



Hill & Saks News

Behavior Therapy Providers for Individuals with Developmental Disabilities

SUMMER 2010

Agency News

Congratulations to all consumers who graduated from *Friends and Relationship Series II* on June 8th. The class was sponsored by the Office of Behavioral Services and taught by Mark Gordon. Hill & Saks Behavior Support Consultants (BSCs) Andrea Finch and Cheryl Sciacca were present to support students. BSCs also played a role in helping teams to support students in integrating learning outside of the classroom.

Series III is planned for this fall. We are committed to becoming involved and supporting healthy social and sexual lives of individuals with developmental disabilities.



Get Your ZZZzzzz's

A Good Night's Sleep

Five Reasons for A Good Night's Sleep:

1. Sleep helps learning and memory.
2. During sleep, the body secretes hormones that regulate appetite, metabolism and glucose processing. Some studies link insufficient sleep to weight gain, obesity and diabetes.
3. Sleep helps alleviate symptoms of depression and anxiety. Too little sleep can cause irritability and moodiness and can contribute to chronic mental illness.
4. Too little sleep affects perception and judgment and can contribute to accidents and general safety issues.
5. Sleep for comfort- it feels good!

Adapted from: healthysleep.med.harvard.edu.

Felicia Taylor: Ambitious Go-Getter

Felicia (Flea) started her own business in February 2010. She spots interesting vintage items while volunteering at a thrift shop. Then, she sells them through Etsy.com, a social commerce website. Flea shared her inspiring story of hard work and success.

Flea works about six hours, several days a week. She takes photographs of the products, then displays them on her website. She may also answer e-mails about the products. After Flea makes a sale, she packages and mails out the product. Then she is off to the

bank with her profits!

Flea uses her unique talents and skills to make her business a success. (She has already made 120 sales!) Flea is organized and hardworking. She is creative and sentimental. All this helps her to find interesting treasures to sell as well as to attractively market them.

Flea enjoys many aspects of running her business especially working on the computer and talking to customers who contact her from all over the world.

Having a successful business does not curb Flea's ambition. Her next goal is to train her Yorkie dog Daisy to be an Assistance Dog of the Southwest. Flea can be an inspiration to us: Work hard, use your talents. You can enjoy success too!



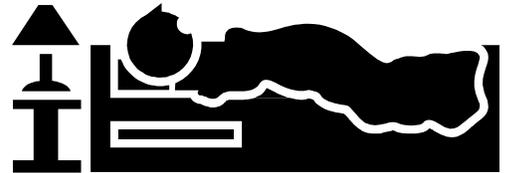
You can visit Flea's shop online at : www.etsy.com/shop/FleasBoutique

GET SOME SLEEP—ZZZZZZZZ

Because most of us consider sleeping to be a natural activity, we often do not pay attention to bad habits that may disrupt sleep. Sleep is important to our well-being. And we need to take charge of sleep, just as we take charge when we eat right and exercise. Here are some tips for good sleep:

1. Go to sleep at the same time every night. Your body likes routine.
2. Avoid caffeine, especially in the afternoon. Caffeine can prevent you from falling asleep or can cause night-time waking.
3. Avoid going to bed on a full or an empty stomach. Avoid meals or snacks in the evening that cause heartburn. A light snack may be more helpful.
4. Avoid alcohol. It may help with falling asleep but causes awakening within 4 to 5 hours.
5. Establish a night time ritual to get relaxed before bedtime. This may include a warm bath, a glass of milk or herbal tea.
6. Avoid illuminated clocks and TVs. Keep the bedroom dark.
7. Get out your worries earlier in the day. Talk to someone or write things down several hours before bedtime. Do not get yourself stirred up right before bedtime.
8. Avoid telephone calls before bed. If emotional conversations come up, you may have trouble relaxing before bed.
9. Do not do challenging mental tasks right before bed. This will keep you too alert.
10. Regular exercise earlier in the day can help with regular sleep. (However, this may take time to take effect.)

If you experience chronic sleeplessness, see your doctor. Chronic sleep problems can lead to medical or mental health problems.



Hill & Saks

Behavior Therapy Services

P.O. Box 5787 • Santa Fe, New Mexico 87502

(505) 660-1110 • FAX (505) 474-4748

Email: HillandSaks@hotmail.com

www.hillsaksbts.com