



Family Driven Family Support Services

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Celebrating Holland – I'm Home

Editor's Note: This is a reprint of an article by Cathy Anthony, mother of a child with developmental disabilities. It is her follow-up to the original "Welcome to Holland" by Emily Perl Kingsley.

I have been in Holland for over a decade now. It has become home. I have had time to catch my breath, to settle and adjust, to accept something different than I'd planned.

I reflect on those years when I first landed in Holland.

I remember clearly my shock, my fear, my anger, the pain and uncertainty.

In those first few years, I tried to get back to Italy as planned.

But Holland was where I was to stay. Today, I can say how far I have come on this unexpected journey. I have learned so much more.

But, this too has been a journey of time.

I worked hard. I bought new guidebooks. I learned a new language and I slowly found my way around this new land. I have met others whose plans had changed like mine, and who could share my experience.

We supported one another and some have become very special friends.

Some of these fellow travelers had been in Holland longer than I and were seasoned guides, assisting me along the way. Many have encouraged me. Many have taught me to open my eyes to the wonder and gifts to behold in this new land.

I have discovered a community of caring. Holland isn't so bad.

I think that Holland is used to wayward travelers like me.

Holland is a land of hospitality, reaching out to welcome, to assist and to support newcomers like me.

Over the years, I've wondered what life would have been like if I'd landed in Italy as planned. Would life have been easier? Would it have been as rewarding? Would I have learned some of the important lessons I hold today?

Sure, this journey has been challenging and at times I have, and still do, stomp my feet and cry out in frustration and protest.

And, yes, Holland is slower paced and less flashy than Italy.

But this too has been an unexpected gift.

I have learned to slow down and look closer at things.

Now I appreciate the remarkable beauty of Holland.

Now I appreciate its tulips, windmills and Rembrandts.

I have come to love Holland and call it Home.

I am a world traveler who discovered that it doesn't matter where you land.

What's important is what you make of your journey.

It's important to see and enjoy the lovely things that Holland has to offer.

Yes, over a decade ago I landed in a place I hadn't planned.

Yet, I am so thankful.

This destination has been richer than I could ever have imagined!

Electrical Safety Tips

American homes are filled with electrical appliances and tools that enhance our lives with convenience, comfort, and entertainment. But the power that drives these important devices can be a source of pain and tragedy if it is misused.

These guidelines from the Home Safety Council will help you spot electrical problems which may be present in your home and take appropriate action to correct or remove dangers. Give your home periodic checkups to be sure that no new hazards develop.

Use the right light bulbs in all lamps and light fixtures. Look inside the light fixture. Find a label that tells you which light bulb is right for the fixture.

The electrical outlet in the bathroom should have a Ground Fault Circuit Interrupter (D+GFCI). This is a tool that protects you from a dangerous shock when water and electricity come together. An electrician can install a GFCI for you. All electrical outlets and switches should be covered by 'faceplates'. All electrical cords should be in good condition. Don't tie or knot cords. Don't let furniture sit on cords.

Look for the Underwriters Laboratories (UL) mark on the label when you buy electrical appliances (such as toasters, microwaves or coffee makers) and cords. Unplug toaster ovens, coffee makers and other small appliances after using them. Keep appliances dry and away from water at all times. Don't plug in too many appliances at once. Call an electrician if your lights flicker, or if your power goes out a lot.

S: Home Safety Council.

Summer Sun Eye Protection

You know that the sun can damage your skin. But did you know it can burn your eyes?

Both short-term and long-term sun exposure can cause damage and increase your risk of cataracts, which can impair vision by clouding the lens. Sun exposure may also result in skin cancer, which can occur on the lower eyelids or elsewhere near the eyes.

A few simple steps can protect your eyes from sun damage:

- Wear a wide-brimmed hat that shades your eyes from the most direct rays.

- Wear sunglasses that block at least 99% of both UVA and UVB rays. Wraparound styles can block the sun from entering from the sides of the frames (but may not be the best choice when driving).
- If you wear contact lenses, choose a UV-blocking type. Ask your eye care specialist about your options.

TopHEALTH

Keep Food Safe on the Road

This time of the year, many of us take to the road in cars or recreational vehicles. Some of us live on boats, spend days on the beach, in the mountains or in our backyards.

Here are some simple food safety rules.

- When traveling with perishable food, place it in a cooler with ice or freezer packs.
- Pack perishable foods directly from the frig or freezer into the cooler. A full cooler maintains its cold temperatures longer than one that is partially filled.
- Food sitting out for more than 2 hours is not safe; 1 hour if temp is above 90°.
- At the beach, shade the cooler under an umbrella or a shady spot.
- Pack disposable moist towelettes to clean hands.

