Pickens Adult Training Center Hosted It’s Annual Prom August 26, 2017.

This year's Prom theme was Disney “Never Stop Dreaming” and was sponsored by McArthur Assembly of God. The Pickens Training Center was transformed into a wonderland of balloons and enchantment. Clients were met on the red carpet by paparazzi before entering the facility.

We were entertained by Steve Hudelson and his band Peabody Rock& Blues Band featuring Al Paris from Kool & the Gang and Baby Girl who has toured with Michael McDonald and Isaac Hayes. We were also treated to DJ Tom spinning some sweet tunes.

This year's prom was also attended by none other than the Mayor of Jacksonville, Gary Fletcher and his wife, Glenda.
Help them gain important self-confidence by teaching proper everyday social behavior.

Bad social behavior can cause embarrassment, humiliation, and loss of self-confidence. Introduce your clients to proper social behavior necessary for success in everyday situations, and you’ll give them the tools to meet friends, keep friends, and develop respectful relationships with peers.

- **Practice everyday conversations:** It helps to act out situations and potential conversations with them. It’s no secret that adults with developmental disabilities tend to handle a situation much better when they’re prepared for it ahead of time. This simple truth makes practicing conversations a no-brainer!

- **Teach them how to be approachable:** What makes someone approachable? A smile, nice posture, clean, well-kept clothes, a good attitude, etc. Teach them why it’s **important to be approachable**—more likely to make friends, appear more friendly in an interview, it will give them positive feelings, etc. Take turns practicing coming across as “approachable” vs “unapproachable.”

- **Teach what makes a good friend:** Once you have a friendship you want to keep it, right? It’s important to teach adults with cognitive disabilities that friendships are relationships you work at, or spend time on. A good friend is caring, truthful, and fun to be around. Role play what you can do with a friend that shows you care about them (bring them soup when they’re sick, remember their birthday, etc.) Show them examples of what happens when you’re dishonest to your friends, and how it can negatively affect your relationship. By watching videos of the negative consequences of dishonesty, adults with developmental disabilities are able to see how their decisions can affect their friendships poorly—without having to experience the painful situations themselves.

Use lessons about appropriate interactions with others to encourage social success.

In addition to learning the specific “rules of the road” for interacting appropriately with others, your clients should also learn that the essence of good manners and good people skills is based on concern and thoughtfulness towards others.

This concept is applied to occasions such as manners at school, in public, during greetings, and when conversing with others. Illustrate classic right and wrong ways to interact with others that are **hilarious yet informative.** You’ll give your clients a basic foundation in acceptable manners that they will use daily.
Community Helpers Week
An Arkansas State Trooper and Fireman came to the preschool and allowed the children to explore their vehicles. The preschool had 4 soldiers come, one read to the children, one played with the little guys on the gingerbread hallway playground and two played with the kiddos on the school house hallway playground. They talked to them about America and keeping them safe.

The preschool Christmas program theme was Polar Express. Each student enjoyed a fun filled program with songs from the older students. Special treats were had by all students and a visit from Santa topped off the event. The building was decorated to spread the Christmas joy.
The Academy had 3 students submit artwork for the Arkansas State Fair. Congratulations to all 3 for receiving ribbons.

Artwork submitted for Pathfinder, Inc. Golf Tournament.

Autism Apps for Children  
(for more information www.autismspeaks.org)

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<thead>
<tr>
<th>App Name</th>
<th>Area of Development or Function</th>
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<tr>
<td>ABC, Talk with Me!</td>
<td>Social Skills; Educational; Language</td>
</tr>
<tr>
<td>All About Me Storybook</td>
<td>Educational; Functional Skills; Language</td>
</tr>
<tr>
<td>Big Break: The Acting Game</td>
<td>Recreation; Social Skills; Education; Language</td>
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<tr>
<td>I Get....Cooking</td>
<td>Social Skills; Educational; Language; Organizer</td>
</tr>
<tr>
<td>SmartEdApp</td>
<td>Social Skills; Behavioral Intervention; Communication; Functional Skills; Language</td>
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Workshops

EAST ARK Culinary Class

NWA HALLOWEEN AND CHRISTMAS ACTIVITIES

NWA SPECIAL OLYMPIC BOWLING
Here are the 9 most important benefits of real-time socializing:

by Alex Brain - Freelance Writer

- Helps in building positive and constructive relationships via the real social networks that are formed.

