



Family Driven Family Support Services

Dr. Gertrude A. Barber National Institute
100 Barber Place
Erie, Pennsylvania 16507-1899
(814) 878-5905 Fax: (814) 455-1132
E-Mail: JoyceMcDonnell@BarberInstitute.org



Sept./Oct. 2009

Color Me Yellow

A-tisket a-tasket

A green and yellow basket.

I sent a letter to my love

And on the way I dropped it

A little girlie picked it up

And put it in her pocket.

My little yellow basket.

-a nursery rhyme

No matter the season, yellow is my favorite color. Yellow makes me feel happy. Nothing is more cheerful than a fall flower garden dressed in the dusty yellow of chrysanthemums, shasta daisies, and goldenrods. I like a shot of yellow mixed in with my other favorite colors –traditional Christmas red and bright greenery. As winter wanes, I long for cheery yellow crocuses. In summer, mellow yellow zinnias hold center stage on my kitchen table.

I cannot help but share a smile with someone wearing a yellow sweater, yellow cotton t-shirt, or a yellow silk scarf. I love it splashed on pottery, casual tablecloths, cookware, dish towels, and spatulas. I like yellow post-it-notes, yellow legal pads, and sharpened #2 yellow pencils. Crayola crayons nuance the shades of yellow with names like lemon yellow, maize, gold, cornflower, goldenrod, umber.

Universal meanings are attached to color. Red, orange, and yellow are said to radiate cheerful feelings of warmth and comfort. The coolness of blue, purple, and green soothe and refresh. Colors are even said to have healing powers. Known as chromotherapy, it was practiced widely by ancient cultures and thought to increase circulation, purify the body, heal the lungs, treat pain and increase energy levels. When used today, the treatment is referred to as 'light therapy'.

The psychology of colors notes that emotions and behavior are influenced by color. Unique meanings are assigned to various colors. Because the color green is supposed to revive and refresh, it is ideal for bedrooms. Pink promotes affection, black encourages independence, red empowers. Yellow is associated with joy, happiness, and energy. Color theorists posit that yellow stimulates mental activity. Yellow warms us, and is supposed to enhance concentration. Yellow attracts attention. We see yellow objects sooner than any other color. Maybe that's why all eyes lock onto a lemon yellow classic MG sports car. Yellow increases the visibility of school buses, construction vehicles, and taxis.

Yellow is also the color of youth, joy, and imagination. As it happens, my daughter Sheila chooses to use yellow in her painting projects. She used lots of bright yellow in one of her paintings. Because the piece contrasts with her quiet demeanor, we titled it 'Yellow Storm'. From a quiet place in her little soul, Sheila's broad brushstrokes explode with an expansive energy that is sweeping in range. It is the place where her depth and strength reside.

Every time I look at that picture, I am comforted. No matter the lateness of the hour, no matter the day of the week, no matter the month of the year, Sheila's painting warms my heart like April's sun warms winter's bones. And Sheila is sunshine in my life.

Joyce Krahe McDonnell, M.A.
Newsletter Editor

It's Time for Halloween ESO Dance!

Get in the swing of things with the first ESO Dance of the season! We will be dancing at Behrend College on Friday, October 9th in the Reed Union Building. Theme will be a Halloween Costume Dance! The fun begins at 7pm. Dancing continues until 9pm.

Call your friends to meet you at the dance! We have plans for another great year. Come meet new people and catch up with old friends from last year.

ESO Dances for young adults with developmental disabilities are sponsored by the Dr. Gertrude A. Barber National Institute and hosted on site at Edinboro University of Pennsylvania, Gannon University, Mercyhurst College and Penn State Erie Behrend College. Student peer volunteers are on site to join with guests for an evening of dancing, conversation, and light refreshments. Plenty of volunteers are always on hand. If parents/caregivers wish, they are invited to stay during the dance.

For more information about ESO Dances, please call Joyce Krahe McDonnell @ 814-878-5905 or the Family Support Services office @ 814-878-5961. More information is on the Barber National Institute web page @ www.barberinstitute.org.

FSS Grandparent Support Group Forming

Family Support Services (FSS) is now forming a Grandparent Support Group for grandparents and other caregivers of children with developmental disabilities.

All families have unique family issues. Grandchildren with developmental disabilities bring their own set of joys and challenges to families. Sharing the positive aspects and challenges of a family member with a developmental disability helps family members understand and learn about developmental disabilities. It is hoped that The Grandparent Support Group will be a place where members can openly and honestly discuss grandparenting a child with special needs.

Interested grandparents and other caregivers are invited to attend a Formation Meeting at the Barber National Institute Thursday, September 3rd. The meeting will take place in the Breakout Rooms beginning at 6:00pm. Guests are asked to park in the visitors parking area off East Bay Dr. Entrance is through the North door at the top of the ramp.

For more information about the meeting, please contact Joyce Krahe McDonnell, M.A. at 814-878-5905. Reservations may be made with Diane Sanfilippo at the FSS office @ 814-878-5961.

