IT'S UN-BEE-LIEVABLE

Delaware County spellers battle through 16 rounds in the hope of winning a seat at the National Spelling Bee in Washington D.C.
Message from the Executive Director

Earlier this month, I visited the DCIU Satellite Classroom at Haverford High School. In honor of Developmental Disabilities Awareness Month, the students were celebrating with a "Spread the Word to End the Word" campaign, complete with homemade cupcakes and handmade buttons. It is always wonderful to see the great things DCIU staff do with students and to watch our students be successful.

As many of you might be aware, DCIU partners with the Franklin Mint Credit Union to support the Delco Hi-Q championships. The finals were intriguing and the students' performances were outstanding. This is one of the events highlighted in this edition.

DCIU also held the Delaware County Scripps Spelling Bee, STEM Design Challenge, the PA Computer Fair, and the Reading Olympics this month. The hard work and dedication of Delaware County students (and the DCIU staff that make these events happen) is truly incredible.

And, while all of these events are examples of DCIU living its Mission and Vision, this month, the Drive, Creativity, and Understanding of the students we serve Inspires me.

Maria Edelberg
HUMAN RESOURCES

In the Spotlight

At the DCIU, from the moment a new employee arrives to the day they make the decision to retire, the first person they’ll look to is Joanne Matteucci.

As the Benefits Specialist for the DCIU, Joanne plays a key role in many of the daily decisions employees make. From selecting the right benefits, to setting up a Flex Spending Account, to providing assistance to employees who sustain a work-related injury, Joanne’s role within the DCIU requires her to have knowledge about not only all of our benefits offerings, but also where to direct employees when they have questions about disability benefits, retirement, child care, or mental health concerns.

Annually, the DCIU spends in excess of $20 million on employee benefit plans. Behind salary, it’s the biggest expense for the DCIU and other organizations, as well. Joanne’s knowledge of current benefits and developing trends in the marketplace is an important aspect of her role. Her ability to obtain information quickly and accurately from the vendors we work with for employees and the numerous healthcare facilities our employees use is a daily part of her role.

On any given day, Joanne’s door is open to
employees to assist with benefits information and services. And, when the unthinkable happens, she’s there to support families when a DCIU employee passes away.

Quickly Excelling!

It takes years to fully understand the complexity of employee benefits and recent changes have been dramatic. But, despite Joanne’s relatively short history in human services, she’s already excelling. She joined the department in 2015 after working in Legislative and Community Services, where she put her previous skills in private school event planning and fund raising to work.

Joanne’s HR career started as several long-term employees in the department were leaving, so there wasn’t much time to settle in before she began reviewing the on-boarding process for new employees, working on much needed changes to the HR website, and preparing for the next open enrollment season. She definitely plays a key role in presenting and providing information to over 800 employees throughout the organization.

Most recently, Joanne achieved yet another milestone! She dedicated months to preparing for the certified professional exam through the Society of Human Resource Management (SHRM). This exam is for professionals in HR who implement policy, perform various HR operational functions, and serve as a point of contact for staff and stakeholders. With barely over a year in Human Resources, Joanne passed her 4-hour exam with flying colors!

For more information about what Joanne (or anybody else in HR) does, go to http://www.dciu.org/domain/43.

Way to go Joanne!
DE-STRESS WORKSHOP AT CTE FOLCROFT

BY AMANDA TOMASELLI FAMILY SERVICE WORKER

On Wednesday, March 22 CTE Folcroft held a De-Stress Workshop.

The cosmetology students of the Delaware County Technical School in Folcroft were hard at work pampering their parents!

Above, parents Stephanie Feeney and Leandra Wilson are shown getting their nails painted.

The parents enjoyed time spent with one-another as well as a relaxing morning.

Even a little sister from Room 2 got to de-stress!
One word stumped Phoebe Smith of Northley Middle School: “sabreur.” But, she didn’t let it stop her from taking first place at the Delaware County Scripps Spelling Bee.

As the result of Phoebe’s hard work and dedication to studying her spelling, she’ll be representing DCIU and Delaware County in the National Scripps Spelling Bee in Washington D.C.

In addition to an expenses paid trip to D.C. for the nationals, she also wins the Samuel Louis Sugarman Award, a one-year subscription to Merriam-Webster unabridged online, membership to Britannica Online Premium, and a Spelling Bee hoodie.

This was the first time DCIU sponsored the spelling bee. Director of Curriculum, Instruction, and Professional Learning, Dr. Mike Webb, emceed the event, while Director of Legislative and Community Services, Adriene Irving, Supervisor of Professional Development, Nikki Borradale; and Instructional Initiatives Coordinator, Andrew Coonradt served as judges. Dr. Kelly Finn, Professional Development Specialist, was the Spelling Bee Coordinator.

Forty-three students qualified for the Delaware County Spelling Bee as champions of their school spelling bees. The winners battled through a whopping 16 rounds and two tie-breaker rounds for third place, to claim their prizes.

