

A Family Affair



Clelian Heights Newsletter

Winter, 2008

Wintertime... As Punxsutawney Phil announced a few weeks ago, we still have a while before we are able to officially welcome the Springtime. May we take some time to reflect upon this prayer during the quiet hours of Winter that remain...

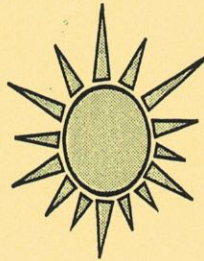
During lengthening days of light
May our actions be lighthearted
Upon right and noble impulses.



During quiet hours beyond dusk, before dawn
May we take time to think over events from the day
Plan for good in the morrow.


In light of day
May we extend our personal borders
loving and sharing expansively.

So the world glows bright from our presence
May we blaze as beacons of harmony
Lighting the path ahead.



To nurture efforts toward lasting peace
May we act with kindness toward all
Embracing our family and friends wholeheartedly
ever gracing our world-wide family lightheartedly.
-Susan Kramer

Lent... Have you ever noticed how intrigued kids are with caterpillars. Part of the reason why caterpillars and butterflies are so appealing is the transformation they undergo. Once unattractive and bound to the earth, they turn into beautiful creatures that can fly with the wind. That's probably why many parishes use the caterpillar as a symbol for the season of Lent. During this special season, the church urges us to undergo a transformation of our own - a transformation that frees us a little more from the ways of this world and unites us a little more closely to Jesus.



Upcoming Events...

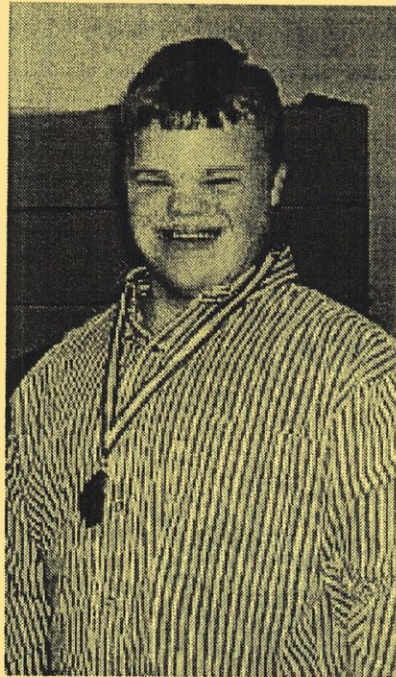
- February 23, 2008
Night at the Races
6:30 pm
- March 17, 2008
St. Patrick's Dance
6:45 - 8:15 pm
- February 25, 2008
Faith and Light - 7:00 pm
- March 7, 2008
Early Dismissal
Staff Inservice
- March 19, 2008
Early Dismissal
Easter Vacation Begins
- March 31, 2008 - School/
Workshop Resume
- April 4, 2008
Early Dismissal
Staff Inservice
- April 19, 2008
Swimming Olympics
- April 21, 2008
Snow Make-Up Day
- April 25, 2008 at 1:00 pm
Clelian Heights School -
Spring Concert



Congratulations to... Raeann Sleith, this years winner of the "The Waterfront Kids With Heart Award". As many of you know, Raeann is the sister of Derek Sleith (105). At the age of six, Raeann began making specialty bracelets. What began as a hobby has turned into a way to earn money for organizations involved with helping her brother. Raeann donates the proceeds from her bracelet sales to Clelian Heights, Make-A-Wish, 5 p-Society (Cri du Chat Syndrome) and the Autism Society of America. This is certainly a well deserved award for Raeann, who has raised over \$8,000 for these charities. May the Lord bless her for her generous and loving HEART!

...Alex Heiple, Westmoreland County Food Bank

Volunteer of the Month for February. Alex volunteers at the Food Bank as part of the Transition Program at Clelian Heights School. The goal of the program is to give students the opportunity to gain and improve job skills, life skills and social skills away from the school setting. Alex works as part of a team of students who complete a variety of jobs at the Food Bank. Alex clearly has become a "Team Leader". He is always happy to complete any work and also help his classmates. He works non stop, always with a smile on his face!



The Food Bank recognizes Alex and his team from Clelian Heights for a job well done. (Taken from The Westmoreland Food Bank Newsletter - February, 2008)

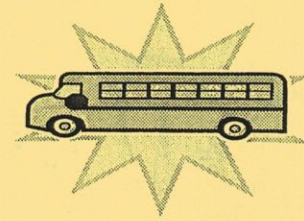
Congratulations also to:

...Gib Stemmler, Homeroom teacher in 105, who Graduated from Seton Hill University with a Masters Degree in Special Education in May, 2007

... Maryann Briggs, Homeroom Teacher of 102, who also Graduated with a Masters Degree in Special Education in December, 2007.

