

DDS EMPLOYEE NEWS

Governor M. Jodi Rell

Commissioner Peter H. O'Meara

Edition 8

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Southbury Training School Delivers Poinsettias to the Governor

The Department of Developmental Services' (DDS) Southbury Training School (STS) consumers recently delivered dozens of poinsettias to Governor M. Jodi Rell at the State Capitol, Hartford. Over the years, it has become a tradition for the residents who work at the STS Greenhouse to decorate the Capitol for the holidays.

Governor Rell met with consumers Robert LeBeck, Virginia Lee, Gerry Davis, Sandra Blanchard and STS staff Tom Lavoy and xxxx in her office. DDS Commissioner Peter H. O'Meara joined in delivering the flowers to various offices in the Capitol.



(left to right) Sandra Blanchard, Staff member Sandi Detlefsen, Robert LeBeck, Gerald Davis, Governor M. Jodi Rell, Virginia Lee and Commissioner Peter H. O'Meara

The STS residents tend to hundreds of plants in the school's greenhouse program. The program is one of many DDS programs offering a variety of opportunities and environments that encourage individual talent and skills for the residents.

Smoking Cessation Program Update

Eight Smoking Cessation Workshops were held at various DDS locations and were attended by approximately 30 employees. Katie Shuttleworth from the Tobacco Use Prevention & Control Program of the Department of Public Health did a great job facilitating the information sessions. The employees who attended the sessions found the information, tips and tools she provided very useful and were motivated to attempt to quit smoking. Additional workshops can be arranged upon request. Contact Nancy Harnick at 860-418-6127 or nancy.harnick@po.state.ct.us for more information.

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Department of Developmental Services

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Employee Assistance Program (EAP)

www.solutions-eap.com ♦ 24/7 Assistance ♦ 1-800-526-3485

Giving Back

The West Region's IFS Case Management Team at the Lower Fairfield Regional Center, has maintained their commitment to the local community by developing and implementing their "Giving Back" program. Recently, Paresa Ioannidis (DDS Case Manager) collaborated with the staff and volunteers from Norwalk Economic Opportunity Now (NEON) and its Retired Senior Volunteer Program (RSVP). The RSVP members are retired volunteers that give their time and apply their skills in knitting hats, gloves, mittens, scarves, blankets, and quilts to children in need. Their goal is to ensure children are kept warm during the winter months. The efforts and the generosity of the staff from the Lower Fairfield Regional Center and the Ella Grasso Regional Center, yielded over 400 items to "give back." The items consisted of gloves, scarves, mittens, hats, coats, and yarn.

In addition, the IFS Case Management Team is actively engaged in their annual food drive organized by Lorraine Byam-Shabazz, DDS Case Manager for the holidays, which runs from Thanksgiving to New Years. Non-perishable food items are collected and given to Macedonia Church in Norwalk. The food is used to make Thanksgiving and Christmas baskets for families in need. They also use the food to help feed homeless people and individuals with AIDS. Again, thanks to the efforts and the generosity of the staff from the Lower Fairfield Regional Center, the donations, to date, have enabled the church to make 20 baskets.

Southbury Training School Bash

Southbury Training School's, Day Services Halloween Bash 2007 was a remarkable success. The instructors incorporated the new Lifeskills concepts into all aspects of this event, involving residents in the creative planning responsibilities of the day with emphasis placed on working together and helping one another. With much passion and pride they mailed out invitations, made and hung decorations and flyers throughout the building, as well as in all of their homes. The community groups shopped for ingredients and made a variety of treats, that were handed out along with our very own witch's brew. Upon entering the building, maps were distributed to assist in locating the interactive rooms that were throughout the building. There was a wardrobe room for those who needed a last minute costume, a mask making room to explore your creative side, a face painting room, a Gypsy reading palms, and a slimy feely-box room to further explore your senses. Residents and staff were lined up to see the magnificent haunted house that the Adult Education groups worked on for weeks prior to the event. There were numerous residents trailing through the hallways all dressed in very creative costumes. The energy and enthusiasm was contagious. Some were assisted by our very generous volunteers from various ID Teams, who also dressed for the event. All residents received a personalized certificate for their participation. Fritz Gorst, Genny Sanangelo, and Mary Creamer were on hand to serve as judges for the door decorating contest.

Smoking Cessation Program Update, *continued*

Making a New Year's Resolution to quit smoking? Here are some tips to help you stay tobacco free during the first week and beyond:

- **Drink plenty of liquids, especially water.** Water can curb tobacco cravings. Limit alcohol and caffeine.
- **Avoid sugar and fatty foods.** Try low-calorie snacks such as carrot and celery sticks, sugarless gum or air-popped popcorn.
- **Exercise.** Increase your physical activity.
- **Get more sleep.**
- **Change old habits.** Take a different route to work, eat breakfast in a different place.
- **Reduce your stress.** Take a hot bath or shower, read a book, or go for a walk.
- **Remind yourself everyday why you are quitting.** Your health, your family, the cost, whatever is personal to you.
- **Empower yourself.** Visualize yourself as a non-smoker.
- **Spend time doing things you enjoy.** Treat yourself.
- **Call friends, family or support groups for help.** Connecticut QuitLine – 1-866-END-HABIT.
- **Avoid places that allow smoking.**