



LivingHealthy^{with} PWS

LathamCenters Quarterly Newsletter



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

Parent's Perspective Highlighted on the LivingHealthy Podcast

Hardships, Good Moments, and SummerTide

Our quarterly newsletter feature articles often highlight students, residents, and staff. In this piece, we focus on our parent community. The parent perspective is invaluable to all of us; parents have countless experiences handling the challenging moments and rejoicing in the positive moments with their child. In our most recent LivingHealthy with PWS Podcast, we introduced parents Julie and Robin. They gave ideas and supportive words, and Julie commented, *"It's okay to get overwhelmed, it's okay to need help [...] I think it was Patrice [Carroll] that said, 'We [staff] get to go home at night and you [parents] don't.' Any way that you can get supports, take it, and never give up on these kids."*

Julie is Brooke's mother and Robin is Audrey's mother, both of whom beam when discussing their daughters. In our Episode 19 podcast, they discussed the transition to Latham Centers' SummerTide program, the benefits to their entire family, and what they learned. Topics included the hardships and amazing moments of watching your child with PWS become more independent, and how it affects the entire family unit. Robin said, *"She [Audrey] really grew this summer, and I think that a lot of times I did a lot of things for her, and I always knew she could do it [...] when she came home, she said, 'I can do this.'"* Julie and Robin tackled the larger picture of being a parent of a teen with PWS, and the path that they've taken.

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<https://www.podbean.com/media/share/pb-wadw6-11313ee>

"Any way that you can get supports, take it, and never give up on these kids."



Julie (top left) and Robin (bottom center) during the podcast recording with Katrina

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Robin ended the podcast with an uplifting story about Audrey's recent Homecoming experience. *"I think that this is an incredible story to hear because these are the things that we all hope and wish for,"* Julie responded.



*Aubrey at Homecoming Dance
looking beautiful*

We welcome ideas about topics you'd like Julie and Robin to talk about next! For more information about the SummerTide Program and their experience, or if you have specific questions about what it is like to be a parent of a teen with PWS, contact us at Admissions@lathamcenters.org.

Podbean Podcast Link:

<https://www.podbean.com/media/share/pb-wadw6-11313ee>

Human Rights Committee seeks a volunteer nurse

Latham Centers' volunteer Human Rights Committee, created to help review the organization's human rights practices, is seeking a nurse to join the oversight group. The committee includes at least 5 members including a parent of a service recipient, an individual who receives services, an attorney, a social worker, and a nurse.

The current vacancy for the volunteer nurse position can be filled by an RN or LPN and can be someone currently practicing or retired (current license not required). The nurse's main focus is to review documents and practices pertaining to health services for Latham's clients.

The Human Rights Committee meets four evenings a year via videoconference. If you're interested in learning more about this volunteer role, please contact Rebecca Amaral, Human Rights Coordinator for Latham, at ramaral@lathamcenters.org.

Adult Program Fall Memory Collage

Adult Services staff members shared numerous fall photos from some of their outings. Chasing sunsets seemed to be a theme for many of us this past year. The happy photos taken on some of our sunset outings were a huge hit on Latham Centers' social media. Many more memories are included on page 3.

*"That sunset was spectacular.
It made me feel so cool and calm."
(Reaction by Max)*



Fall Memories in Adult Services



*"Sunsets are proof that no matter what happens, every day can end beautifully."
(A staff favorite)*



Visiting the trout farm



Apple picking – a favorite fall activity



Enjoying the Cape Cod Canal

Latham School Year-in-Review

Program directors and staff carefully created consistent, fun programming in 2021 in collaboration with our student and parent community. Our year-in-review (starting with Thanksgiving and reminiscing back to May) includes some of the most-liked social media posts about Latham happenings.

Thanksgiving for Students and Staff, November 19th and 25th:

Latham's Children's Services Program celebrated our gratitude with students, staff, and parents. On the 19th, Program Director Gerry Pouliot and the "Latham Turkey" (Director of Education Meghan Foley) raffled off 20 turkeys for staff family dinners. The Latham Turkey came out in style again for a photoshoot on Thursday, November 25th prior to the students' Thanksgiving lunch. We created two fun videos that can be found in each of the Thanksgiving blog posts.