... Ashley Vinck, Teacher Assistant in Homeroom 108 who Graduated with a BS in Human Services in December, 2007.

... Lisa Newton, Teacher Assistant in Homeroom 201, who recently received her "Child Development Associate" Credentials.



**We Warmly Welcome to Our
Clelian Heights School
Program...**

...Austin Remper, Student in Homeroom 201.

...Sherry Beaufort, Personal Care Assistant in Homeroom 101.

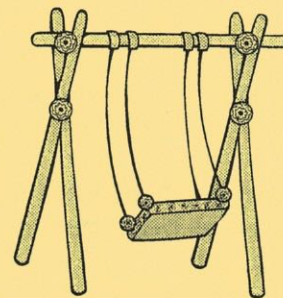
...Tiffany Colflesh, Teacher Assistant in Homeroom 104.

...Shawn Brisbane, Personal Care Assistant in Homeroom 105

...Erin Martin, Personal Care Assistant in Homeroom 109.

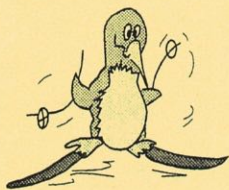
...Lori Oddo, Physical Therapist

...Judy Lonergan, Secretary (Tuesday and Thursday)



**A Word From our Physical
Therapist, Lori Oddo...**

Physical activity is vital for the development of a child. Movements such as jumping, skipping, running and tiptoeing help develop physical coordination and teach children about the environment around them. Working on tasks such as opening doors, ambulating on stairs and carrying lunch trays help children develop skills needed to be more independent in the school setting.



Special Olympics News... On

Sunday, February 24, 2008, seven of our athletes; Michael Anthony, Courtney Gabos, Brian Homick, Michael Policastro, Zach Proskin, Michael Rumpf, and Amy Silvis, will travel to the Blue Knob Sky Resort in Claysburg, PA to participate in the Pennsylvania State Winter Special Olympics. From February 25th to February 28th, all seven athletes will show their skills in Cross Country Skiing. We wish our Clelian Heights Ski Team the best of luck and a safe trip as they compete with many others for the GOLD! Special thanks to Gwen Diddle (Homeroom Teacher of 110) who will be the Clelian Coach for this event!

Upcoming Special Olympic Events...

- Swimming Olympics - April 19th
- Track and Field - May 19th

Development News... Holly Berry Craft Festival...

The 2nd Annual Holly Berry Craft Festival welcomed many new crafters this year as well as a number of crafters from last year's show. A total of 36 craft booths were represented making this another successful Festival. A **highlight** of the Holly Berry was Breakfast with Santa so well planned by Room 107 teacher Jennifer Gracia and Classroom Assistant from 108 Ashley Vinck along with the help of the Seton Hill College Education Club. Christmas Tree Lane was very popular again this year and our parents and supporters decorated many beautiful trees. Anne Hamilton, a supporter and volunteer decorated and donated a number of lovely trees as well as decorating an old-fashioned sleigh and background scenery for pictures with Santa. The Festival contributed \$ 7800.00 to the Project Fund. **We thank everyone that helped with the Holly Berry Festival and look forward to it growing and expanding each year.**

...Night at the Races... Have you purchased your race tickets and/or your horse for the 7th Annual Night of the Races on February 23rd? This is a fun-filled night with delicious food and entertainment that includes horse races, door prizes and theme basket chances, 50/50 raffle and more! **Don't miss out on all the fun - send your request for race tickets and horses to the Development Office.**

...Volunteers are needed to plan and organize a Tag Sale Fundraiser during the Extended School Year session in July. If you are interested, please call Ann in the Development Office, 724-837-8120, x124.

Clelian Heights Has A Special Angel in Heaven...



Carmelina Di Biasio...

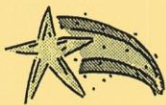
one of the women at the apartments, and a long time resident at Clelian Heights School died on December 11, 2007. We all loved Carmelina. She always had a song in her heart and on her lips and a smile on her face. She loved to sing. Carmelina was free, she was happy, and she loved to share her happiness and laughter with all of us. She is now happy in heaven, and I am certain singing many songs to the Lord. We express our sympathy to her parents, Alex and Josephine, and to her Brother John and her sisters Amelia and Elvira.

Clelian Dress-Down Days Help Others...