- Socializing plays a pivotal role in improving overall growth and development of an individual.

- As per Personality and Social Psychology Bulletin by SAGE, socializing enhances mental functioning, as the mind is kept occupied with real thoughts.

- Stress and anxiety levels can be reduced to a great extent. Solutions to problems may be found in dialogue.

- It provides great opportunity to understand various kinds of people, their mannerisms, personalities, thought processes and so on. Socializing develops better understanding of human perspectives and attributes.

- Socializing is a great tool for development of self-confidence and giving your self-esteem the required boost. It kicks out shyness and hesitance from an individual making him ready to face the world in a smart manner.

- It provides happiness and joy when you meet your family and friends in real rather than online life, as you can share issues and emotions more explicitly.

- Socializing is a great way of giving and getting emotional, physical and spiritual support. Even if you are feeling down and upset with something, friends and family can help you overcome the difficult period with ease. They can cheer you up, provide the required encouragement and bring back your lost zeal and enthusiasm.

- As per BUPA, socializing reduces risks of various kinds of ailments. Research reports have shown that socializing can help in preventing age related cognitive disorders like Alzheimer’s disease.
Dorsey Group Home guys enjoyed their yearly vacation to New Orleans. They went to the Aquarium Of America, where they got to see penguins, touch stingrays, and feed the birds. They also enjoyed a nice dinner, with a jazz band on their riverboat cruise, the Natchez. They finished their trip off with a tour of town, and celebrated the 100th Birthday of Hard Rocks Cafe.

Dorsey Guy’s sent their special roommate in heaven some balloons. RIP David Nut

Dorsey Group Home enjoying the fair.
Supported Employment

Earlier this year four of our supported employment consumers where interviewed by the Governors office for a front desk receptionist. All of the consumers did an outstanding job and the interview team had a hard time selecting just one person.

Derek Mack was selected to assist the Governors staff. He has worked for the Governor over the past seven months and is now a state employee.
What specific skills are employers really looking for these days? With new laws, practices, ideas and ever-changing (often hard to keep up with) technology, the workplace is constantly evolving. Adults can benefit from being prepared not only with basic job skills, but with the newest, current “Gotta-Have” job skills as well. Here some skills that experts believe are becoming more relevant in this day and age.

1. **Being realistic about job expectations**

Good communication is essential for the workplace, and it requires a foundation of respect and understanding about the reality of your employment. Bosses want to know that their employees are able to both listen to and understand instructions and get their points across to customers, coworkers and the boss. Being able to communicate with customers, coworkers, and the boss effectively requires an initial understanding of reality, so to speak.

2. **Presentation**

Back in the day, job seekers presented themselves on the day of the interview and that was that. Now, job seekers, whether they are aware of it or not, present themselves way before they ever step foot into the workplace.

Hiring managers and HR officials introduce themselves to the “online version” of the job candidate before they actually meet him or her.

What they find can determine if the job candidate even gets a chance to interview. Potential employers are not only looking at social networking sites such as Facebook and Twitter but will also conduct an online search and could find any blogs, videos, and posts.

3. **Being Flexible**

Flexibility has always been an important job skill, however it is especially important in today’s ever-changing world that job seekers learn to get out of their comfort zone. New programs, technology and ideas are presented daily and employers tend to want to stay at the forefront of change. Thus, it is essential that job seekers and employees can easily adapt to new rules, ideas and practices.

4. **Being Proactive**

It’s easy to just go to your place of employment, do your job, go home, lather, rinse, and repeat. Depending on the job, this kind of work ethic may be acceptable if an employee simply wants to stay at an entry-level position without the promise of advancement or higher wages. However, if you wish to advance in a career, it is important that you are proactive. Companies and businesses today are constantly looking for new, fresh ideas about how to improve operations or create new initiatives. They want employees who bring something original and exciting to the table. Employers also want employees who will anticipate and understand the needs of the company without having to be told.

