



# LivingHealthy<sub>with</sub> PWS

LathamCenters Quarterly Newsletter



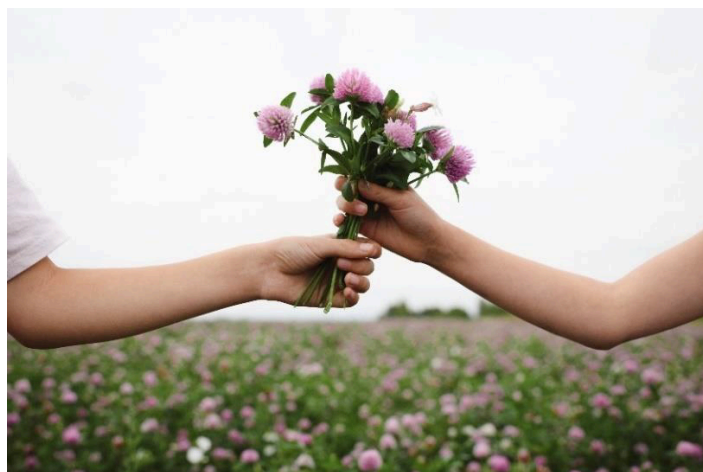
*Latham Centers creates opportunities for independence, self-worth, and happiness for children and adults with complex special needs.*

## LivingHealthy with PWS Podcast: Mia's Guide to Being a Good Friend

We're especially proud of our 15th LivingHealthy audio podcast, a Latham Centers Podbean production. In the podcast focused on friendships, Patrice Carroll and Katrina Fryklund talk with student Mia who provides some "spot-on" suggestions. Mia shares her perspective on navigating difficult friendships, the importance of safe friendships, and some key aspects of a good friendship. Mia says:

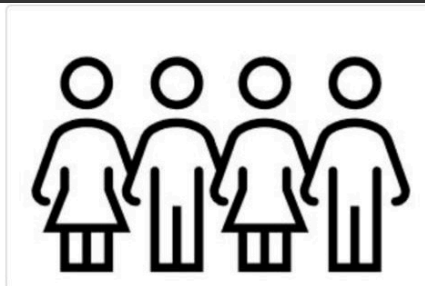
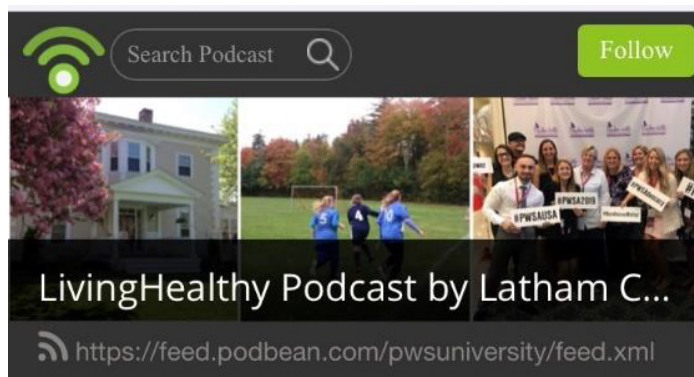
1. You have to have their back, and say nice things about them, and TO them.
2. When you see other people's personalities you can learn how to manage it and be a good friend to that person.
3. You want to be able to trust them to be a good friend back.
4. It's important to have the same values.
5. It's important to study yourself and what you can do to make a friendship better; take a step back.
6. You can't change somebody else's personality.
7. Be the best person you can be.
8. Treat others the way you want to be treated.

Mia underscores the sentiments of another student who previously said with delight, "At Latham Centers, you can blossom!" For many, Latham is the first place our youngsters with complex special needs are part of a community of true friendships – together with peers who share similar interests, abilities, and experiences. We learn about boundaries, communication, and the skills needed to be a good friend and to make good friends at Latham. It's a place where students can find humor and join in their new relationships.



We are grateful to Mia for her words of wisdom – it's an honor to share her thoughts and feelings! To listen to our Podcasts, please visit the Latham PWS University Podcast Page hosted by Podbean.

