occupational Health Nurses
 American College of Occupational Medicine
 American College of Sports Medicine
 American Hospital Association
 American Medical Association
 American Running and Fitness Association
 American Society for Training and Development
 IDEA: The Association for Fitness Professionals
 IRSA, The Association of Quality Clubs
 National Association of Manufacturers

National Employee Services and Recreation
 Association
 National Federation of Independent Business
 National Fitness Leaders Association
 National Institute for Fitness and Sport
 National Recreation and Park Association
 National Wellness Institute, Inc.
 President's Council on Physical Fitness and Sports
 Sports and Cardiovascular Nutritionists (SCAN)
 The Federal Interagency Health and Fitness Council
 The United States Junior Chamber of Commerce
 Washington Business Group on Health
 Wellness Councils of America (WELCOA)
 YMCA of the USA

PRESENTED BY:



CORPORATE SPONSOR:



"LOOKING AFTER YOUR EYES"

Submitted by: Lois Griffin, RN



Let's ask Lois Griffin
what to do about this. This could
become a serious health problem.

Your eye is an intricate structure that efficiently performs many tasks: it receives and transmits thousands of visual messages each minute, automatically adjusts its lens to changing light conditions, focuses incoming light, and produces its own fluids for lubrication and cleansing and fighting off infection. Your central vision enables you to read this page, while your peripheral vision lets you see a person entering a door to your right, without turning your head. Moreover, though each eye sees separately, both eyes together produce a single, three-dimensional image.

However, for most of us this miraculous system has its flaws: 54% of us wear corrective lenses, and few people have what's called 20/20 vision in both eyes. You might have perfect vision in your right eye but 20/50 vision in the left. That means, using the left eye only, you have to stand at 20 feet to read what a normal eye can read at 50 feet. The larger the second number, the worse your vision.

Problems related to refractive errors (that is, faults in focusing light) fall into 3 categories: astigmatism (distorted or partially blurry vision), myopia (nearsightedness), and hyperopia (farsightedness), including presbyopia (the farsightedness that accompanies aging). All these problems can be corrected or at least helped with proper lenses.

Schedules for eye checkups vary according to your age and other factors. The U.S. Preventive Services Task Force recommends the following: All children should have their eyes examined at age 3 or 4, before starting school. Another vision check at age 13 is a good idea, since this is when refractive problems may develop. For most adults, it is not necessary to have eye exams on a regular basis. Obviously, any eye problem or change in vision requires a visit to an ophthalmologist or optometrist. People at risk for glaucoma should be screened for the disease as frequently as their eye-care professional recommends: high-risk groups include those over 65, blacks, the severely nearsighted, diabetics, and those with a family history of glaucoma.

"Looking After Your Eyes"

(continued from page)

Little things mean a lot: An Eye-Care Check List

1. Wear goggles or safety glasses when working with power tools or dangerous chemicals that might splash, and when playing high-risk sports. Be wary of flying objects - twigs coming out of a lawn mower, even a cork exploding from a bottle of sparkling wine.
2. Avoid tanning booths and sunlamps, which can cause irreversible damage to your eyes or even blindness. If you insist on getting an artificial tan, wear opaque goggles. Shutting your eyes is not enough.
3. Don't share eye cosmetics; buy them in small amounts and replace them every 4-6 months (that's how long the preservatives last). "Tester" products that other people have used in a store may be contaminated, so try them on the back of your hand, not around your eyes.
4. Wear sunglasses outdoors on sunny days, even in winter. Studies suggest that life-long exposure to ultraviolet rays promotes cataracts.
5. Consider wearing protective glasses or goggles (any type of plastic lens will do) on windy, snowy days. Cold wind and weather dry your eyes, and dryness paradoxically makes them "cry" - which is uncomfortable and a real problem for contact lens wearers.
6. Avoid working in bad light. While it's a myth that reading in bad light will ruin your vision, you'll be less prone to headaches in adequate glare-free lighting - and you'll work more efficiently and pleasurably.
7. Stick with daily-care lenses if you wear contacts. Wearing contact lens while sleeping can lead to infections.
8. Avoid habitual use of over-the-counter eye drops as a remedy for redness. They do whiten the eyes by constricting blood vessels, but frequent use can actually irritate the eye, making it redder, and can cause allergic reactions. Use other eye drops only as directed by a doctor.
9. Eat a wide variety of fruits and vegetables - especially carrots, canteloupe, oranges, and others that supply beta carotene and/or vitamin C. While there's no truth to the tale that carrots or any other food improve eyesight (except in cases of severe malnutrition), some studies suggest that beta carotene and certain other nutrients might delay or prevent cataract formation.

For information on specific eye problems (both minor and major), please refer to the attached chart. Remember, all eye infections and injuries to the eye that occur at work must be reported to your supervisor, with referral to the Employees' Clinic.

