

Volume 2

March 2009



Office hours:

Monday—Friday
9:00 a.m.—5:00 p.m.
517.372.6671

Respite House hours:

Friday Drop off is
5:00 p.m.
Sunday Pick up is
5:00 p.m.
517.487.3342

After School Program:

Monday—Friday
2:30 p.m.—6:00 p.m.
571.755.5795

**24 hour On-Call
Supervisor**

517.255.0174

Contact us by email

Judy.LAP@acd.net

Leslie.LAP@acd.net

Missy.LAP@acd.net

Saundra.LAP@acd.net

Cat.LAP@acd.net

LAP RESPITE CENTER

Thank You!

The LAP Board, Staff, and Families would like to thank the gracious people who gave donations that will help to continue the quality services that LAP Respite Center brings to the families of Ingham, Eaton, and Clinton Counties.

LAP DONATIONS

OCTOBER 2008 TO JANUARY 2009

Anonymous Donor
Fred and Sara Aldrich
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Mary Jane Wurz



Care Provider of the Month Sponsored by Susan Miller Pettit of Tunde Interior Design of East Lansing.

December 2008 ~ Elizabeth Boznango

January 2009 ~ Monica Perez

February 2009 ~ Karen Bailey

March 2009 ~ Elise Hill

The Care Providers will be receiving a gift from Susan Miller Pettit for

exhibiting great care provider qualities. They have received many compliments from our families and fellow Care Providers.

Tunde Interior Design has been in business for the past 8 years. For more information you can call 881-3688.

If you would like to nominate someone to be the Care Provider of the month, please send us their name, your name and why.

We are looking for sponsors for employee of the month. If you or your business is interested, please call Cat in the office.

Judy Wagner, Executive Director

CELEBRATING LAP RESPITE CENTERS 20th ANNIVERSARY 1989 - 2009 RUN A LAP FOR RESPITE

At the end of May when spring arrives, LAP Respite Center has a big fund raising event. This year the date is Saturday, May 30, 2009, when we will all gather at Hawk Island, Ingham County Park for the 7th Annual Run a LAP for RESPITE. Join us for the fun in the park. The events will be starting at 9:00 AM.

We will be hosting the Dashing Dignitaries Race again this year. This is a non-competitive race consisting of Dignitaries from our community who push children and adults who are in wheelchairs. It is a lot of fun because everyone has an overabundance of spirit for this race. The cheering is loud, and it shows that everyone likes to race. You may recognize some of the people who will be pushing wheelchairs this year. They include Jason Colthorp, Dave Akerly and Deanne Hamilton for a few. This has become a very popular race for all the participants of our event.

The Dashing Dignitaries Wheelchair race will start the day off at 9:00AM. It will be followed by the Kids Race which is for children up to age 12 years. At the conclusion of these short races, we will simultaneously begin the 5K and 8K Run/Walk. The 5K will circle the lake and the 8K (5 Mile) will follow the trails to Scott Woods and return on the new river trail through the golf course.

Special activities will be taking place all Saturday morning. Sparty from MSU will be visiting. We hope to have the Fire Truck and the K9 Dog making a visit. Prizes will be awarded to participants through a drawing of race numbers. Refreshments will be served following the races.

New this year is the advantage of entering the race of your choice through the collection of pledges. Any person who brings pledges totaling \$70.00, will have their registration payment refunded. The person who raises the most pledges will be recognized at the Awards Ceremony.

Registration flyers will be found at many sporting locations throughout the Lansing Area. You can also register at Playmakers by picking up a registration form or join us for early registration at Playmakers from 4:00 PM to 8:00 PM on Friday, May 29, 2009. Another option is to register on line at www.LAPResptieCenter.org. Go to the LAP web site and look under RUN A LAP FOR RESPITE to find the registration form. While you are there, sign up for our Newsletter on the Home Page.

Missy Davis, Children's Program Supervisor

In March LAP trained 12 new care providers. While we provide an extensive training curriculum, it is equally important that the new staff receive support and direction from the senior staff. Of additional importance, is that all staff treat each other with respect and consideration and acknowledge

that everyone brings a variety of experience to LAP that is of value. LAP has high expectations for all of the care providers we employ and expect that they give their all when providing care to the families we serve. If you have concerns regarding staff or customer satisfaction, please notify the office immediately for resolution.