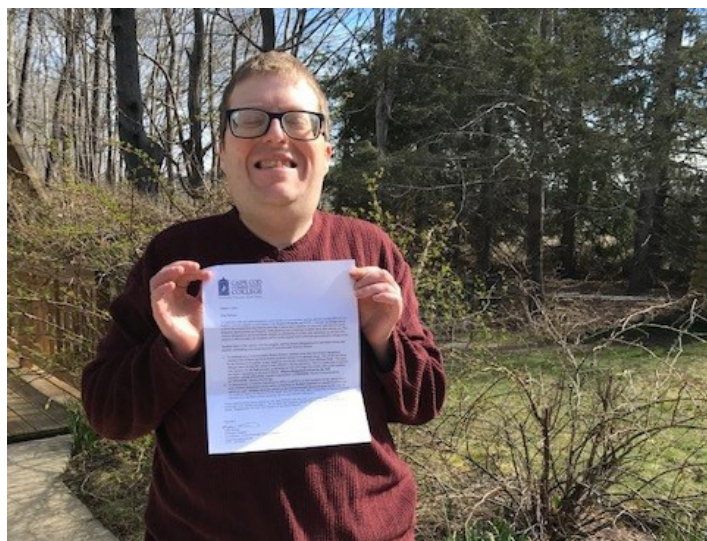
<https://pwsuniversity.podbean.com/e/livinghealthy-podcast-15-mia-s-guide-to-being-a-good-friend/>



LivingHealthy Podcast 15: Mia's Guide to Being a Good Friend

## Adult Program's Max M Invited to Participate in College Honors Program

Congratulations to Max M for his commitment to his studies at Cape Cod Community College! Residential Manager Holly Hanlon shared the happy news that Max was invited to participate in the Honors Program at the college. In this program, class sizes are smaller and research opportunities are frequent – allowing Honors Program scholars to explore in-depth topics that interest them. It is such a pleasure to share this achievement. Max, we wish you much success in your academic pursuits!



## Juneteenth at Latham Centers: Starting New and Impactful Traditions

At Latham School's June 2nd Community Meeting, Patrice Carroll asked students if anyone could tell her what Juneteenth is. A typically verbose crowd of students was stumped! "This reaction epitomizes why Latham Centers has formed a committee of members from the Children's and Adult Services Programs to celebrate Juneteenth as an organization and enhance awareness on campus and in our adult residential homes," noted Katrina Fryklund.

Juneteenth, celebrated on June 19th, is the oldest nationally celebrated commemoration of the ending of slavery in the United States. Juneteenth commemorates African American freedom and emphasizes education and achievement. With support and guidance from the University of Texas at Dallas Multicultural Center, national experts in Juneteenth, Latham created a program to celebrate this day with staff and residents.

Throughout June, the Latham community highlighted the importance of Juneteenth as a national celebration, and the start of new traditions at Latham Centers.

Students and adult residents learned about the Juneteenth flag. They learned how to draw the flag, and the meaning of the parts of the flag: the star, the burst, the arc, and the colors.

More about the flag: <https://www.lathamcenters.org/blog/the-meaning-of-the-juneteenth-flag/>



Every Human Matters poem

by Anthony C.

Color shouldn't matter during this disaster  
 People shouldn't suffer because of their color  
 People's lives are like broken pieces  
 Police needs to correct their jobs so everyone can have some peace  
 Police shouldn't treat people illegally but treat them equally  
 Don't judge from the outside but from the inside  
 People are missing out of living their lives during this crisis  
 people shouldn't be divided to come together to be reunited

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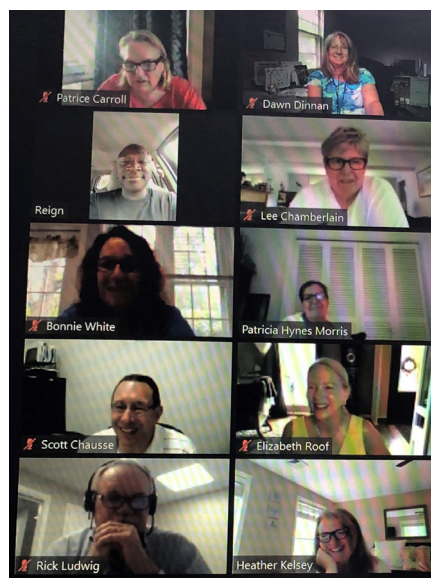
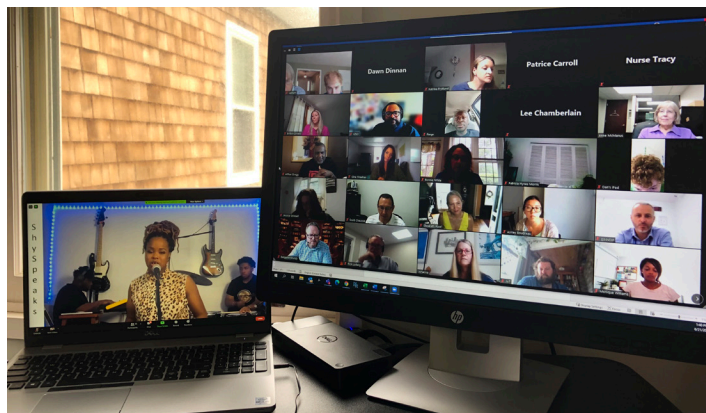
*Following lessons on Juneteenth and Freedom, we asked students and adult residents, "What does freedom mean to you?" These are just some of the many works of art they created. We hope to create a ripple effect throughout our entire PWS community by sharing these wonderful sentiments.*