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*Source: Mantel, Ruth. “Must Have Job Skills” The Wall Street Journal*
What should I do if I get sick?  
Most people with the flu have mild illness and do not need medical care or antiviral drugs. If you get sick with flu symptoms, in most cases, you should stay home and avoid contact with other people except to get medical care.

If, however, you have symptoms of flu and are in a high risk group, or are very sick or worried about your illness, contact your health care provider (doctor, physician assistant, etc.).

Certain people are at high risk of serious flu-related complications (including young children, people 65 and older, pregnant women and people with certain medical conditions). This is true both for seasonal flu and novel flu virus infections. (For a full list of people at high risk of flu-related complications, see People at High Risk of Developing Flu–Related Complications). If you are in a high risk group and develop flu symptoms, it’s best for you to contact your doctor early in your illness. Remind them about your high risk status for flu. CDC recommends that people at high risk for complications should get antiviral treatment as early as possible, because benefit is greatest if treatment is started within 2 days after illness onset.

Do I need to go the emergency room if I am only a little sick?  
No. The emergency room should be used for people who are very sick. You should not go to the emergency room if you are only mildly ill.

If you have the emergency warning signs of flu sickness, you should go to the emergency room. If you get sick with flu symptoms and are at high risk of flu complications or you are concerned about your illness, call your health care provider for advice. If you go to the emergency room and you are not sick with the flu, you may catch it from people who do have it.

What are the emergency warning signs of flu sickness?  
**In children**
- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

In addition to the signs above, get medical help right away for any infant who has any of these signs:
- Being unable to eat
- Has trouble breathing
- Has no tears when crying
- Significantly fewer wet diapers than normal

**In adults**
- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms that improve but then return with fever and worse cough

Are there medicines to treat the flu?  
Yes. There are drugs your doctor may prescribe for treating the flu called “antivirals.” These drugs can make you better faster and may also prevent serious complications.

How long should I stay home if I’m sick?  
CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or other necessities. Your fever should be gone without the use of a fever-reducing medicine, such as Tylenol®. You should stay home from work, school, travel, shopping, social events, and public gatherings.

What should I do while I’m sick?  
Stay away from others as much as possible to keep from infecting them. If you must leave home, for example to get medical care, wear a facemask if you have one, or cover coughs and sneezes with a tissue. Wash your hands often to keep from spreading flu to others.
Pathfinder Outreach

Thank You to everyone who helped with our booth during the Festiville.

Deborah Roger - Director of Behavioral Health
Laura Glover
Geneva Hopskin - Transportation Supervisor
Carrie Womble - Asst Director of HR
Cindy Maxwell - Director Residential Services
Tom Brancheau - Asst. Director of Pickens Adult Skills Center
Janet Hubbard - Director of Pickens Adult Skills Center
Pam Satterfield - Special Project Coordinator

Upcoming Awareness Events 2018

February 11-17 Random Acts of Kindness Week
February 1-28 Black History Month
March 1 Zero Discrimination Day
March 21 Kick Butts Day (Tobacco-Free)
March 21 World Down Syndrome Day
March 28 American Diabetes Association Alert Day
March 1-31 American National Nutrition Month
April 2 World Autism Awareness Day
April 1-30 Alcohol Awareness Month; Child Abuse Prevention Month; Stress Awareness Month
Pathfinder Board of Directors:

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<th>Role</th>
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<tbody>
<tr>
<td>Chairman</td>
<td>Joan Zumwalt</td>
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<tr>
<td>Vice-Chairman</td>
<td>Robert Ferguson</td>
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<tr>
<td>Secretary</td>
<td>Rev. Wendell Dorman</td>
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Members:

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<tbody>
<tr>
<td>Katie Drummond</td>
<td>Randy Lann</td>
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<td>Baxter Drennon</td>
<td>Tom Larimer</td>
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<td>John Burkhalter</td>
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