S: USDA

Balancing Your Calories

To lose weight, you must burn more calories than you take in.

Calories are a measure of the energy contained in food or expended by exercise. Everyone burns a few calories even at rest; physical activity burns even more. Think of energy balance as a seesaw with food on one end and activity on the other. The more you eat, the more you need to exercise to balance the seesaw in the direction of weight loss.

To lose one pound you need to burn 3500 more calories than you take in. A combination of eating less and exercising more can add up to significant weight loss. Use the '500 Rule' for losing one pound a week: cut 250 calories and burn an additional 250 calories each day.

Budget your calories the way you budget your finances. If you go over your calorie limit one day, try to make up for it with more exercise or less food the next. Your calorie savings will add up over time, so an occasional splurge won't set you back too much. Go to www.mypyramid.gov to learn more about your personal calorie balance.

Disinfect Water in an Emergency

In case of an emergency disruption of community water supply, follow the directions given by your public health officials. If you don't have directions from your public health officials, there are steps you can take until water supply is restored.

You should have three days supply of water stored in your home for emergencies – a gallon of bottled water per person per day. More is better, of course, as water can be stored indefinitely with no bad side effects according to the International Bottled Water Association. Bottled water should be stored in a cool (room temperature), dry environment.

Emergency measures:

- Melt the ice cubes in your freezer or use the water in your hot water heater.
- Use well water or water from a nearby lake if not contaminated.
- Disinfect water by boiling it vigorously for about one minute to kill any disease-causing microorganisms in the water.
- 10 drops of common chlorinated household bleach will disinfect one quart of water. Double that amount if water is colored or cloudy.
- 5 drops of 2% United States Pharmacopeia Tincture of Iodine will disinfect one quart of water, add that amount if water is cloudy. Let solution stand at least 30 minutes.
- One tablet of commercially prepared iodine tablets will decontaminate one quart of water. Most drugstores carry iodine tablets.

S: Safety Issues

Family and Community Support Services Support Groups

Monthly Meetings

GROUPS FOR INDIVIDUALS WITH SPECIAL NEEDS, AND PARENTS AND FAMILY AND COMMUNITY SUPPORT SERVICES OFFER A VARIETY OF SUPPORT CAREGIVERS OF CHILDREN WITH SPECIAL NEEDS. PARENT/CAREGIVER SUPPORT GROUPS PROVIDE MEMBERS WITH OPPORTUNITIES TO MEET WITH OTHER PARENTS BOTH OF YOUNGER CHILDREN AND ADULT CHILDREN WITH SPECIAL NEEDS IN AN ATMOSPHERE OF EMOTIONAL SUPPORT, EDUCATION, AND FRIENDSHIP. FSS ALSO FACILITATES GROUPS SPECIALLY DESIGNED TO MEET THE NEEDS OF CHILDREN AND YOUNG ADULTS WITH DEVELOPMENTAL DISABILITIES.

The 21+ CLUB

The 21+ CLUB is on summer hiatus the months of July and August. We hope everyone has a safe and carefree summer!

♠ **September 2, 2009:** The 21+ CLUB will begin the Fall 2009 season on September 2nd.

We are very pleased to welcome once again Mr. Howard Brush, Regional Director for Governor Rendell's Northwest Office.

Members and guests of THE 21+ CLUB are invited to share their needs and concerns for their family member with developmental disabilities. As Regional Director, Mr. Brush serves as liaison to the Governor and will bring our concerns and inquiries to the Governor's attention. Mr. Brush will also outline how the 2009-2010 Pennsylvania State Budget will impact individuals with developmental disabilities.

The meeting will take place at the Barber National Institute in the Forum beginning at 6:30pm. Please make reservations by calling the FSS Office @ 814-878-5961.

♠ **October 7, 2009:** The 21+ CLUB will meet with Shelly Adams, Administrative Officer, Erie County Care Management. Ms. Adams will discuss the supports coordination services that all individuals enrolled in the MR system receive. Guests are invited to participate in topics that can include individual support plans, choosing providers and informal supports, and monitoring services.

The meeting will take place at the Barber National Institute in the North Lobby Break-Out Rooms beginning at 6:30pm. Please make reservations by calling the FSS Office @ 814-878-5905.

THE 21+ CLUB is an advocacy group of parents, caregivers, and other persons who are interested in the needs of adult children (over the age of 21) with

developmental disabilities. Membership is open to anyone interested in services for adults with developmental disabilities. Parents of younger children are invited to join now to help ensure that services will be in place for their children as they mature.