Your service and support to the families served by LAP is truly respected and valued.

Missy Davis, LMSW

NEW BOARD MEMBERS

LAP Respite Center welcomes two new members to the LAP Board of Directors. Patrick Dean and Julie Sanchez have committed to take the volunteer positions as Directors of LAP Respite Center. The ten Directors are charged with the challenge to contribute to the development, direction, quality, and sustainability for the future of LAP Respite Center. Our new Directors bring a lot of energy and great ideas to this wonderful group.

Patrick is an administrator with Dean Transportation. Last year he was a Dashing Dignitary at our RUN A LAP FOR RESPITE event and decided it was time to help assure that the services offered by LAP Respite Center remain in our community. The support respite offers to entire families is an enormous need for many, many families. Just like transportation, respite must be a community option.

Julie works for LaPointe & Butler,

P.C. This is a law firm specializing in Special Education law and represents school districts all across Michigan. Just prior to working with the firm, Julie was a long-term substitute paraprofessional with a local school district. While she worked with several students, she was specifically responsible for two students having similar but different disabilities. Julie says, "I loved this job and used it as a spring-board to opportunities in the legal field." Julie grew up in Holt and was excited to find such a great career fit near by. She has enjoyed seeing her career fall into place and is looking forward to finding other avenues to share her excitement with the community. LAP Respite Center is easily one of these avenues. The care we do for our families and individuals fits with her daily work. Julie also has a long-time family friend who has needed and used Respite for many years.

We welcome our new Directors and the many talents they bring to our agency.

The story of "Bad George"

Upon arriving home mom noticed dirty dishes, coats not hung up, items all over the living room floor and the family all watching tv. Instead of asking why things hadn't been cleaned up, she simply asked who had made the mess. The reply was "George did." "Oh? Well, George better take care of it." All the time knowing they were lying. They didn't know anyone named George. But, when she came back into the room, it had been cleaned up. This continued to happen day after day for various things around the house. Even the dad started using George as the scape goat. One Saturday when she got home, again everyone blamed "George" for everything that was wrong. Mom was thinking, I got you now; "Really? How can that be? George and I met for lunch today to discuss his bad behavior." Dad and the kids just looked at each other in amazement. Again, mom asked "So, who did leave the dirty dishes in the sink?" They all replied, "Fred did!"

Thinking quickly, mom said "Well, until you can choose better behaved friends, you will not be allowed to have anymore friends come over."

Cat Love-Wilkins, Office Manager

T.V. Friend or Foe?

We have seen and heard reports about how bad television is. We all know it, but with today's busy life styles and the convenience of the "live in" babysitter we don't often do anything about it. I know for one, I am guilty of using this "babysitter". My family is like most families where the parents work 40 hours a week or more and then go to 'work' as soon as they get home. When you have a home and children your responsibilities are enormous. You need to get dinner ready, do laundry, clean up all the snow clothes and the mess they left, get a child here and another there on time and if you are lucky, get the kids to bed

on time let alone getting 8 hours yourself. So, when your child says, let's play mom, you say "*I would love to honey, but I don't have time. Why don't you go watch t.v.*"

Now-a-days, t.v. isn't the only foe in your home, video games are just about as bad! At least some of them now get the kids up and moving. Since your home is a job, you need to schedule in time to create a list of other activities to do. Make a list and put it on the wall or the front of fridge, somewhere where it will be seen easily and often. We schedule doctor appointments, lunch dates, meetings, why not play time? Remember, the dishes, laundry, dust, etc... isn't going to get up and walk away if we don't tend to

them right away. (No, matter how much we wish.) But, the time lost with the kids can never be relived.

Why not have the kids help you with the chores. Most kids love to help as long as they are doing it with you. This way the kids are not sitting in front of the t.v., you are getting your work done and hopefully, have some time left just to play. One of my most loved photos is one of my mother (who has now passed away) and my youngest daughter swinging together. Time is precious.