Many of the adults crowding into the room didn’t recognize some of the words, such as retablo, colchium, and farif. Many of these are words that most people can’t even pronounce, let alone spell.

State Rep. Leanne Krueger-Braneky, D-161, spent three nights before studying the words to make sure she pronounced them right. She and Radnor School Board Director, Amy Goldman, served as pronouncers.

“This was a lot of fun […] It’s really great that the DCIU sponsored this,” said Rep. Krueger-Braneky.

“I am impressed by the courage and skill of the students. It’s a wonderful academic community experience,” said Goldman.

Goldman’s family was there to lend support. Her husband, Jim Gardner, an anchorman on 6-ABC Action News, was in the audience. Smith hopes to someday become an anchorwoman. Meeting Gardner was a thrill for her.

“If you win the nationals in Washington, you can take my place,” said Garner.

Good luck to Phoebe in D.C., and we hope to one day see her achieve her anchorwoman dreams!
SCIENCE FAIR

The 58th annual Delaware County Science Fair took place at the DCIU this month. Judging took place on March 13th and the award ceremony occurred on March 15th. There were a whole slew of impressive projects this year; we clearly have some very talented up and coming scientists in Delaware County.

STEM DESIGN CHALLENGE

The STEM Design Challenge showcases teams of students in grades 4-8 to build working structures from K’Nex. Every year the theme changes, and this year, students got creative to build amusement park rides. There were so many great projects this year, like one team’s Star Wars inspired take on swings.

Bethel Springs Elementary School won first place and will be competing in Harrisburg next!

READING OLYMPICS

Reading Olympics, which DCIU sponsors and coordinates annually, is a year-long reading competition for students in grades 4-12. This year, it took place at Springfield Lake Middle School between March 27th and 29th. Students read 40 books throughout the year with a culminating game-show style event that brings together teams from across Delaware County. This year, over 2,000 students participated!
Delco Hi-Q Championships

Haverford HS Wins!
Haverford High School's Delco Hi-Q team decisively won the championship title in perhaps the most competitive match of the 2016-17 season.

The Game
The crowd packed into Haverford's auditorium for the Delco Hi-Q championships on Tuesday, March 7th.

Out of the gate, all three competing teams - Haverford, Radnor, and Garnet Valley High Schools - answered the first two categories correctly on the first try, creating a three-way tie. Biology proved to be a bit of a challenge, though. Only two teams provided correct answers, but none gained maximum points for answering correctly on the first of three tries.

Although the teams volleyed for the lead early on, Haverford edged their competitors at the midpoint and cemented a commanding lead during the second half of the competition, while Radnor and Garnet Valley traded second and third positions. Late in the second half, Radnor and defending champs Garnet Valley were tied for second. A missed question in American Government gave Radnor the second place spot with just a few categories remaining.

**FINAL SCORES:**
Haverford - 53
Radnor - 46
Garnet Valley - 37
The Win and the National Title

The win gave Haverford its tenth Championship title since 1955. The coveted Donna Zerby trophy will be theirs to defend during the 2017-18 season. In addition to the trophy, Haverford’s Hi-Q team earned $3,000 for their school. Haverford represented Delco Hi-Q in the Hi-Q National Championship on March 30th, beating teams from Alabama, Washington, and Wisconsin, making them NATIONAL CHAMPS! They gave Delco Hi-Q their third consecutive national championship, and will be honored at the Partners in Education Celebration.

About Delco Hi-Q

Delco Hi-Q is a partnership between Delaware County Intermediate Unit and Franklin Mint Federal Credit Union. Veteran actor Tom McCarthy, who has held roles in both The Wire and The West Wing, was this year’s Quizmaster. This was Delco Hi-Q’s 69th season.

DCIU Executive Director, Dr. Maria Edelberg, presented the trophy this year and DCIU’s Dave Bramble is the event’s production engineer.
ROOMS 12 & 17 AT ROCKBOURNE FALLS HEAD START GO ON A FIELD TRIP!

On March 3rd, Rooms 12 and 17 of Rockbourne Falls Head Start went on a field trip to the Upper Darby Home Depot.

Why Home Depot?

So the students to the left could create a chalkboard plant stand!

In addition to a really cool project, there are several developmental benefits to craft projects like this. Without even realizing it, these kids are honing their ability to use both of their hands together and their fine motor coordination. It can even function as a self-esteem booster. Completing the crafts successfully can give children a great sense of accomplishment and pride.

And proud they should be! What an awesome project!
HEAD START CELEBRATES
READ ACROSS AMERICA DAY

Pictured top right, pupils and staff had a CRAZY SOCK DAY in honor of The Foot Book!

Top left, Yeadon students created hats and pretended to be Cat in the Hat.

Middle left, Rockbourne read stories by Dr. Seuss and wore bowties to represent his most famous character.

