



# Happy Haven Herald

## Spring Edition 2021

### Upcoming

March 11-  
FA-CPR 1pm to 4pm

March 15 and 16-  
DSP Live  
9am to 5pm Both Days

March 18-  
CRMA Recert  
9am to 5pm

March 19-  
Safety Care Recert  
9am to 5pm

March 23-  
CRMA Refresher  
11am to 3pm

March 24-  
FA-CPR 9:30am to 1pm

This year Spring begins on March 20<sup>th</sup> when the sun crosses the equator line and the Northern Hemisphere tilts more toward the sun- daylight increases and we benefit from warmer temperatures and nature's abundant growth.



Don't forget to set  
your clocks one  
hour ahead at 2am  
March 14, 2021!



# Haven's Spring Recipes

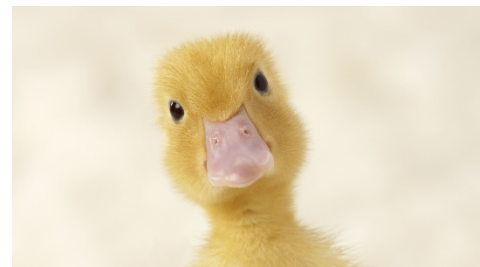


- Duck Eggs
- Asparagus Spears
- Slices of Ham
- Chopped Chives

Mix honey mustard, olive oil, and 2 tsp white wine vinegar in a bowl- put aside.

Poach the eggs, steam the asparagus, then place them on your plate- drizzle your sauce then sprinkle the chives on top.

*Duck eggs tend to contain higher amounts of nutrients than chicken eggs and are rich in bioactive peptides that contribute to human health.*



- Chopped Cauliflower
- Chopped Carrots
- 5 Chopped Baby Potatoes
- Slices of Summer Squash
- Slices of Avocado
- Lemon juice

Fry vegetables in melted coconut oil, sprinkle salt and pepper to taste- fill your tortillas and drizzle lemon juice on top.

*Summer squash contains an abundance of vitamins A, E, and C- which are excellent for skin rejuvenation and hair strength and growth.*

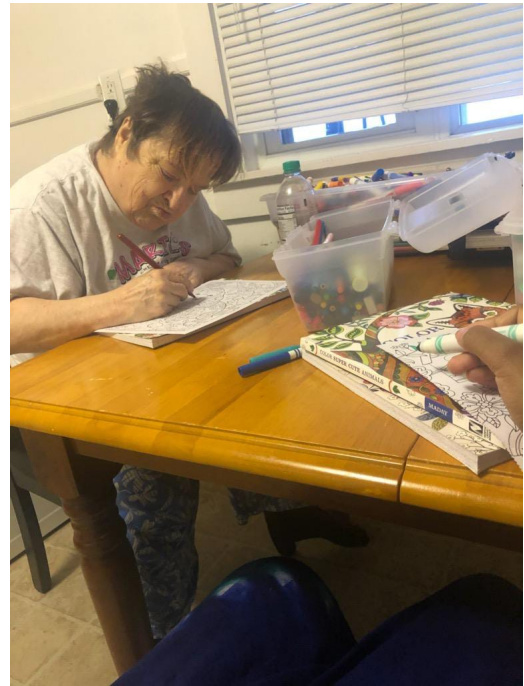
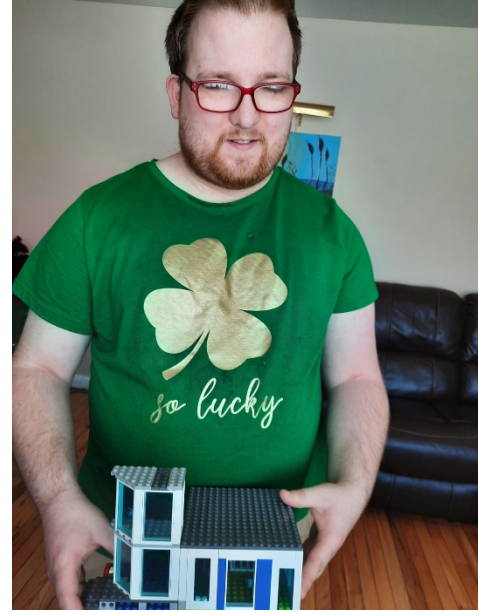
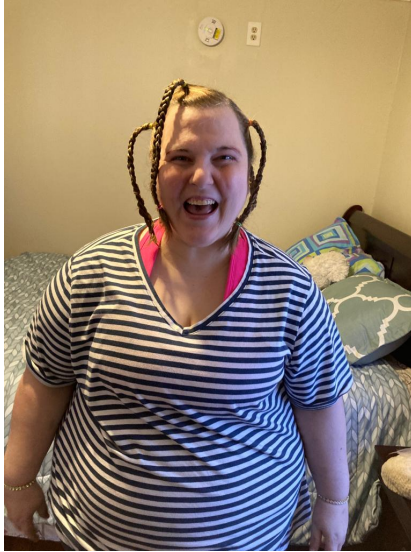
- Cooked & Diced Chicken Breast
- 14 OZ Drained Artichoke Hearts
- 10 Spears of Asparagus
- ½ Cup of Grated Carrots
- 2 Cups Cooked Penne Pasta
- 1 ¾ Cups of Chicken or Vegetable Broth
- ½ Cup of Frozen Peas