Clelian Heights School sponsors a dress-down day every month. The money that is collected goes to some very worthwhile causes. In November, we collected \$100.00 that was sent to an Apostle of the Sacred Heart Mission in Brazil. The money collected in February will be donated to the American Heart Association. We have also built up our "Club" funds which are used to defray the cost of materials needed to conduct the various activities on Friday afternoons. Thanks for your continued support with this project.

FOCHO news... A special FOCHO Valentine's Dance took place on Thursday, February 14, 2008. Many clients and students were present to participate in this wonderful event. "RED" was truly the color of the evening! The school staff and students did a great job decorating

...Special thanks to Debbie Buffer for organizing the Cash Bash Raffle Tickets. The winner of the January prize is Ronald Bloom. The Cash Ticket, "April Showers" will be held on April 30th. Tickets for this raffle will be available by the end of February or the beginning of March.



Clelian Center News... The New Year at The Clelian Center...2007-2008. Much has been happening in the Clelian Center this

year. Three new staff persons joined us. Sr. Barbara Ann Matazzaro assists in the workshop part time as a job trainer. Connie Gipson is our new job trainer, assisting our clients with outside employment in the community. Jennifer Nawrocki, who previously worked in the School Program is now a job trainer at the Clelian Center. A welcome also, was extended to Jon Davis, Marsha Hill, Dawn Gipson, Paula Bell and George O'Donnell, who have become new team members at the Center. During January we are welcoming further new workers: Ted Sullenburger, George Miller, Adam Wittman, and Justin Moore.

...The big event in December was the **Christmas Dinner Dance at the Lamplighter**. 168 Clelian Center workers and their guests enjoyed a delicious dinner and then danced the night away to the music of their favorite DJ, Ted Young.

...A luncheon outing to "Chick-fil-A" took place on Jan 28 and everyone had a great time. The clients look forward to other luncheon treats in the future.

...Work has been pretty steady so far this year. Contracts from The Westmoreland Chamber of Commerce, Blackburn Center, PA Cleanways, and Wildlife Works, as well as water bills from the Clover Leaf Communities have utilized our collating and

Thanks for Helping Clelian Heights by ...

Saving Campbell Soup UPC Labels...

- ◇ This year we will redeem our labels for Playground and Gym Equipment.

Using GoodSearch.Com...

- ◇ Each time you used Goodsearch .com this past year, Clelian Heights received approximately \$.01. In December, we received a check for \$84.00 from Goodsearch .com...so... keep searching! Remember, our ID # is 818110.

Sending in, Box Tops for Education...

- ◇ We receive 10 cents for each Box Top. In October, Clelian Heights received a check for \$340.00 for the tops submitted. We plan to make another submission at the end of February. Cash received from this program goes towards Technology needs.

Old Cell Phones, Inkjet Cartridges and Laser Cartridges and 20 ounce Bottles...

- ◇ These items bring in both cash and material for our programs. So far we have used points to order a number of new bicycle helmets and computer programs.

...We are Grateful for
Your Support

labeling skills. Small parts assembling from Versa *Matic, Ventana and Pitt Industrial offered other challenges for many.

...**The Dog Biscuit Bakery** did really well during the Christmas season and we are hoping that the profits for Valentine's Day will match them due to so many dog lovers from the Greensburg area and beyond.

...**Anyone who may know of other companies** in need of our services or who may want our dog treats please feel free to contact The Center at 724-853-9540. New contracts are always welcomed.

News from the Residential Programs...

Apartments... The young women at the apartments have been participating in the Best Buddies Program. Their Best Buddies are coming from St. Vincent's. They have been coming to take the women out for dinner and for shopping at the Mall. The women have also participated in other Buddies activities such as going to St. Vincent's and watching the Steeler Games, making items for nursing homes, bowling, and the season will conclude with a Spring Dinner Dance held at St. Vincent on April 26th.

Girls' Residence... Santa's Elves were still busy after Christmas. The Girls-in-Residence helped to take down all their beautiful Christmas decorations and packed them away neatly for next year. It was really lots of fun and then they were treated to hot chocolate, cookies and a song fest. It was also a good exercise on working together.. Now the girls bulletin boards are decorated with Valentines Hearts and Patriotic reminders as they get ready to celebrate the upcoming holidays. Recently, the girls were "on the road" and enjoyed supper at McDonalds and a trip to "Dollar Tree". Each person bought something they needed. This was a great reward for doing such a wonderful job in keeping our living area so beautiful and cheery! Now it's down to business with school and workshop!

The Boys in Residence and the Men at Chip's House ...continue with their weekly trips to the Bowling Alley. They are really becoming professional at this sport and look forward to the next time they will compete in the Bowling Special Olympics.

School News ...

