

A decorative border of stylized snowflakes in black and light blue surrounds the central text.

W I N T E R

N E E D S

N E W S L E T T E R

Update From The President

Hi all. 2019 marks The NEEDS Center's 5th year anniversary. Time flies when you are having fun. Back in 2014 we started with 2 homes in Methuen supporting 10 people, and 2 people attending our new day Community Based Day Support program. Since that time we have grown a great deal.

Residential Supports

We have added 1-2 homes per year, and have been strategic about our expansion efforts in terms of residential supports. Today we have 11 homes, and provide support to 53 people. We plan to open another home in Haverhill in the coming months.

Day Supports

We currently have 2 day support programs. Our Methuen program offers CBDS services to 40 people. This program is very much community-based and most of the people receiving support from this program spend the majority of their time in the community. We are currently in the process of looking for a larger site to relocate this program to. We will keep you posted as we move along. In August of 2017 we opened our second Day Support Program in Tewksbury, which offers both CBDS and Day Habilitation services, and also relocated our Administrative offices to the same building. We have steadily grown our census to the point we are today with 36 people attending daily.

Children's Services

In addition to our Adult Services, we also offer services to children with disabilities. We work with a number of school systems offering both home and school based services to children with special needs. We also provide home-based services to people with autism and their families through insurance based services.

Future Plans

Along with our plans to open a home in Haverhill, and relocate our Methuen Day Program we are also well underway with the Cape Cod Village project. Cape Cod Village will be based in Orleans Mass, and will provide residential supports to 15 adults across 4 homes. It is expected that this project will open by February of 2020. We will keep you posted as we move along with the project.

It has been a very eventful five years for the NEEDS Center, and we continue to plan for our future endeavors.

Jim Sperry, President and CEO

The NEEDS Center

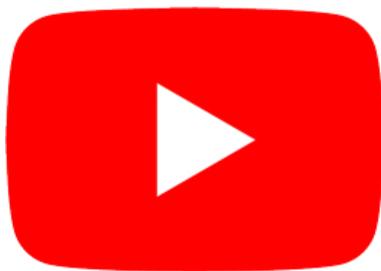
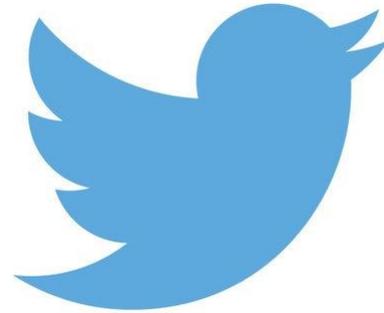
jsperry@needsctr.org

978-216-0315



NEEDS On Social Media

We have joined social media to share information with stakeholders and people who might be interested in our services. We encourage all stakeholders and people who might be interested in our services to like us on social media and share our page! Hopefully, you'll enjoy the content that we'll put forth and we look forward to sharing more information with you as we go forward.



YouTube



Welcome to the NEEDS Family

We would like to take this opportunity to welcome new members to the NEEDS Center Family!

- ◇ Dane Ferrara | Program Coordinator | Methuen
- ◇ Joseph Fanfan | Program Specialist
- ◇ Michael Roy | Program Specialist
- ◇ Oscar Mulo | Program Specialist
- ◇ Odion Ogbeifun | Program Specialist
- ◇ Kelsea McGuire | Home Based Direct Support Provider/Program Specialist
- ◇ Louis Louissaint | Program Specialist
- ◇ Tyra Ovalles | Program Specialist
- ◇ Richard McIntosh | Program Coordinator | Float
- ◇ Brendan Byrne | Assistant Program Coordinator | Topsfield
- ◇ Alexis Worji | Program Specialist | Boxford
- ◇ Margaret McIntosh | Program Specialist | Topsfield
- ◇ Martin Mungate | Program Specialist | Methuen



eAcademy is Here



North East Educational and
Developmental Support Center



We are pleased to introduce our new Internet-based staff training and development program; Providers' eAcademy powered by Relias. Together with Relias, we have developed a customized training website for NEEDS Center that will help you to achieve your ongoing training and CEU requirements.