Eye problems, minor and major

CONDITION	COMMENTS	TREATMENT
Dry eyes	Discomfort, usually caused by insufficient tear production, or by certain eyelid abnormalities or surface infections. Overflowing tears, ironically, are often a symptom, produced in response to underlying dryness. Postmenopausal women are often susceptible. May be a side effect of certain drugs (diuretics, antidepressants) or be associated with arthritis.	Extreme dryness can damage eyes, so professional diagnosis is a good precaution even in mild cases. "Artificial tears" (non-prescription eye drops) are often completely effective. Avoiding smoky, overheated, or very dry rooms, as well as hair dryers, may also help. Glasses can reduce tear evaporation in the wind.
Blepharitis	Scaly red eyelids, inflamed around the margins; may be accompanied by dandruff.	Wash eyelids twice daily with soap and warm water or a solution of baking soda. If it does not clear up, consult a doctor, who may prescribe an ointment.
Foreign bodies	Such debris as eyelashes and specks of grit usually require no medical attention, unless embedded in the eye.	Don't rub your eye; pull the upper lid over the lower and roll your eye. If that fails to remove the debris, flush the eye with plain water. Blowing your nose may help. If discomfort persists or becomes acute, or if you think something is embedded in your eye, go to a physician or the emergency room. Never try to remove a foreign body that appears lodged in the cornea (the covering over the iris) or that has penetrated the eye.
Sty	A red, painful inflammation like a small boil or pimple on the eyelid, caused by an infection in the eyelash follicle or the oil gland.	Apply warm compresses three or four times a day. Don't burst or squeeze the sty. Avoid rubbing your eyes, which can spread the infection. Inflammation should subside in a week or so without medical attention. If sties occur often, see a doctor.
Conjunctivitis (pinkeye)	Infection or inflammation of the thin membrane (conjunctiva) that covers the eyeball and inner eyelid. Highly contagious if caused by bacteria or viruses, not contagious if produced by allergies or irritants.	Usually clears up in a week. To avoid spreading an infection to your other eye or to other people, avoid touching or rubbing the eye. Wipe away discharge with a tissue; separate your washcloths and towels from family wash. Don't use contact lenses or eye make-up, which can spread infection to the other eye. Consult a doctor if the discharge is severe, the redness gets noticeably worse, the eye is very painful, or your vision is persistently blurred. Antibiotic eye drops should clear up most bacterial infections.
Floaters, flashers	Small dark specks that appear to be moving through your field of vision; they're minute clumps that form in the vitreous humor, the fluid filling the inside of the eyeball. Flashing lights also come from activity in the vitreous humor, usually a tugging at the retina. Flashers sometimes precede a migraine headache. Glowing, jagged lines in the field of vision are called ophthalmic migraine and may occur without a headache.	Usually more annoying than serious. Try moving your eye up and down to stir up the eye fluid and get the floater out of the way. A sudden onset of many floaters or flashers can occasionally signal such an emergency as retinal detachment or tearing. This requires immediate attention—see "detached retina." below.
Glaucoma	The most common form is called chronic open-angle glaucoma: fluid pressure within the eye gradually rises and in time damages the optic nerve, narrowing the field of vision and eventually leading to blindness. Symptomless in early stages. Not contagious; always affects both eyes. (For recommendations about testing for glaucoma, see section on eye checkups at left.)	Early diagnosis and treatment are essential. Medications to reduce eye pressure come in pill or eye-drop form; these drugs are effective in preserving vision and must be taken for life. Surgical techniques are useful in some cases. Regular follow-up visits are necessary; glaucoma may worsen or improve with no symptoms, and medication may need to be adjusted.
Cataract	Not a growth, but a gradual clouding and hardening of the lens of the eye (located behind the pupil). It is most commonly associated with aging, though it can be caused by injury or diabetes. Painless, but it eventually causes hazy or blurred vision, sensitivity to light, or the impression of having a film over the eye.	Requires surgical removal of the lens and replacement with intraocular lenses (implanted in the eye), contact lenses, or eyeglasses. Surgery is usually performed on an outpatient basis. Treatment is safe and 90% effective at improving vision.
Detached retina	A tear in or dislocation of the eye's back layer of light-sensitive cells and nerve endings. May be caused by a severe blow, but more commonly by a shrinking of the vitreous humor inside the eyeball, which may occur with aging. Severe nearsightedness and diabetes are also risk factors. Complete loss of vision may result. Symptoms: dramatic onset of floaters and flashers; sudden wavy, watery quality in vision; and loss of central or peripheral vision.	Essential to seek treatment immediately. Go to the nearest emergency room. Many treatments are now available, including laser or surgical repair, which can successfully correct early retinal detachments in 90% of cases.

AAMR

AMERICAN ASSOCIATION ON MENTAL RETARDATION

SOUTHERN REGION DIRECT CARE CONFERENCE

KEYNOTE SPEAKER

RALPH J. SNEED, PH.D.

WORKSHOP TOPICS

MANAGING COMPETING PRIORITIES

EVER CHANGING ROLE OF STAFF

STRESS MANAGEMENT

SELF ADVOCACY

TEAM BUILDING

RIGHT TO DIGNITY AND RESPECT

PSYCHIATRY/MEDICATION/SIDE EFFECTS

SEXUALITY ISSUES

MANAGING CHALLENGING BEHAVIOR

COMMUNICATION WITH FAMILIES

EMPOWERMENT

RIGHT TO PRIVACY/CONFIDENTIALITY

REGISTRATION: \$8.00 (INCLUDES LUNCHEON)

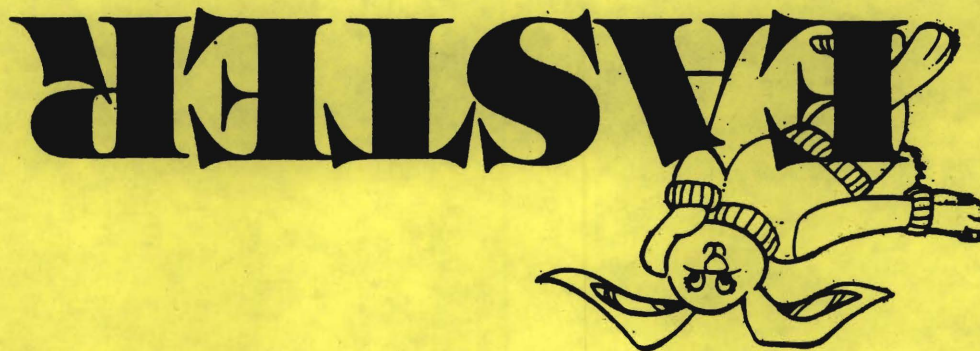
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