The goals of THE 21+ CLUB are threefold: (1) Educate local, state and national legislators to the unmet needs of adults with developmental disabilities. (2) Educate parents/caregivers on issues affecting adults with disabilities. (3) Develop sociability opportunities for adults with disabilities.

For more information about the group, please call Joyce Krahe McDonnell, Family Support Services @ 814-878-5905 or the FSS Office @ 814-878-5961.

Asperger's Support Group

The Erie Chapter of GRASP, the support group for adults with Asperger's Syndrome, meets monthly on the 4th Saturday of each month at the Barber National Institute.

The group, facilitated by Mark Haller, will meet July 25th and August 22nd in the Emerald Room, located in the back of the cafeteria, from 1-3pm. Guests are asked to enter from the gated lot on East 3rd Street. For more information about the group, please call Mark Haller @ 814-864-8770 (between 10am & 1:30pm). You may also email mentatmark@gmail.com.

Autism Support Group

The Autism Society of America Northwest PA Chapter (www.nwpa-asa.org) Support Group meets to discuss issues related to children with Autism and Asperger's Syndrome. Meetings are scheduled for the 3rd Tuesday of the month.

The group will meet in the Emerald Room, Dr. Gertrude A. Barber National Institute, 100 Barber Place, July 21st and August 18th from 7-8:30pm. Sitter services will be available in Room #120. For information or questions, please call Jennifer Dennehy @ 814-878-4117. For registration, call the FSS Office @ 878-5961.

Down Syndrome

The Down Syndrome Support Group of Erie County will meet July 14th and August 11th at 6:30pm at St. Paul's Lutheran Church, 3108 Sterrettania. The group meets the 2nd Tuesday of each month @7:00pm. There is no regular meeting in August due to the Annual Family Picnic.

For more information, call Jackie Lupo @ 833-2143 or email DownSynErie@yahoo.com

SIBSESSIONS

No SibSessions will take place in July or August.

♥ **September 19th.** Sibs kicks off the new 2009 Fall Season. For more details and registration, please call Jennifer Dennehy @ FSS Office @ 814-878-4117.

♥ **October 17th.** For more details and registration about the event, please call Jennifer Dennehy, FSS Office @ 814-878-4117.

SibSessions offer a supportive setting for the expression of feelings and concerns and the development of new friendships for siblings ages 5 to 16. Participants share the positive aspects of having an affected sibling. Participants enjoy activities in arts and crafts, recreational events, sharing time, and a free lunch.

Sessions are offered free of charge. Most sessions take place at the Barber National Institute, 100 Barber Place. For more information, please call Jennifer Dennehy @ 814-878-4117.

Time for Me

Note: The FSS "Time for Me" program will not meet the months of July or August.

Fall meetings are scheduled September 12th and October 10th. Participants meet at the Dr. Gertrude A. Barber National Institute from 1-4pm. "Time For Me" is a unique program offered to children ages 4 to 10 who are developmentally disabled. Participants engage in structured activities including swimming, arts & crafts, and gym.

The program provides parents with their own "Time For Me" knowing that their children are in a safe environment, having fun and are well supervised by trained staff. TSS are welcome to attend.

Space is limited to 12 children per session. Registration is required. Sessions take place the 2nd Saturday of the month. Reservations may be made until the Wednesday prior to the session.

For more information, fees, and registration, please call Jennifer Dennehy, FSS office @ 878-4117. Guests are asked to enter through the gated parking lot on E. 3rd St.

Janet's Jokes

Question: Why is a fish easy to weigh?

Answer: It has its own scales!!!!!!!!!!!!!!

Things To Do, Places To Go

- **FRIENDSHIP MINISTRIES**

The Friendship Ministry Groups share God's love with teens and adults with developmental disabilities. Teens and adults are invited to attend a meeting at any of the three churches and locations offered:

- **FIRST ALLIANCE CHURCH**

First Alliance Church, 2939 Zimmerly Rd., Monday evenings from 7-8:30pm. Contact Alex and Mary @ 734-8553.

- **ST. JOSEPH CHURCH**

St. Joseph Church, 147 W. 24 St. Summer Program: July & August (the 2nd and 4th Mondays of the month). Contact Diana @ 899-6194.

- **TRINITY UNITED METHODIST CHURCH**

Trinity United Methodist Church, 3952 Pine Ave., the 1st and 3rd Monday of the month. Contact Diana @ 899-6194.