<https://www.lathamcenters.org/blog/turkey-raffle-give-away-a-success-huge-thank-you-to-our-amazing-staff/>

<https://www.lathamcenters.org/blog/a-time-to-celebrate-and-show-our-gratitude-thanksgiving-on-campus/>

Veteran's Day, November 11th:

Latham students and staff facilitated a beautiful flag raising ceremony, followed by opportunities for students to place small flags at various locations around campus. One student said, "Our veterans are amazing and deserve so much respect, I want to salute them!" Another said, "I'm so excited for my father, today is his day." Students also travelled off-campus for town parades and Brewster's local Flag Raising Ceremony.

<https://www.lathamcenters.org/blog/veterans-day-2021/>

<https://www.lathamcenters.org/blog/highlights-of-veterans-day-in-our-childrens-program/>



Fall Season Special Olympics:

Throughout the fall, students rejoiced in the reintroduction of Special Olympics to their schedule. Starting with flag football and soccer, and now participating in bowling, the Latham Hawks are having a fantastic year. Students were given the opportunity to participate in a tournament at Gillette Stadium where they came away with the gold medal! What a great boost to students and staff to be able to enjoy Special Olympics after it was paused due to COVID!



<https://www.lathamcenters.org/blog/our-first-special-olympics-soccer-game-was-absolutely-amazing/>

Yarmouth Seaside Festival Craft Booth, October 9th and 10th:

Students and staff warmly welcomed people of all ages from near and far, including many Latham staff and family members. Students took turns staffing the Latham Centers booth, answering questions about their handcrafted specialties. The soaps and artwork created in the LathamWorks vocational program were an enormous hit, and visitors also loved our Latham swag – squishy balls, water bottles, pens, scarves, and measuring spoons.

<https://www.lathamcenters.org/blog/smiles-soaps-and-latham-swag-at-the-seaside-festival/>



SummerTide – Summer Season Program:

In a social media series, Latham celebrated an amazing SummerTide schedule. Throughout July and August, the students travelled off-campus for outings consisting of but not limited to the Audubon, beaches, ponds, and hikes. SummerTide is a field trip-based extended school year program which allows our students to get out in the community, learn about Cape Cod, and focus on fun outdoor activities.



<https://www.lathamcenters.org/blog/summertide-part-1/>

<https://www.lathamcenters.org/blog/summertide-part-2/>

Field Day, July 16th: Latham Centers hosted an amazing field day in which all students were able to participate, including those who joined us for the SummerTide program. Students and staff were asked to represent their favorite comic book, and everyone had a BLAST with it! Katrina Fryklund, Director of National Outreach, was also thrilled to be a part of it.

"As I glanced around, I saw smile after smile, heard laugh after laugh, and cheer after cheer. I was delighted to have been asked to be a 'Station Superhero,' where I oversaw Spider-Man's Web/Batman's Gym, AKA the bounce house. Wow – what an incredible day!"

<https://www.lathamcenters.org/blog/spirit-week-field-day-video-part-1-an-incredible-day/>



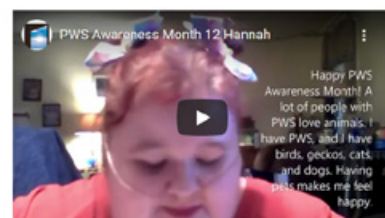
PWS Awareness Daily TIPS, May: Throughout May, Latham Centers shared a Tip of the Day from 31 of the amazing kiddos in our lives with PWS.

Patrice Carroll, Director of PWS

Services, said, "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." One of the most popular facts was by Annika:

"Happy PWS Awareness Month! Sometimes emotional support animals help people with PWS. My emotional support animal helps me stay calm... His name is Chimi!"

<https://www.lathamcenters.org/blog/icymi-31-fun-and-uplifting-facts-from-youngsters-with-pws/>



"Happy PWS Awareness Month! A lot of people with PWS love animals. I have PWS, and I have birds, geckos, cats, and dogs. Having pets makes me feel happy."

Staying Active During the Winter Months

A PWS Tip from Patrice Carroll

Being active in the winter months is essential for both physical and mental health. It is easy to be sedentary, but lack of movement combined with all the winter holidays can wreak havoc on your body. You don't need an expensive gym membership to stay active and healthy even in bad weather. There are options within your own home that won't cost any money but have all the benefits.

Be creative and make it a family affair. Have weekly goals and winners to ensure motivation doesn't wane. Climb the stairs, move the furniture to the middle of the room and do timed laps, weightlift using common household items, find a favorite yoga video... the list can go on and on.