## Inaugural Staff Event Celebrates Juneteenth

Latham staff, families, and friends came together over Zoom to celebrate Juneteenth on Monday, June 21st. The hour-long celebration was awe-inspiring! The program consisted of illuminating words and poetry from members of the University's Multicultural Program, including Arthur Gregg, GNO, King Shakur, and Reign. The planning committee played a recording made for Latham by American hip-hop and spoken word artist ShySpeaks. She says, "Dear TV, show us, free. Oh how far we've overcome, and as we think about the work still needing to be done, we say to ourselves, we can't give up, not now. Nope. Not now."

Her uplifting 11-minute message [\[https://www.youtube.com/watch?v=bbgvc14RpGo\]](https://www.youtube.com/watch?v=bbgvc14RpGo) helped us launch a new tradition to commemorate the holiday celebrating the emancipation of those who had been enslaved in the United States. Latham looks forward to more collaborations with educators, artists, and experts for lasting change.

To read Latham's blog series about Juneteenth, please visit our blog at: <https://www.lathamcenters.org/blog/>



## Walking with Freya: Podcast for the PWS Community Created by a Parent

Anne Fricke, a parent of a beautiful daughter, produces a podcast for everyone involved in the PWS community. In Anne's "Walking with Freya" podcast episode 78, Patrice Carroll, Brittini Kliment, and Katrina Fryklund discuss the Latham Centers program.

<https://www.annefricke.com/walking-with-freya/2021/5/19/ep78-prader-willi-strong-with-latham-centers-1>

"This is one of my favorite episodes," Anne said. "I can't put into words how happy I am that there are people like these women in the world."

In the podcast, they touch upon residential aspects, SMART Home development, peer groups, changes in PWS best practices, publications, and the growing and life-changing PWS Latham Centers virtual community. One parent who listens to the podcast emailed Latham's Admissions team and said, "I recently listened to the podcast [with Patrice, Brittini, and Katrina] on Walking with Freya. Thank you. It was a much-needed reminder about how to work with our kids."

The episode focuses on the love and joy that embodies our world of PWS. While we cannot ignore the challenges associated with a PWS diagnosis, we can highlight all that is good about the person with PWS. Patrice discusses the changing mindset in the Prader-Willi syndrome community: "Kids with PWS don't need to be in a punitive environment.... The more that we can build them up, work on their strengths, and make them feel good about themselves, the better they are going to act."



Anne Fricke invited Patrice, Katrina, and Brittini to her podcast and said, "I can't put into words how happy I am that there are people like these women in the world."

*"It was a much-needed  
reminder about how to work  
with our kids."  
— parent podcast listener*

We encourage you to listen to the Walking with Freya podcast. It provides a genuinely fantastic outlook on the world of PWS from a parent's perspective. Thank you, Anne! And we couldn't agree more about Patrice, Brittini, and Katrina and their incredible gifts and far-reaching impact! This podcast underscores the value of connecting with Latham's greater PWS community.

Together, we are creating a world in which people understand those with PWS just a little bit better, creating an environment where everyone can be successful.

# #PWStrong



One of the things that continues to amaze and inspire me on this journey of being the parent to a child with special needs, is the incredibly kind and compassionate people we meet along the way. The people who were not brought into this community through the birth of a child, but came here intentionally, with purpose and an enormous heart.

# PWS Awareness Month: 31 Fun and Uplifting Facts from Youngsters with PWS

Every year in May, Latham Centers finds innovative ways to celebrate Prader-Willi Syndrome Awareness Month, an important time of year in our PWS community. This year, Patrice Carroll (Director of PWS Services) and Katrina Fryklund (Director of National Outreach) filmed 31 short videos with students from Latham Centers and our Virtual PWS Community. The videos each included a fact-of-the-day, and they are incredible!