...**In November, the students from 110** took part in a service project; **Operation Christmas Child** which sends gift filled shoe boxes to children in desperate situations all over the world. The students shopped at Wal-Mart for toys, games, school supplies, hygiene items, candy and news of Jesus' love. Two boxes were prepared, one for a girl and one for a boy. This was a great hands-on project for the students while focusing on the true meaning of Christmas.



We Pray For...

Those who are sick especially;

Carol Burnett, Andrea's mother

Arthur Colianni, Sr. Dolorita's brother

Joanne Buraczewski, MaryPat's mother

Those who have died especially;

Carmelina DiBiasio, former student/client at Clelian Heights

Arthur McConville, Andrea McConville's Father-in-Law

Dennis Petrosky, Catherine Petrosky's Father-in-Law



Wish List...

- Copy paper
- CD/Cassette Player for our Sensory Room
- Digital Camcorder
- VCR/DVD Player
- Children's DVD's
- Microwave for the Clelian Center
- Children's Computer Games for Mac OS X and above

...**Homeroom 109** has been going on LOTS of **Community Based Outings**. These include: job tour and lunch at "Old Country Buffet", attending a play, "**The Wizard of Oz**", at the Town Hall in Ligonier, working at the Food Bank, visiting "Oh Heather! Designs for Yard Work" and many other outings that help the students have greater mobility in their community. Special thanks to the parents of students in room 109 who support these outings. A special thanks also to Chick-Fil-A in Greensburg for their generosity to all the classes at Clelian Heights!

...**Classroom 106** recently concluded a **Language Arts lesson on emotions and facial expressions**. Proceeding the lesson, each student chose 1 of 4 emotions (happy, scared, sad, surprised and angry) and generalized their chosen emotion through decorating facial expressions on sugar cookies with icing and various candies. The students had a wonderful time learning about emotions and decorating cookies.

...**Welcome to Homeroom 103!** Miss **Stephanie, Miss Nina and Staff** would like to take you through a tour of their classroom and share the activities and accomplishments that have happened in our room so far this year. Room 103 has been hard at work with various subjects including; math, reading, time, money, measurement, spelling and handwriting. We also like to have fun and have had some fantastic activities and trips within the past few months. Room 103 went to Twin Lakes Park where we played with animals, rode a train and went on a hay ride. We also cruised, dined and "danced the day away" on the Gateway Clipper in Pittsburgh. The students enjoyed watching Dorothy follow the Yellow Brick Road in a wonderful rendition of the Wizard of Oz. We also visited Santa Claus in the Westmoreland Mall in December and did a little acting of our own in Clelian Heights' Christmas Program. Recently, we enjoyed a morning of activities at the Expo Mart in Monroeville during the Sportsman Show. Fishing in an above ground pool and taking a picture with our catch was the highlight of this trip! As the students continue their academics into the spring season, we also have planned future activities, which include a field trip to the Pottery Play House, Red Robin and another play in March.

...**News from Homeroom 102** All of the students in room 102 have been hard at work this year building their sign, picture and oral vocabularies!! Everyone has improved their appropriate peer relationships and interactions. Students showed their appreciation to school staff by making and distributing applesauce ornaments this past Christmas.

Happy Easter to All!

Girl Scout News...

Greetings from Girl Scout Troop 2144! We've been having a blast for the first weeks of the New Year. Here's an update on the fun projects we've been hard at work achieving.

The Heritage Badge allows us to learn about our families history, where we came from, why we were named and fun and interesting facts.

The Swimming Badge taught us survival and rescue techniques along with basic swimming styles.

Can't find something to satisfy your sweet tooth? Stop a Girl Scout from Troop 2144 and place your order for a delicious, delectable **Girl Scout Cookie treat!**

We're all anticipating several upcoming Girl Scout events. We'll be sure to keep you posted on the exciting activities we attend. As always thanks for all who help us achieve our badges and support our cause!

From Girl Scout Leaders
Ms. Deb Crocker
Ms. Pam Turner

Boy Scouts Anyone?

We would LOVE to start a Boy Scout Troop at Clelian Heights. Anyone interested? Please call Sr. Charlene at (724) 837-8120, Ext. 142

Admission to Clelian Heights, the provision of services and referrals of residents are made without regard to race, color, age, religious creed, disability, sex ancestry or national origin.

Occupational Therapy Corner

Welcome!! Since this is our first time writing a piece for the newsletter we wanted to start off by going over some basics about our role here at Clelian Heights School—a brief overview if you will.