Place ingredients in a baking dish and bake at 425 for 30-40 Min. Sprinkle fresh parmesan on top for extra flavor.

*Artichokes decreases high blood pressure reducing the risk of heart disease and stroke. Studies have also proven that artichokes are an anti-inflammatory digestive aid.*



# Haven's Friends



# Developmental Disability Awareness Month

For decades, persons with any type of disability were typically institutionalized from birth-childhood until adulthood-death. The deinstitutionalization movement of the 70's and 80's laid the foundation for significant social change. In 1987, President Ronald Reagan proclaimed March as Developmental Disability Awareness Month. The presidential proclamation called upon Americans to provide the encouragement and opportunities necessary for persons diagnosed with disabilities to reach their fullest potential.

Persons diagnosed with disabilities began living in communities and programs were created to assist with career planning, job coaching, and eventually the rise of programs to encourage productive- self directed lives within community settings were born.

\*\*\*Special thanks to *Amanda and Gael Karomba* for opening Happy Haven and their hearts to the disabled adults residing in our communities\*\*\*

Every March, the National Association of Councils on Developmental Disabilities (also known as NACDD), works together with organizations and people across the nation to make aware, inform, and educate society on persons with developmental disabilities. A huge part of the campaign is to raise awareness about the inclusion of people with developmental disabilities in all facets of community life- and the obstacles/barriers people with disabilities are still facing today.



Disability will impact all of us at some point in our lives. You might be the parent or guardian of someone with disabilities, you might know someone- like a neighbor with disabilities, or perhaps you may gain a disability later in your life. It is important for us here at Happy Haven to play a huge role in changing the way our community members "see" our consumers. By providing excellent care we have already taken a positive first step.

Caring for our consumers is more than sitting in the same home with them. It is more than being nonchalant and just "doing" for them. Everything we teach our consumers not only allows them to be as independent as possible, but also encourages them to be

the best version of themselves. In and out of their homes. Personal hygiene, healthy eating, clean living, emotional coping skills, basic finances, constructive hobbies, and learning new interests- are just the foundation of what we should be teaching.

Happy Haven prides itself on providing our Haven friends with the tools and resources they need to be as independent as possible. Part of being independent is making good choices and functioning out in the community.

In order for our Haven friends to reach their fullest potential we must take the time to teach them basic life skills he or she may not already have. During this pandemic, we have had to limit community activities, gatherings, and group visits. While we are still affected by social distancing, brush up on the basics with our Haven friends.

WHAT are the basics-

- Personal Hygiene
- Eating Healthy
- Staying Physically and Mentally Active
- Sanitary Home
- Budgeting for Needs and Wants
- Communication
- Staying Safe and Kind

If you are taking the time to create a daily routine that includes the basics- it will be a much better experience out in the community for our Haven friends, the staff, and community members will be more welcoming to our friends.

When we are out in our communities, visiting public places, some of our consumers require a lot of cues, guidance, and assistance but we need to allow them every opportunity to practice skills taught in the home- out in their community. Community inclusion not only shows the consumer he or she is capable of anything but allows community members to "see" our consumers in the same positive light we do.

