



# CST CHATTERBOX

## Disability Spotlight: Intellectually Disabled

Intellectual disability is characterized by below-average intelligence or mental ability and a lack of skills necessary for day-to-day living. People with intellectual disabilities can and do learn new skills, but they learn them more slowly. There are varying degrees of intellectual disability, from mild to profound. Someone with intellectual disability has limitations in two areas. These areas are:

- **Intellectual functioning.** Also known as IQ, this refers to a person's ability to learn, reason, make decisions, and solve problems.
- **Adaptive behaviors.** These are skills necessary for day-to-day life, such as being able to communicate effectively, interact with others, and take care of oneself.

IQ (intelligence quotient) is measured by an IQ test. The average IQ is 100, with the majority of people scoring between 90 and 109. A person is considered intellectually disabled if he or she has an IQ of less than 70.

To measure a child's adaptive behaviors, a specialist will observe the child's skills and compare them to other children of the same age. Things that may be observed include how well the child can feed or dress himself or herself; how well the child is able to communicate with and understand others; and how the child interacts with family, friends, and other children of the same age.

Intellectual disability is thought to affect about 1% of the population. Of those affected, 85% have mild intellectual disability. This means they are just a little slower than average to learn new information or skills. With the right support, most will be able to live independently as adults.

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# Three Types of ACES

There are three types of ACES (Adverse Childhood Experiences), and they include: Abuse (physical, emotional, sexual), Neglect (physical, emotional), and Household Dysfunction (incarcerated relative, divorce, mother treated violently, substance abuse, mental illness).

How do ACES affect our lives? ACES can have lasting effects on behavior and health. Simply put, our childhood experiences have a tremendous, life long impact on our health and the quality of our lives. The ACE study showed dramatic links between adverse childhood experiences and risky behavior, psychological issues, serious illness, and the leading causes of death.

How do ACES affect our society? People with six or more ACES died 20 years earlier on average than those without ACES. ACES can have lasting effects on health (obesity, diabetes, depression, suicide attempts, STDs, heart disease, cancer, stroke, COPD, broken bones), behaviors (smoking, alcoholism, drug use), and life potential (graduation rates, academic achievement, lost time from work). The Center of Disease Control and Prevention estimates the lifetime costs associated with child maltreatment at \$124 billion.

What can we do about ACES? Providing adults with responsive relationships and strengthening the core life skills we need to adapt and thrive, we can prevent and counteract lasting harm. Contact Child Advocacy Centers who can help with medical consultations, coordinate with law enforcement and DCP&P, provide mental health services, etc.

Reference: [https://vetoviolence.cdc.gov/apps/phl/images/ACE\\_Accessible.pdf](https://vetoviolence.cdc.gov/apps/phl/images/ACE_Accessible.pdf)

## Community Resources!

*Parents have expressed interest in events and activities focused on special needs children that are taking place in the area. We hope the following will interest you and/or your child!*



Julie.ascfamily@hotmail.com

### Information and Support Group for Caregivers Raising Special Children: May 30 & June 27, 6:30-8:30, Vernon United Methodist Church

This is an education, information, and support group for caregivers raising special children.

RSVP:

### Social Skills Groups by Parent Train, Meets Wednesdays 5:30-6:30 or 6:45-7:45 in Pompton Plains

Social skills groups at Parent Train are using the new "Socially Speaking" curriculum. Groups meet on Wednesdays. Children can enroll anytime throughout the group cycle.

Ages 8-10 from 5:30-6:30  
Ages 11-13 from 6:45-7:45

Groups will work on interpreting social situations, self-regulation, perspective-taking, group problem solving, and conversation skills. RSVP at [\(973\) 588-4486](tel:9735884486)

### Teen Summer Challenge at Planet Fitness

Teens can work out for free at Planet Fitness from May 15 through September 1st. Teens must work out at the location they sign up at.

Teens can work out alone, but parents of teens under 18 must be present when the teen registers.