According to Case-Smith (2001), "In the regulations of IDEA¹, occupational therapy is defined as a related service that may be required to enable a student to benefit from special education. The services of an occupational therapist are, therefore, designed to enhance a student's abilities to participate in the educational process." One of the key words in those sentences is that we, as school-based occupational therapists, need to relate our services to *education*; in other words, we need to maintain focus on the occupations of the child as related to the typical school day and what is required of them in that capacity. Similarly, there are a few different ways in which we as therapists deliver our services (Smith, 2001):

1. Direct service—this is when we see the student directly typically in a one-on-one setting or in a small group.
2. Monitoring—this is when we collaborate with staff members about the student's progress and what we as therapists are doing and what they are/can also be doing to assist the student.
3. Consultation—this is when we check in with the teacher and/or student periodically to monitor how they are functioning throughout the day. This is typically done monthly or quarterly. Often times this is done for students who are approaching discharge due to goal achievement.

We find that it is always best to combine #1 and #2 in order to promote open lines of communication with members of the team and promote improved carry-over of skills so that your child can be as successful as possible! Similarly, we also do what we call "pull-out" and "push-in" sessions: when "pulling-out" we take the child from the classroom environment to our clinic area to work with us vs. "push-in" when we go into the classroom and "push-in" to whatever functional activities—as related to their goals—are

occurring so that we can see them in their typical daily environment. The latter is particularly useful when a student is just being evaluated for therapy so they we can get a picture of what is expected from them in their classroom setting!

Termination or discharge from occupational therapy can be exciting and difficult at the same time—depending on the considerations used to support the decision. According to Case-Smith (2001), "It may be appropriate to discontinue occupational therapy when the student:

1. Has accomplished established intervention goals and objectives.
2. Performs at a standard expected of his or her typical peers.
3. Is no longer making significant progress on established objectives despite changes in intervention strategies or service-delivery models.
4. Continues to make gains but there is no evidence that the occupational therapy interventions are related to the gains.
5. The identified priority skills are no longer a concern within the student's educational context.
6. The student expresses a desire to discontinue services."

Although none of these factors alone or combined simply determine whether or not occupational therapy should be terminated, it is important to consider them when deciding the appropriate course of action—as a guideline. Similarly, it is also extremely important to remember that once a student is discharged, it doesn't mean that they can't be evaluated and/or seen again at a later time! For example, if a student would reach a new development level or suddenly begin to make progress in other areas—sometimes we see this during adolescence—or when faced with new challenges in their environment, it may certainly be appropriate to be re-evaluated for occupational therapy.

We hope that this gives you some insight into what our role is here at Clelian Heights School and how we truly strive to do what is best for each individual child! Please feel free to contact us with any questions or concerns that you may have—at any time!
Extension 110.

Brianne M. Reyes, MOT, OTR/L
Bridget M. Williams, MOT, OTR/L

¹ IDEA-Individuals with Disabilities Education Act
Case-Smith, J. (2001). *Occupational Therapy for Children* (4th ed.). St. Louis, MO: Mosby.

Eucharistic Adoration Comes to Clelian Heights

Let the children come to me and do not hinder them; for to such belong the Kingdom of Heaven. (Matthew 19:14)

Every Thursday the Sisters, Apostles of the Sacred Heart of Jesus who staff Clelian Heights, offer a period of Adoration of the Blessed Sacrament.

What is Adoration? It is a time set apart from the Mass for us to adore the real presence of Jesus. It is an extension of the Mass upon which our eyes gaze in faith at the consecrated White Host placed in a special sacred vessel called a Monstrance.

When: Every Thursday (the day Jesus instituted the Eucharist)
1:30 p.m. - 2:45 p.m. * (only when school is open)

Where: St. Joseph Chapel

Who: All are invited to come to pray: (this includes families and friends of Clelian Heights)...

- ❖ In spirit by writing your special intentions and placing it in the prayer basket located in our mailroom. This will be placed at the altar each Thursday.
- ❖ In person by making a visit at anytime during adoration for a few minutes or as long as you like.
- ❖ Or students may come with their class, with their PCA or alone as able.



Why: Jesus invites us in Matthew 11:28 Come to me, all of you who labor and find life burdensome and I will give you rest. Please join us on Thursdays to pray with us and for us in adoration, praise, thanksgiving, and with intercessory prayer to the Eucharistic Heart of Jesus.

Other Religious Services that take place at St. Joseph's Chapel: (Clelian Heights Chapel)

- ❖ Weekday Mass - Monday through Thursday - 6:15 am
- ❖ Friday Mass with the Children and Adults - 9:00 am
- ❖ Saturday Mass - 8:30 am
- ❖ Sunday Mass - 9:30 am

*Times are subject to change. You may want to call the office to see if there are any Mass schedule changes.