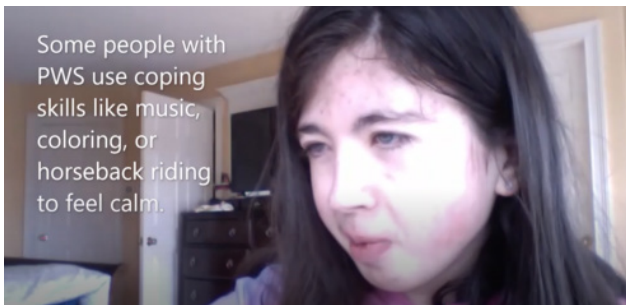
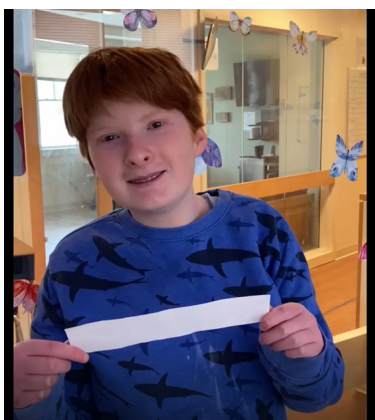
"We all know that there are some challenges that come along with PWS, but we don't spend enough time talking about all of the amazing things that people with PWS bring to the world," Patrice said. "We hope that we have shared with you some of the good, by highlighting some of the amazing kids we work with every day." Some of our most "liked" facts on social media are highlighted to the right.

To visit Latham on our social media and like our pages and posts, please find us on Facebook, Twitter, Instagram - @LathamCenters!

## PWS Awareness Month 2021:

<https://www.lathamcenters.org/pws-awareness-month>

- Happy PWS Awareness Month! Sometimes emotional support animals help people with PWS. My emotional support animal helps me stay calm... His name is Chimi! **-Annika**
- Happy PWS Awareness Month! People with PWS can be athletic and like to play different sports. **-Matthew**
- Happy PWS Awareness Month! My name is Kylie! Some people with PWS love to do crafts, and are very good at them, just like me! **-Kylie**
- Happy PWS Awareness Month! I am really fun to be around. I love music, crafts, and being with my friends. **-Joselyn**
- Happy PWS Awareness Month! Some people with PWS do really well in school and get good grades like I do. **-Mikey**
- Happy PWS Awareness Month! Some people with PWS are good at science. I know more about mosquitos than anyone else in the world. **-Patrick**
- Hi! My name is Sean! Happy PWS Awareness Month. People with PWS can be really good athletes like me. **-Sean**
- Happy PWS Awareness Month. Some people with PWS use coping skills like music, coloring, or horseback riding to feel calm. **-Brooke**
- Happy PWS Awareness Month! People with PWS have a lot to say if you stop and listen to them. **-Aidan**
- I have PWS and I'm a really great guy! **-Josel**



## Honoring the Nursing Team: The Heart of Latham Centers

It has been said that our nursing staff members are the heart of Latham. Our nurses play a critical role in the health and wellness of our students and residents. “This year, it is more important than ever to acknowledge the resilience of our nurses,” Director of Adult Services Gina Sheehan said at a DDS virtual nursing appreciation conference this spring. Gina expressed gratitude to our nursing team members, applauding them “for who you are as medical professionals” and acknowledging “the incredible impact on the programs you choose to serve.”

Latham’s nursing team members come to Latham to learn and grow professionally, developing expertise in PWS and working closely with colleagues across disciplines. We salute them not only for their skills, kindness, compassion, and patience – but also their eagerness to have fun with students, residents, and staff at our program events and special occasions. Who else would dress up like a Christmas tree to bring holiday cheer to Latham’s group residences, but one of Latham’s own RNs?



We love and appreciate our nurses!

Don't miss Latham's tribute to Adult Program Nurse Manager Shanna Cipro: <https://www.lathamcenters.org/blog/a-tribute-to-our-adult-programs-nurse-manager/>

National Nurses Week in May:  
<https://www.lathamcenters.org/blog/honoring-our-nursing-teams-part-2/>

## Preparing for the Summer Months: Sensitivity to Heat and Ways to Protect Your Child

Summer is such a great time of year to get out and have family fun. Use extra caution in the summertime when going outside with someone diagnosed with PWS. Lack of melanin and body temperature inconsistencies can lead to sunburn and heat-related illnesses. Use plenty of sunscreen, take hydration breaks, and encourage weather-appropriate clothing. Be sure to provide constant supervision while swimming, as low muscle tone can make swimming for more than a few minutes extremely difficult. With extra precautions in place, you and your loved one with PWS can have an enjoyable and active summer!

