

# Hill & Saks News

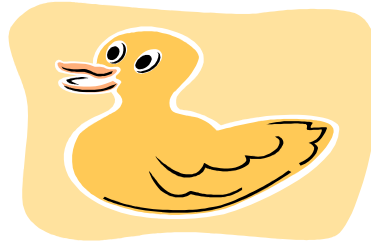


Behavior Therapy Providers for Individuals with Developmental Disabilities

SPRING 2010

## Agency News

Hill & Saks, BTS would like to thank you for feedback during our annual *Service Satisfaction Survey*. Overall, responses indicated a high level of satisfaction with services. Defining emergency situations and offering repeat training for direct support professionals are areas we will focus on in the coming year. Please feel free to provide us with feedback at any time throughout the year! Visit us at [www.hillsaksbts.com](http://www.hillsaksbts.com)



**Spring babies are here!** Our heartfelt congratulations go out to Co-Director Claire Saks as well as Behavior Support Consultant Anika Carrasco-Trujillo. Both welcomed new babies into their families. Claire welcomed a son, Silas Maurice born 2/18/10; Anika welcomed a daughter, Olivia Grace born 4/16/10.

## Deep Breathing

Chronic stress can get us in the habit of shallow, short breathing. Deep breathing will help reduce the negative impact of stress on our mind and body. Try deep breathing exercises throughout the day:

1. When you wake up in the morning to start your day
2. When in need of a doses of stress - relief during the day
3. After rushing around or pressured
4. If anxious and needing to calm down
5. When needing to concentrate
6. When you are in bed trying to get to sleep

## Loretta Maestas: I Have a Lot to Say

Loretta communicates with conviction. She uses her eyes, her hands and a pencil to point to words. She was interviewed and has a lot to say.

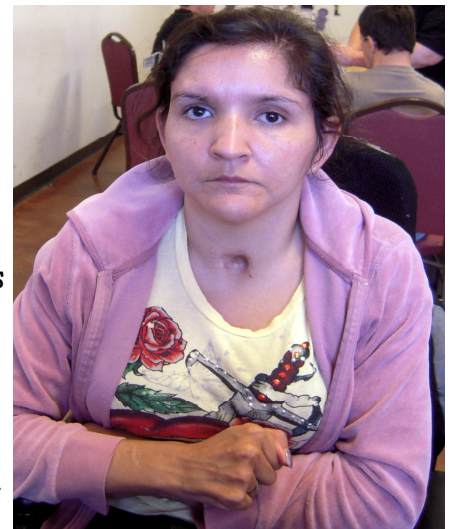
Among her future goals, Loretta dreams of living in her own apartment and having an assistant dog to help her and keep her company. Loretta would like to have a boyfriend, and she is an active participant in a *Friends and Relationships Class* sponsored by NM Dept. of Health, Office of Behavioral Services. Loretta would like to travel. Given the choice to

go to a warm beach or take a cruise, Loretta opts for a cruise.

Loretta likes to choose her activities and the clothes she wears. She would like to have the opportunity to listen to books and magazines "on tape".

Loretta said she is special because she is a survivor, is strong, is a friend to others and is a lover of animals. Loretta would like communication devices that would allow her to talk and to let others know what she wants. She is an inspiration to others to make their dreams and aspirations

known to the world. Thank you Loretta. Keep on talking!



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## Inclusion: Little Ways Every Day to Make a Big Difference

**Inclusion** is a buzz word in the field of developmental disabilities. It refers to including people with diverse needs and abilities in our schools, our workplaces and our local communities. In the big picture, principles of inclusion involve working against discrimination and against barriers which exclude people. It also involves working towards better ways to accommodate all people. Sometimes it may seem that systemic problems with inclusion need to be handled by legislative advocacy groups, governmental agencies or other large agencies. However, we all act every day in little ways that can make big

differences to someone in need of inclusion. Some of the ways to include people with disabilities are very simple:

- \*Being interested/asking questions
- \*Finding some way to help an individual be part of a project no matter how small or broken down the task
- \*Pausing to allow an individual time to process and respond to what is said
- \*Asking someone in a wheelchair which way they would like to face, who they want to sit next to, if they are tired of being in the same place and want to move?

- \*Positioning ourselves to make contact at eye level with people who are in wheelchairs or in bed
- \*Making eye contact and giving undivided attention while feeding someone
- \*Continuing to talk to and engage with people who are non-verbal versus acting as if they are not there or don't understand
- \*Communicating positive expectations versus exhibiting cues of negative thoughts about a person's abilities

When all people are included we have more opportunity to share and learn from one another.



### Hill & Saks

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