Don't forget to get fresh air and use sunny days to walk the neighborhood. Bad weather days can be inside, but don't forget about local malls and shopping centers to get your steps in. Video games are a good way to exercise providing you play the sports games; the students at Latham Centers love WiiFit! Whatever you decide to do, be sure that it becomes routine and doesn't stop being fun. Regular exercise will benefit brain function as well as maintain metabolism.

Always feel free to reach out to us for more indoor/winter activities!

TipTopics@lathamcenters.org



Annual Awards Celebrate Latham's Incomparable Staff

Latham Centers honored the exceptional efforts of 9 staff members and a Board member at a virtual celebration in November. President and CEO Anne McManus opened our Virtual Awards Ceremony with a message of appreciation:

"Although we seem to be getting back to a bit of normalcy, it is still not normal. Once again, we are doing our staff awards virtually – not ideal, but necessary. It's essential to take a moment to acknowledge those among us whose work has been exemplary. These staff nominated by their managers and colleagues demonstrate the professionalism, energy, and collegiality critical to supporting each student and resident.

Today we honor their accomplishments. We have awards in three categories – the first is the Dr. Russell S. Boles, Jr. Rookie of the Year Award; the second is the Roy T. Morgan Award to Program staff and community members, and the third is the William McClennan Award to administrative staff. All three gentlemen dedicated themselves to service to individuals with disabilities, and as such, these awards are in their honor.

To the entire Latham Community, I would like to thank each of you for all you have done and continue to do to keep our programs moving in a positive direction. Each day, with good humor and professionalism, you have kept students focused on their education and the critical skills they need to be successful in life. In our Adult Program, you have provided reassurance, patience, and cheer to each of our residents."



Awardees: The Russell S. Boles, Jr. Rookie of the Year Award — Desiree Clark and Shannon Kennedy-Cabral; The Roy T. Morgan Award—Jac McGrath, Matt Durant, Chris Howard, Heidi Richardson, and Dr. Christine Thomas. The William McClennan Award — Danielle Kinder, Monique Williams, and Kathleen vanEsselstyn. **Congratulations!**

The Dr. Russell S. Boles, Jr. Award 2021 Rookie Nominees

Ashley Boudreau	Julie Hogan	Mac Selesnick
Shannon Cheverie	Chris Howard	Carlyn Setchell
Desiree Clark	Arrison Jean	Cooper Slack
Kiera Fallon	Shannon Kennedy-Cabral	Emily Ward
Emily Hallock	Lindsay Payne	Akiem Wong-Sang



The Roy T. Morgan Award 2021 Nominees

Danny Anderson	Catherine Ebel	Caren Holmes	Nancy Mather	Peter Rischitelli
Scott Beauregard	Jacqueline Ellis	Chris Howard	Jaclyn McGrath	Amy Schmalzer
Maureen Bittar	Bethany Franklin	Brianna Isaacs	Alan Milsted	Robert Shedlosky
Jennifer Burns	Kristen Furtado	Steve Katz	Patricia Morgan	Kelly Sherman
Taylor Burns	Arleen Goguen	Sue Lange	Patti Hynes-Morris	Cooper Slack
Shanna Cipro	Jamie Gray	Stephen Lavallee	Ben Mundy	Jeff Strimatis
Michael Conkling	Holly Hanlon	Jeffrey Lee	Lindsay Payne	Zachary Tilson
Gina DeSimone	Dyan Hardy	Heather MacPhee	Vikacha Phiri	Joellen Whitley
Masa Dexter	Laura Haskew	Joey Mallon	Greg Powers	Mary Katherine Whitley
Matthew Durant	Amanda Herbst	Jose Martinez	Heidi Richardson	Monique Williams



The William McClennan Award 2021 Nominees

Rebecca Amaral	Caren Holmes	Gerry Pouliot
Scott Beauregard	Chris Howard	Cheyenne Robles
Taylor Burns	Danielle Kinder	Heather Santos
Michael Conkling	Brittini Klimont	Amy Schmalzer
Meghan Foley	Jeffrey Lee	Melissa Soares
Anne Gilmore	Jose Martinez	Kathy vanEsselstyn
Wilson Greenwood, Jr.	Dawn Morand	Casey Webb
Laura Haskew	Patti Hynes-Morris	Bonnie White
Amanda Herbst	Ashley Pouliot	Monique Williams



Latham's award recipients are honored in a series of blog posts that continues into the new year. Visit LathamCenters.org/blog for frequent news and inspiration. Pictured here are Heidi, Danielle, and Shannon.