~ Cat



Facts about children and television:

Research has repeatedly shown the negative effects of children watching today's media.

- ~ Increased meanness & aggressive behavior, including bullying
- ~ Attention difficulties related to attention deficit & hyper activity.
- ~ Decreased school performance.
- ~ Fewer problem-solving skills.
- ~ Decreased sensitivity & empathy towards others.
- ~ Poor body image.
- ~ Obesity.
- ~ Sleep disturbances.
- ~ Language delay.
- ~ Loss of critical developmental experiences young children

Alternatives to T.V.:



Read a book * Sing songs * Nursery Rhymes and Finger play * Puppet shows * Cooking * Play a game * Write a funny story together * Take a walk * Write a letter and take it to the post office.

For more ideas check out these sites:
www.familycrafts.about.com
www.kids.nationalgeographic.com
www.activityvillage.co.uk
www.dltk-kids.com
www.nccc.org/curriculum/planguide.html

LAP (ASP) After School Program Lead Teacher, Kari Roosa

News about the summer program will be coming mid April. New this year; both Beekman and Heartwood schools will only be open for Tuesday, Wednesday, and Thursday for the summer 2009. We are working on finding a larger location to have day programs on both Monday's and Friday's so we can accommodate more families.

Sandra Fitzpatrick-Fryer, Adult Program Manger

Hey guys, the good news is.....

The Adult program is growing! We have seen steady growth in the number of calls we are receiving inquiring about the services we offer. We have started care hours with some new families as well. As always, if you are interested in working with the Adult/Senior program, give me a call. I have been staying very busy meeting new people and agencies to help our program grow. If you know of an Adult/Senior that may need In-Home help for a short time or a long term please have them or a family member give me a call. There are many major benefits to having a loved one stay in their own home : cheaper than a nursing home, proven fact they require less medications and most importantly.....they are Happier!

~Sandra

Did you know that we have a person who does house cleaning and errands? We also have a gentleman who will be available for handy work. If you have a need for any of these services please give us a call to inquire about appointment times and fees.

Families, do you have a story that you would like to share? How has LAP helped you and your family?

When you work around other people especially children, the best way to help prevent the spread of illness is to WASH YOUR HANDS!

Wash before and after:

- √ Eating, handling food, or feeding a child.
- √ Giving medication.
- √ Playing in water that is used by more than one person.
- √ Diapering.
- √ Using the toilet or helping a child use the toilet.
- √ Handling bodily fluids, (mucus, blood, vomit) from sneezing, wiping and blowing noses.
- √ Handling uncooked foods, especially raw meats.
- √ Handling pets and other animals.
- √ Playing in sandboxes.

Fact:

The floor of a restroom has the most germs out of anyplace. The toilet is actually the cleanest because it is cleaned more often than any other part with disinfectants.

Leslie Bretz, Children's Program Manager

A concept that can not be stressed enough is the importance of being on time for shifts at all of LAP's programs. LAP has the policy that all care providers should arrive at least 10 minutes before their shift begins. That 10 minutes of time allows the care provider time to get settled, listen to report from the person they are relieving, read care plans, medication sheets, and communication books, and to be ready to go when the scheduled shift begins. The idea is to show up where you say you'll be at the time you say you'll be there and give yourself a few minutes breathing room.

When care providers accept shifts, an agreement is made with LAP to show up at the appointed time. When a person doesn't do what was agreed upon, then that person is breaking the promise made. It also breaks trust. The trust gets broken at the LAP office level and at the family level. If a care provider shows up late to relieve another care provider it also breaks the trust that care providers build between themselves.

Things can happen that causes one to be late. But when you live your life believing that it is okay to be late, you tend to be late. You are saying that you simply do not care. Being late is unprofessional, unacceptable and unfair to all involved. Lying also becomes easy as one makes up excuses to explain tardiness. If a care provider has an unforeseen situation and is going to be late, it is imperative that the office be called (or the on-call person if after office hours) so that those expecting you to be on time can be notified. Excessive lateness results in being placed on probation and/or possible dismissal from your job at LAP Respite Center.