Disability Advocacy Workshop

The Disability Advocacy Support Hub, project of the Disability Rights Network of Pennsylvania will hold a workshop @ Edinboro University Crawford Center Sept. 21 from 10am to 3pm. Attendees will learn advocacy approaches and effective advocacy approaches with state and local government. Info about additional workshop sites and to make a reservation, call DASH 1-800-692-7443 x312 or email Ido@drnpa.org.

Lead Poisoning

Lead is a poisonous metal that our bodies cannot use. Children under the age of six, especially unborn babies, are most susceptible to lead poisoning because their brains and central nervous systems are still developing. High levels of exposure to lead may cause miscarriage. Childhood lead poisoning can affect learning, growth, kidneys, hearing. Due to its sweet taste, small children (especially those who are teething) may chew on lead-painted windowsills. The older your home is, the more likely it is to contain lead-based paint.

Lead settles in the bone. Lead interferes with the absorption of calcium, which is required for strong bones, muscles, healthy muscle contraction and blood vessel function. Ask your doctor or health care provider to test your child under six years of age at least once a year.

Fight lead poisoning with a healthy diet. Make sure your children eat healthy, low-fat foods high in iron, calcium, zinc, and vitamin C. Normal levels of iron protect children. Give them lean red meats, fish, and chicken, iron-fortified cereals, dried fruits. Protect your child from lead absorption with calcium from milk, cheese, green leafy vegetables. Serve vitamin C foods like oranges, tomatoes, grapefruits, green peppers.

Get more information from your child's pediatrician. You can contact the National Lead Information Center 1-800-426-4791 or EPA Lead Program Web site www.epa.gov/lead.

Out with the Old, In with the New

Here's the lowdown on some cleaning myths.

THE OLD: Club soda is a good stain remover.

THE TRUE: There's no scientific basis for the claim that club soda removes stains. Tap water

works just as well. Be aware that water treatment may only dilute, not remove, the stain. Stain sticks, stain wipes and prewash stain removers are better remedies to avoid stains.

THE OLD: Save energy by drying clothes on a clothesline, rather than in the dryer.
THE TRUE: Cold and warm water wash cycles may not destroy all bacteria. Machine drying reduces lingering bacteria and viruses. Fabrics containing optical brighteners or fluorescent whitening agents may yellow if exposed to sunlight.

THE OLD: Hand wash silverware.
THE TRUE: Silver cutlery can be put in the dishwasher if not washed in the same basket as stainless steel cutlery. If the two metals touch, the silver may be permanently damaged. Hand washing silverware enhances the patina by the rubbing that occurs while washing and drying.

THE OLD: Polish silver regularly.
THE TRUE: Too much polishing eventually starts removing metal, as well as the patina that makes silver pieces so attractive. The more often you use and wash silverware, the less often it needs to be polished.

S: Erie County Cooperative Extension.

Power Outage Safety Tips

In case of a power outage, here are some steps you can take to make the wait for return of service safer and more comfortable for your family.

Be prepared:

- Keep an emergency supply of water, medications, and non-perishable foods.
- Keep a list of emergency numbers.
- Have an alternative cooking source (camp stove, outdoor grill).
- Keep a battery-operated radio and flashlight on hand (and batteries).

During an outage:

- Listen to local broadcasts for official information.
- In hot weather, move to the lowest level in the house.
- Drink plenty of water.
- Provide fresh, cool water for pets.

- Use flashlights; candles can pose the risk of fire.
- Keep refrigerator and freezer doors shut to keep food from spoiling.
- Check on people with special needs.

People with special needs:

- Notify fire department, neighbors, friends, relatives who can provide help.

Halloween Safety

Halloween represents a time of fun and festivity. Candy corn, costumed kids and carved pumpkins set the scene. Follow these simple tips:

- Accompany all children under age 12.
- Only permit trick-or-treating at homes of friends and neighbors you know well.
- Apply reflective tape to front and back of costumes. Carry a flashlight.
- Purchase only costumes marked 'flame retardant' or 'flame resistant'.
- Use face paint instead of a mask.
- Avoid crossing lawns and yards where hidden objects may cause falls.
- Throw away all treats not in original wrapping.
- Throw away homemade goodies from unknown sources.

If you are hosting a trick-or-treat party:

- Do not use candles. Light jack-o-lanterns with small flashlights.
- Provide bright walkway and porch lighting to prevent falls.
- Do not overload electrical outlets with holiday lighting.
- Do not use dry ice as a special effect; it can cause severe injury if eaten.

S: Home Safety Council

Family and Community Support Services Support Groups

Monthly Meetings

Family and Community Support Services offer a variety of support groups for individuals with special needs, and parents and 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

Parents/caregivers who have a child OF ANY AGE with a developmental disability are cordially invited to attend meetings of the 21+ CLUB!

The issues addressed during meetings focus on the needs of adults with developmental disabilities. Parents with younger children are encouraged to attend to learn about and help address the special issues that older parents experience with their adult children. Younger parents will be able to help raise awareness and shape services that will benefit their children as they mature.