The Relias LMS website has many great features including:

- **CEUs** – Nearly everyone one of Relias' hundreds of courses available to you are applicable to continuing education credits - you can even print your own CEU certificates for license/certificate renewal.
- **Web-based Learning** - Courses can be taken anywhere with an internet connection.
- **Self-Paced Learning** - You can take a course all at once or in small chunks.
- **Email Notifications** – You will receive reminders when upcoming required trainings are due.
- **Newsfeed** - Current articles and information about behavioral health, addiction, and healthcare are easily available from your home page.
- **Announcements** – Staff announcements and important information are posted on the right side of the home page, so check back often!

We are incredibly excited about our new “e-learning” program and trust that you will find the convenience of the system and variety of courses helpful in meeting your professional development goals.



 **AUTISM SPEAKS®**
WALK

powered by love™

NATIONAL PARTNER ALPHA XI DELTA

October 6, 2019

Greater Boston Walk Boston Common

Join The NEEDS Team @ <http://act.autismspeaks.org/goto/NEEDSCTR>

Register Today at AutismSpeaksWalk.org

FAMILY-FRIENDLY | AUTISM RESOURCES | COMMUNITY SUPPORT

Patriots Week

The week of January 28th was dedicated as “Patriots week “at the NEEDS Center’s day program in Tewksbury. The New England Patriots were set to face the Los Angeles Rams in Super Bowl 53. Staff and individuals gathered to put on various activities for that week. Among them was the subdivision of groups to draw the Patriots logo on flyers, and another group to make one that would hang in the main wall welcoming everyone walking in to the day program.

On Friday February 1st, we held our own Super Bowl party. Everyone was dressed in Patriots gear and the menu consisted of “Patriots Firing Buffalo Chicken Dip”, “Brady’s Famous Cheese Burger Sliders”, and a healthy “Belichick Fruit Salad”. It was a successful week, and the activities went as planned. Every individual contributed in some way. Some of the individuals helped decorate and post pictures, others went shopping, and we even had a few individuals put their cooking skills to the test, everything went perfectly. The day program was filled with exciting energy and everyone was motivated to have a great day preparing for the biggest game of the season that Sunday. We all wish we could have witnessed the win together and even though our Friday was a workday you could never tell we weren’t a diehard fan sitting in the stadium cheering on our team.

Article continues on next page...



Left to Right: Nicky J, Ephantus K, Charlene R, Christopher A, Hugson J-F

Patriots Week Continued...

Sunday came and went and with it the Patriots won their sixth championship! On Tuesday February 8th, 2019 at 9 AM we gathered in the day program's main hall, all the TVs were locked on the live stream of the Patriots parade. Even though our guys celebrated at the day program, we were able to watch millions of Patriots fans take to the streets and help our team celebrate their victory in Boston, MA. The individuals took lots of pictures with staff as they made the patriots sixth Super Bowl championship win a multicultural festivity.



Left to Right: Alexandra R & Charlene R



**Left to Right: Christopher A,
Jerome L, Paul L, & Nicky J**



North East Educational and
Developmental Support Center

DDS Direct Support Certificate Program |Now Accepting Students|

To obtain an application:
please contact the community college closest to you
or

Come to our main office in Tewksbury

Course fees and book costs are **FULLY REIMBURSED** by the NEEDS Center

Resulting in **NO COST** for NEEDS Center Staff!

Upon successful completion of program employees will **RECEIVE A \$1,000 BONUS**

APPLY TODAY!

The Certificate consists of 21-22 college level credits.

It is an educational program especially designed to enhance the
knowledge and skills of direct support workers

The Certificate is designed to strengthen writing,
problem-solving, and critical thinking skills by including
readings, assignments and discussion of the daily experiences,
challenges, and concerns of direct support workers.