Families can assist the LAP office staff by informing us when care providers are repeatedly late. If the families do not inform the LAP office that care providers are continually late, the office may not know. We can not enforce rules when we do not know they are broken. Another way to inform the LAP office staff of lateness, is to indicate it on the care provider's time sheet. If the shift was to begin at 9am and the care provider arrives at 9:15, their time sheet should show arrival at 9:15pm.

Remember: Being punctual is a value you live by in which you do what you said you'd do in the first place!!

Leslie

What's Up?

Autism Insurance Legislation Rally to be held APRIL 28th from 11:00 a.m.—2:00 p.m. at the State Capital in Lansing. For more information: wdamb@buckeye-express.com or call 734-854-2362.

Contact your legislators to talk about the importance of their support for the Autism Insurance legislation.

For in insurance information: <http://autisminsuranceemi.blogspot.com/> .

To participate in the resource fair email stephanie_harlan@judsoncenter.org.

Information on the rally email Ann Breznai at traveltrio@verizon.net or call 734-854-3216.

For FREE Help for Children with Asthma in zip codes: 48906, 48911, 48917 and all of Ingham county, contact : MDCH-Healthy Homes Section, Courtney Wisinski at 335-8252 / wisinskic@michigan.gov or Linda Stewart at 335-8867 / stewartlin1@michigan.gov.

VET-A-VISIT and Small Animal day at MSU in scheduled for April 18. All activities are Free. Very Fun!!!

MSU pavilion has activities going on every weekend, check this calendar. There may be admission fees. <https://www.msu.edu/~pavilion/events.htm>

MSU Community Events calendar: <http://www.events.msu.edu/main.php>

LAP RESPITE CENTER

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Mission Statement

LAP Respite Center has been established as a family-directed service program to identify, provide, and improve respite services. The mission is to enhance the quality of life for families caring for children and adults with disabilities, chronic illness, or age related conditions by creatively providing a wide-range of high-quality accessible, and affordable respite services.

Judy Wagner, Exc. Director
Leslie Bretz, Program Manager
Missy Davis, Program Supervisor
Saundra Fitzpatrick-Fryer, Adult Program Manager
Cat Love-Wilkins, Office Manager

We're on the Web
www.LAPRespiteCenter.org

LAP's Wish List

Respite House needs:

Carpet, couch, outdoor furniture, driveway & garage renovations, TV, DVD/VCR, laundry detergent, softener/dryer sheets, trash bags, all paper products, non-perishable food items, craft supplies, vacuum, picnic table, outdoor toys.

Office needs:

In/Out white board, Printing services, Ads for advertisement, vacuum, large wall map of Lansing and the surrounding areas.

After School Program:

Gift cards for groceries, paper plates, cups, plastic silverware, napkins, non-perishable or freezer food items, Craft supplies, food storage containers w/lids, 4 slice toaster, paint stamps, board games, ziploc bags, carpet remnant (10x10), wooden puzzles, paint w/water books, fuse bead peg boards, iron, vacuum.

RESPITE HOUSE SCHEDULE CHANGES.....

If there is a special date / weekend that you would like to request for your child to attend the Respite House, please call or email Cat. The weekends tend to fill up quickly, especially for those with wheelchairs. You can call up to 2 months in advance.

LAP is now opening the Respite House for additional days and nights. We will be open on holiday weekends as long as we have staff to fill the shifts. During the summer months, the house will be open for a "weekend" during the week to help make it possible for all of our kids to attend every month. So, if you can do a week day stay, please let Cat know. The days would consist of arriving on Tuesday evening and staying through Thursday evening.

General Information

Starting January 1, 2009 CMH requires an identification tag to partake in trainings. The LAP office has these available, just ask for one.

Our next Care Provider training will be in May or June. If you know of anyone interested, have them fill out an application which can be obtained here in the office or on our website.

Care Providers, did you know that the office has business cards that you can hand out?

We are a small office and there are times that we may all be out of the office, be sure to call before coming.

Word of mouth is the BEST advertisement! We appreciate any and all referrals.