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

Special guest, Mr. Howard Brush, Regional Director and Liaison to Governor Rendell will meet with guests to discuss the Pennsylvania Budget. Mr. Brush welcomes this chance to meet with parents and caregivers to discuss the needs of adult individuals with developmental disabilities.

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

♣ **October 7, 2009:** The 21+ CLUB will welcome Ms. Shelly Adams, Administrative Officer, Erie County Care Management. Ms. Adams will join us for a special Informational Session to discuss the most up-to-date information about supports and services for our adult children with developmental disabilities. Ms. Adams is looking forward to exchanging information and addressing concerns that parents might have.

The meeting will take place at the Barber National Institute in the North Lobby Break Out Rooms beginning at 6:30pm. Please make reservations @ the FSS Office @ 814-878-5961.

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.

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 Sept. 19th and October 24th 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, Sept. 15th & Oct. 20th, 7-8:30pm. Sitter services will be available in Room #120. For information, please call Jennifer Dennehy, @ 814-878-4117. Reservations may be made with Diane @ 814-878-5961.

Down Syndrome

The Down Syndrome Support Group of Erie County will meet Sept. 8th and Oct. 13th at St. Paul's Lutheran Church, 3108 Sterrettania. The group meets the 2nd Tuesday of each month @ 7:00pm.

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

SIBSESSIONS

Family Support Services offers monthly SIBSESSIONS for brothers and sisters of individuals with developmental disabilities.

♥ **September 19th SibSession.** For information on time and place for this event, please call Jennifer Dennehy @ FSS Office @ 814-878-4117. Call Diane @ 878-5961 for reservations.

♣ **October 17th SibSession .** For information on time and place for this event, please call Jennifer Dennehy @ FSS Office @ 814-878-4117. Call Diane @ 878-5961 for reservations.

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 @ FSS, 814-878-4117.

Time for Me

"Time for Me" participants will gather September 12th and October 10th 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.

This program also 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 information regarding dates, fees, and registration, call Jennifer Dennehy @ 878-4117. Guests are asked to please enter through the gated parking lot on E. 3rd St.

Janet's Jokes

Question: What do you use to cut the ocean??

Answer: A seasaw!!!!!!!!!!!!!!!!!!!!

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., the 2nd and 4th Monday evenings 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.

September 5

ST. NICK'S GROVE

German Heritage Fest features authentic German bands, food, crafts & activities today and Sept 6th from 11am-8pm. More info @ www./dank-erie.org.

September 7

WATERFORD FAIRGROUNDS

Community Fair today thru Sept. 12th enjoy agricultural exhibits, rides, truck-tractor pulls, even horse pulls! Great food. Info @ 814-796-4490.

September 11-13

RAINBOW GARDENS

Don't miss the Irish Festival today thru Sept 13. Celebrate Irish culture, music, food and entertainment. Various times. Info @ 814-454-8085 or www.saintpatrickparisherie.org.

September 12

LIBERTY PARK

Erie Heritage Festival throughout today – Erie Phil will play. Vendors, entertainment, fireworks, canonfire, historical re-enactments. www.erie-heritagefest.com 814-454-1813.

September 15-19

ALBION FAIRGROUNDS

Animal exhibits, produce, tractor pulls, music rides, 814-756-4833.

September 17

DONNA GRAMM DANCE STUDIO

Dancercise Classes for individuals with developmental disabilities begin today for 6 weeks at Erepa Grotto/SAGA Club, 3828 Washington Ave. Sessions run from 6-7pm. Caregivers attend free. Call Donna @ 814-833-3419.

September 19

TREC FAMILY PICNIC

TREC Family Picnic TREC Stables, 8342 Platz Rd. at Noon today. Bring a dish, table service, lawn chairs! Games, music, fun. Reservations @814-474-5276 or www.treceries.org.

September 25-27

GRAVEL PIT PARK

Wine Country Harvest Festival. Grape stomping, food and entertainment thru Sept 27. www.nechamber.org 814-725-4262.

October 8-11

WARNER THEATER

Eerie Horror Film Fest. Celebrity horror guests, vendors, expos. www.eeriehorrorfest.com 814-873-2483 for hours.

October 9

ST. JOSEPH CHURCH OCTOBERFEST

Oct 9: 5-11pm; Oct 10: Noon-11pm; Oct 11: Noon-6pm. German cuisine, music and coffeehouse. www.winabeemer.com. 814-452-2982.

October 16-30

ERIE ZOO

Erie ZooBoo! Scary but not too scary annual Halloween event. Come in costume. 6-9pm. www.eriezoo.org. 814-864-4911.

October 17-18

BAYFRONT CONVENTION CENTER

North American Sea Glass Festival. Beach glass collectors & vendors from all over the world. www.seaglassassociation.org. 814-836-1827.

FAMILY SUPPORT SERVICES

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

MOVING?
PLEASE NOTIFY FSS @ 814-878-5961.

NON-PROFIT
ORGANIZATION.
U.S. POSTAGE PAID
PERMIT NO. 355
ERIE, PA