Middlesex Community College:
Julia Mirras

Middlesex Community College—Lowell
33 Keaney Square
Lowell, MA 01852
Tel: (978) 656-3189

Email: mirrasj@middlesex.mass.edu

Northern Essex Community College:
Donna Johnson

Northern Essex Community College
Elliot Way
Haverhill, MA 01830
Tel: (978) 556-3303
Fax: (978) 556-7713

Email: DJohnson1@necc.mass.edu

North Shore Community College:
Erinn Gilmore

North Shore Community College
One Ferncroft Road
Danvers, MA 01923
Tel: (978) 762-4000, ext 6671
Fax: (781) 477-2146

Email: egilmore@northshore.edu



Winter Fun!



Sean T making snow angels.



Left to right: Michael A, Kevin D, and Sean T hanging out in the snow.

The guys at River Road kicked off one of the winter's inaugural snow storms by going out into the elements and enjoying some recreational winter activities!



Please join us for the all new
Healthy Living Group!



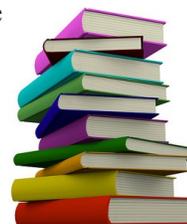
The group will meet at the Treble Cove Residence on the first Thursday of the month and they will:

- Debut a healthy recipe (Which will be assigned on a rotating basis to participating houses)
- Provide an optional movement activity
- Participate in a group session where members can share any challenges they have faced or successes with living healthy

Please RSVP to Nicole at NChaisson@needsctr.org. Please remember to tell her how many individuals you're expecting and any allergies or restrictions we should be aware of. Nicole will confirm with you and let you know if you are selected to bring a healthy recipe.

We NEEDS Books

The NEEDS Center wants to establish our own libraries! These libraries will be utilized by our individuals who love to read! These libraries will be housed in our day programs located in Tewksbury and Methuen. We will accept any and all donations! If you are interested in donating a book, please bring it to either the day program in Tewksbury or Methuen. Remember every donation helps and we are thankful for any and all donations! Thank you!



QUEST

We will be having our QUEST review sometime between April 1 – May 15, 2019. Dates are not set at this time. QUEST is DDS' Quality Enhancement division. A team of reviewers will come out to our homes and day programs and review the services and supports that we are offering. This is a good opportunity for us to receive this review, and continue to improve upon the supports that we provide across all service settings. If you would like to participate in the review by speaking to one of the surveyors, or if you have any questions regarding the process, please check in with Tim Sobezenski.



+Healthcare Corner+

Spotlight on Gastro Esophageal reflux disease (GERD)

Gastroesophageal reflux disease (GERD) is a chronic condition that affects the digestive system. The condition is a more serious and long-lasting form of acid reflux.

While most people experience heartburn or indigestion from time to time, if you feel that burning sensation in your chest more than twice a week, you might have GERD.

GERD is a result of a weak lower esophageal sphincter. That weakness allows the contents of your stomach to flow back up into your esophagus

GERD may be triggered by fried or fatty foods, citrus, chocolate, coffee, carbonated beverages, drinks containing alcohol, alpha blockers, anti-inflammatories, sedatives and nitrates

The most common symptoms of GERD are acid indigestion and heartburn. You may frequently burp and feel bloated.

Acid in your esophagus can make it spasm, which causes pain and a feeling of tightness in the chest.

Other symptoms of GERD include nausea and vomiting, belching, difficulty swallowing, tooth erosion and bad breath, problems swallowing and (dysphagia)respiratory problems

GERD requires diagnosis and treatment from a healthcare provider.



Stakeholder Meeting

We have been holding our Stakeholder Meetings Semi-annually and these meetings have been going well and have provided us with valuable input to help further shape and guide our services. Our latest meeting was held on March 14th and will be discussed further in next quarter's newsletter. We greatly appreciate all of the input that our stakeholders provide on a day to day basis, and value these more formalized opportunities to meet and share ideas.

Summary

The NEEDS Center grew rapidly last year and in large over the past five years. We will continue to demonstrate our commitment to providing services for families and their loved ones. Thank you for taking the time to read about our organization. The NEEDS Center quarterly newsletter will return next season for our Spring Edition.