Every day we are working towards better defining the meaning of disability and to help change how the world views persons with disabilities. Individuals with disabilities are people first- they are not their disability. A person's diagnosis should never be used to define their value or potential. Whether we have disabilities or not, we all have the same desire to be accepted and appreciated in our worlds. You can help by showing our consumers that they are not limited- but differently abled. After all-community inclusion, love, and acceptance is what Happy Haven stands for.

It is our PRIORITY, it is our MISSION...

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# DEVELOPMENTAL DISABILITIES AWARENESS MONTH

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## Diversity, Equity, and Inclusion Defined

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### Diversity

Includes all the ways in which people differ, encompassing the different characteristics that make one individual or group different from another.



### Equity

The fair treatment, access, opportunity, and advancement for all people, while at the same time striving to identify and eliminate barriers that have prevented the full participation of some groups.



### Inclusion

The act of creating environments in which any individual or group can be and feel welcomed, respected, supported, and valued to fully participate.

## LEVELS OF INCLUSION



### COMMUNITY

**Social inclusion** is physical, emotional, intellectual, spiritual, and quality of life



### CONNECTION

**Emotional inclusion** is beyond physical presence to relationship



### CONTRIBUTION

**Intellectual inclusion** is the dignity of contributing to the community



### CONTEMPLATION

**Spiritual Inclusion** is the pursuit of meaning and purpose



### COMPREHENSIVE

**Comprehensive Inclusion** happens with good health, quality of life, and where necessary a cure

# Haven's Spring Activity

## Bird Cookie Ornaments

### What you will need:

- 2 Cups of Bird Seed
- ½ Cup of Water
- 2 Small Packs of Gelatin
- Cookie Cutters
- Cookie Sheet
- Wax Paper
- Straws
- Twine or Yarn

### What to do:

- Mix the water and gelatin in a pot, bring it to a simmer until the gelatin has dissolved.
- Mix the bird seed and gelatin liquid into a bowl.
- Place wax paper across the cookie sheet, place your cookie cutters on the wax paper- then fill each shape with the bird seed mix.
- Make sure to poke a straw into the shape creating a hole to string up the bird cookie- let the bird cookies dry overnight.
- Once the cookies have dried, you can string them up and hang them on your trees.

**\*\*Please take photos if your program does this activity\*\***



**Wherever there are bird feeders, you will most likely find squirrels too!**

**Squirrels are especially fond of peanut butter and pinecones.**

**All you must do is mix 2 cups of bird seed with 1 cup of peanut butter- then spread it on the pinecones. Let them set for a few hours.**

**You can string them up onto trees or just lay them around the tree on the ground.**

# Spring Suggestions

- ❖ **Take a walk** around the community and look for things on a nature scavenger hunt. Get together with other programs and see who can complete the list first!

Print out available on the next page

- ❖ **Plant something** in your backyard or in planters boxes- such as flowers, veggies, or herbs.

You can find everything you need at Walmart or Home Depot

- ❖ **Go to the beach** and build sandcastles then have a picnic. Go as a group with other programs and share dishes.

Popham Beach, Reed State Park, and Old Orchard Beach are popular locations in Maine

- ❖ **Work together as a program and SPRING clean the home inside and out.**

COMPETITION TIME! Office staff will come around in a few weeks to see who takes pride in their program

- ❖ **Go to a petting zoo, SPRING time is when all the baby animals are typically born!**

Maine Wildlife Park, DEW Haven, and York's Wild Kingdom are great places to spend the day- don't forget to take photos!

- ❖ **Play outdoor backyard games- such as bowling, soccer, kickball...and invite your friends!**

Whatever you decide to do to celebrate the beginning of the season, get outside, enjoy the fresh air together, learn something new, and keep our Haven friends active and involved with the community.....







# SPRING

## Scavenger Hunt

Spider Web

Garage Sale

Flower



Kite



Grass

Garden Hose

Baby Animal

Rainbow

Dandelion

Berries

Bird



Puddle

Sprout

Lawnmower

Umbrella



Clouds

Grasshopper

Animal Tracks

Bee



Sprinkler

Rabbit

Jump Rope

Nest

Dragonfly



Worm

Sidewalk Chalk

Moss

Feather

Dew

Blossom

Jogger

Bicycle



Squirrel





OUR FRIENDS