July 4

LIBERTY PARK

Boom Over the Bay at Dusk this evening. Come enjoy the fireworks! www.erie.pa.us

July 7

LIBERTY PARK

Free public concert at Liberty Park 6:30-9:30pm. Free EMTA shuttle starting @ 5pm from Park'n Ride Lot, I79, Lincoln Ave, Intermodal Transportation Center. www.porterie.org

NORTH EAST

North East Cherry Festival (July 7-11). Family entertainment with rides, games, arts, crafts, large parade and cherry pies. www.nechamber.org.

July 10

ASSUMPTION GREEK ORTHODOX CHURCH

July 10-12 Panegyri Greek Festival with dancing, food and pastries. Church tours, arts, crafts and entertainment. 814-838-8808.

July 14

LIBERTY PARK

Free public concert at Liberty Park 6:30-9:30pm. Free EMTA shuttle starting @ 5pm from Park'n Ride Lot, I79, Lincoln Ave, Intermodal Transportation Center. www.porterie.org

July 16

LIBERTY PARK, PERRY SQUARE & DOWNTOWN

Roar on the Shore with thousands of motorcycles (July 16-19). Music, food, special guests and a roaring caravan through Erie streets. www.roarontheshore.com.

July 17

WATERFORD PARK

Heritage Days. Over 100 crafters, entertainment and food. July 17-19. 814-796-6105.

July 21

LIBERTY PARK

Free public concert at Liberty Park 6:30-9:30pm. Free EMTA shuttle starting @ 5pm from Park'n Ride Lot, I79, Lincoln Ave, Intermodal Transportation Center. www.porterie.org

July 24

PRESQUE ISLE PARK

Discover Presque Isle Days (July 24-26). Musical entertainment, beach volleyball, arts & crafts, great food and bonfires. 814-838-5138.

July 28

LIBERTY PARK

Free public concert at Liberty Park 6:30-9:30pm. Free EMTA shuttle starting @ 5pm from Park'n Ride Lot, I79, Lincoln Ave, Intermodal Transportation Center. www.porterie.org

August 1

FRONTIER PARK

Erie Art Museum Blues & Jazz Festival (Aug. 1 & 2), from 1-11pm. Local, regional and national blues and jazz bands perform on stage. 814-459-5477.

August 4

LIBERTY PARK

Free public concert at Liberty Park 6:30-9:30pm. Free EMTA shuttle starting @ 5pm from Park'n Ride Lot, I79, Lincoln Ave, Intermodal Transportation Center. www.porterie.org

August 7

LIBERTY PARK

Key West Phest 2009 celebrates food with "Cheeseburgers in Paradise" Aug. 7 & 8. Live music and entertainment. www.presqueislephc.com

DOWNTOWN GIRARD

Event celebrates the life and times of the most famous clown in history. Aug 7-8. 814-774-9683.

ST. PAUL'S ITALIAN FESTIVAL

Aug 7-9 beginning with the procession of the Virgin Mary at St. Paul's Church. The best of Italian food, cookies, pasta fagioli dinner, and music. 814-459-3173.

August 11

LIBERTY PARK

Free public concert at Liberty Park 6:30-9:30pm. Free EMTA shuttle starting @ 5pm from Park'n Ride Lot, I79, Lincoln Ave, Intermodal Transportation Center. www.porterie.org

August 13

DOWNTOWN ERIE

4 day extravaganza celebrating everything Erie from food to culture to music & performances on the downtown streets. Aug. 13-16 evenings. www.celebrateerie.com.

August 18

LIBERTY PARK

Free public concert at Liberty Park 6:30-9:30pm. Free EMTA shuttle starting @ 5pm from Park'n Ride Lot, I79, Lincoln Ave, Intermodal Transportation Center. www.porterie.org

August 21

HOLY TRINITY CHURCH

Zabawa Polish Festival on the church grounds (Aug. 21-23) featuring Polish homemade specialties, polka music, dancing and raffles. 814-456-0671.

August 23

WATTSBURG FAIRGROUNDS

The County's oldest and largest fair (Aug. 23-29). Entertainment, rides, truck/tractor and horse pulls. Great food! www.celebrateerie.com.

August 25

LIBERTY PARK

Free public concert at Liberty Park 6:30-9:30pm. Free EMTA shuttle starting @ 5pm from Park'n Ride Lot, I79, Lincoln Ave, Intermodal Transportation Center. www.porterie.org

August 29

ERIE SHRINE CLUB

Aug. 29-30 German Heritage Festival with "The Mad Bavarian," German music, food, dancing, petting zoo and historical research. www.DANK-Erie.org.

FAMILY SUPPORT SERVICES

The Dr. Gertrude A. Barber Center, Inc.
136 East Avenue
Erie, Pennsylvania 16507

MOVING?

PLEASE NOTIFY FSS @ 814-878-5961.

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