By the end of the summer, 51 teens across the country will be

# HERE IS HOW YOU CAN HELP ME, PLEASE

## EXECUTIVE FUNCTIONING CONNECTION

At times it may seem that a person is acting crazy, lazy, bad, or stupid, BUT it may be that the person is dealing with **Attention Deficit Hyperactivity Disorder (ADHD)**. This may mean the person is having trouble paying attention and controlling behavior.

ADHD is a medical condition which impairs executive functions or management systems in the brain. This condition makes it harder to coordinate getting things done. It's a disorder that you can't see others are dealing with. **So perhaps you can help!**

- please don't make fun of others or shame them when they ask for help

- even if someone has been able to do something before, when someone is struggling please show them how to get started as if the person is learning it for the first time
- because you can't see the disability perhaps think of that person as having a disability you would be able to see
- those with ADHD have lots of things going on in their



heads all at the same time which makes it stressful and frustrating to try to handle so many things at once. Be patient with their frustration.

- when trying to help, be a coach trying to increase confidence through praise and encouragement.
- limit the amount of instructions given at one time
- help with organization and planning out tasks
- be aware that ADHD may make people more sensitive to lights, temperature, textures, and sounds
- try to understand that change isn't easy. To make transitions, help by giving advance notice so the person can wind down from one activity and get ready for the next.

## THINK SAFETY



**Use Sunscreen:** Wear sunscreen with an SPF (sun protection factor) of at least 15. Be sure to lather up again within two hours or after swimming or sweating.

**Avoid the Heat:** Avoid outdoor activity when the sun's rays are the most intense in the middle of the day.

**Protect Eyes:** Wear sunglasses with 100% UV (ultraviolet) protection.

**Stay Hydrated:** Drink lots of water! Try to stay away from sugary and/or caffeinated drinks.

**Swim with Supervision:** Swim with adult and/or lifeguard supervision **only**.

**Wear Lifejackets:** When boating make sure children wear properly-fitting life jackets at all times.

## Shared Services Child Study Team

Wharton Borough Schools  
973-361-3010

Mine Hill Township School (CAS)  
973-366-0590

Rockaway Borough Schools  
973-625-8601



The Shared Services Child Study Team has made it a goal to increase communication and Special Education knowledge with parents as well as teachers and administration within the three school districts. As part of this goal, you will now be receiving newsletters from the team three times a year filled with information on special education practices/law, community resources, special needs tips, etc. We hope you find this helpful!

Leslie Mozulay, LDTC

Stephanie Dzikowski, LDTC

Stacy McCoy, School Psychologist

Brooke Hanenberg, School Psychologist

Armi Clancy, School Social Worker

## Get to Know Your CST

Lisbeth was born and raised in New York but has since lived in Florida, North Carolina, Virginia and finally, New Jersey. She received her undergraduate degree from SUNY Albany, and her graduate degree at Nova-Southeastern University while living in Florida. At the beginning of her career, Lisbeth worked with the adult population in a rehabilitation hospital. Upon moving to New Jersey Lisbeth transitioned to the school environment so that she could work with children. She worked several years at a special education school in Union before finding her favorite role in 2012 as Speech-Language Pathologist in Rockaway Borough.

Lisbeth is married with two children, Hannah and Matthew. The family

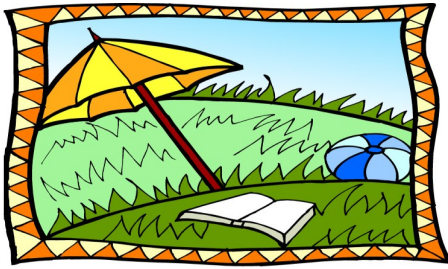


**Lisbeth Schnurman MS CCC-SLP**  
**Speech and Language Therapist**

loves dogs and currently have three noisy, energetic and adorable furry friends, Bugsy, Hazel and Wallace. Lisbeth enjoys exercising, walking her dogs, kayaking, reading and spending time on the river and with friends and family.

Lisbeth has found working in Rockaway Borough with students from preK to 8<sup>th</sup> grade to be rewarding and fulfilling. She is thankful for the support of fellow staff, administration, and parents. She finds being a school-based speech therapist to be rewarding as she witnesses growth and progress of students through the years. Lisbeth feels that humor, warmth and trust are the key to building relationships with her students. She has loved her years in Rockaway Borough and looks forward to many more!

READ READ READ READ READ



## SUMMER TIME PROGRAMS

### ROCKAWAY BOROUGH PUBLIC LIBRARY

82 E. Main Street, Rockaway, NJ

973-627-5709

[rblibrary.org](http://rblibrary.org)

**PAJAMA STORYTIME:** Wear your PJs and bring a stuffed friend and join Ms. Geri for the following stories and crafts:

Father's Day ~ Wednesday, June 12<sup>th</sup> ~ 6:30pm–7:00pm.

Outer Space ~ Wednesday, July 10<sup>th</sup> ~ 6:30pm–7:00pm.

Under The Sea ~ Wednesday, August 14<sup>th</sup> ~ 6:30pm–7:00pm.

Ages 2 and up. \*Advance Registration is required.

**2019 SUMMER READING PROGRAM ~ LIFT OFF TO A UNIVERSE OF STORIES** Begins June 17<sup>th</sup> through August 30<sup>th</sup>. Kids: Starting on Monday, June 17<sup>th</sup>, stop in to register and get your Bingo Board/Reading Log and gift bag. Follow the instructions on your Bingo Board. Complete a Bingo and return in August for a Cosmic Prize!! Adults: Stop in for your Bingo Board/Reading Log beginning Monday, June 17<sup>th</sup>. Complete a Bingo then return your board in August to be entered in a random drawing for an Out of this World Prize!!

**MOONBEAM MONDAYS:** Every Monday evening beginning June 24<sup>th</sup> through August 5<sup>th</sup>. 6:30pm-7:30pm. Ages 2 to Teen. An evening of mindfulness. Read or relax on a starry blanket under the stars in our Celestial Sky room. Feel free to bring your own pillow! Visit our Meditation Stations: Mindful Coloring, Peaceful Journaling, Meditation Activity Cards, Moon Rock Zen Garden, Breathing Sticks, make your own Worry Doll.

**SPACED-OUT SUMMER STORYTIME:** Ms. Gloria and Ms. Geri have stories and crafts from Tuesday, June 25<sup>th</sup> through Tuesday, August 6<sup>th</sup>. 11:00am – 11:30am. Ages 2 and up. \*Advance Registration is required. The 7-week program blasts off with a visit from MAD SCIENCE: Stellar Space Workshop on June 25<sup>th</sup>. Other Spaced-Out Summer Themes: Sun, Moon, Astronauts, Stars & Constellations, Aliens, and Planets.

**WAY OUT WEDNESDAYS:** Wednesdays: June 26<sup>th</sup>, July 3<sup>rd</sup>, July 17<sup>th</sup>, July 24<sup>th</sup>, July 31<sup>st</sup> and August 7<sup>th</sup> ~ 6:30pm-7:30pm. Fun for the whole family! A night of games and activities! Circular Galactic Floor Puzzle. Coloring and Doodling. Board Games. Float like an astronaut and test your physical skills as you land on Green Earth, Yellow Sun, Red Mars and Blue Moon with our Planetary Twister game. Weekly prize, random drawing.

**TERRESTRIAL THURSDAYS:** Meet one of the Library Assistants under the sunny blue skies in the Library Gazebo for stories & activity sheet. (Weather permitting) Begins Thursday, June 27<sup>th</sup> through Thursday, August 8<sup>th</sup> [Note: Closed July 4<sup>th</sup>] ~ 3:30pm-4:00pm. Ages 2 and up.

## WHARTON PUBLIC LIBRARY

15 S Main St, Wharton, NJ 07885 (973) 361-1333 [www.whartonlibrary.org](http://www.whartonlibrary.org)

**JUNE 6 50th Birthday for The Very Hungry Caterpillar 6:30 pm**

**JUNE 20 Health Snack event 2 pm**

**JUNE 20 Summer Reading Kickoff 6:30 pm**

**JUNE 24, 27, 28 Summer Events to be determined**

**Month of JULY– Free Lunch Program– Community Room**

**Additional information regarding the Summer Reading Program  
to be available directly through the Wharton Public Library.**

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