Bottom left, a Yeadon community volunteer read a story by Dr. Seuss.

photos submitted by Marianne Marucci
SUPERVISOR, HEAD START
3 TIPS FOR UPDATING YOUR WORKPLACE TECH SKILLS

Organize your Email
Have you ever spent WAY too much time searching through hundreds of emails to find that one which contained information critical to what you were working on? If so, it's time to organize your email. Categorize and save your emails in folders so that you always know where to look first. Click here or go to support.office.com for video tutorials to help you in Outlook.

Use Auto-save Features
If you've ever lost work because it wasn't saved before the program froze or crashed, you know the frustration it causes. Many programs, such as Microsoft Word have an auto-save feature that backs up your work when you're too busy or forget to save - make sure you have it on. Click here or go to support.office.com for an auto-save tutorial for Microsoft programs.

Learn your Software
There are countless ways to use software more efficiently and with better results. Take advantage of online software training to become more familiar with commonly-used programs such as Word, Excel, PowerPoint, and Acrobat. While there are plenty of ways to do this for a fee if that's your thing, Microsoft and YouTube offer lots of free tutorials to try.
THEY TALK, DOES HEARING REALLY MATTER?

The DCIU Hearing Program was selected as a site for a series of videos funded by the PA Bureau of Special Education to promote awareness of issues regarding the education of students who are deaf or hard of hearing. The video was filmed at Strath Haven Middle School on March 29. In this video, the goal was to highlight the need for continued support by a teacher of the deaf and educational audiologists, who are uniquely qualified to meet the needs of students.

Three of the DCIU Hearing Program team, many Wallingford-Swarthmore SD teachers, one parent, and the students of the SHMS community happily participated in the filming. Two program students, Samuel Carp and Mia Tran, were featured. They were simply inspiring in their words of acceptance of who they are, what they need, and how much they appreciate the help they receive from the DCIU Hearing Teachers.

by Stefani Doyle
SUPERVISOR OF HEARING AND LANGUAGE PROGRAMS
MARCH 2017
Spread the Word to End the Word

**BY PEGGY DIFRANCESCO**

Haverford High School Best Buddies, in collaboration with Special Olympics, pledge to end the “R” word. These students have been working hard to Spread the Word to End the Word.

Best Buddies Club members, along with Peggy DiFrancesco and Mrs. Lynn made over 900 cupcakes to sell. On Tuesday morning, March 7th, officers of the club and other members congregated to place a crossed out “R” on each cupcake. Once delivered to all of the staff and students who started the cause, they went door to door to sell more. Their slogan: “Eat the Word to End the Word.”

Throughout the day, the students also worked very hard on making buttons which said “Don’t Dis my Ability.” Students were given a button after they signed the pledge to stop using the “R” word. They collected HUNDREDS of signatures from staff and students.

Thank you to Francesca Truax, the club president, for making two beautiful signs that give people choices of other words to use.

All students at Haverford are fortunate to know that as a school community, they accept all for who they are and what they bring to the school.

"I KNOW THAT MY STUDENTS ARE THE MOST FORTUNATE TO BE INCLUDED IN AN ENVIRONMENT OF ACCEPTANCE AND AWARENESS OF HOW COOL WE ARE."

PEGGY DIFRANCESCO
On March 1, 2017 Haverford High School’s Unified Olympic Bocce ball teams ended the season on a high note.

After three months of practice and competition, they participated in the Delaware County playoffs at Marple Newtown Senior High School. In full uniform, the athletes were ready to wow the crowd.

The athletes were excited to see the support from their family and teachers from the DCIU. Thank you Mary Keely, Cathy Kildea, Vicki Herzog, Jim Wolf, and Sue Chairdonna for coming to cheer the team on.

The outcome was exciting! Haverford Gold took 7th place and earned a ribbon and Haverford Red pulled out a bronze medal.

Completing their first season as a team, members are already talking about next year, on the road to HERSHEY for the state championship.

It was an honor and pleasure to coach these wonderful students.
Imagine being a scientist and believing you found the cure for the common cold! There once was such a man... Back in the 1960s and 1970s, Linus Pauling discovered that mega-doses of vitamin C could allegedly (key word!) prevent him from catching a cold for years. Pauling published a best-selling book and the rest, as they say, is history.

Scientific evidence doesn't back up Pauling's claims. According to the National Institutes of Health, "Overall, the evidence to date suggests that regular intakes of vitamin C at doses of at least 200 mg per day do not reduce the incidence of the common cold in the general population." The story is the same if you think taking vitamin C regularly will reduce the severity of a cold (nope).

There is some good news, however, if you're popping vitamin C supplements, you may experience a slightly shorter illness. However, to get the benefits, you need to be taking vitamin C regularly or preventatively. Sorry, but once you already feel sick, it's too late.

It's important to remember that vitamin C does play an essential role in supporting your immune system, which is why it's important to get the recommended daily dose of 75 mg per day for women and 90 mg per day for men. That's easier to achieve than you may think - eat a large orange or a cup of strawberries, or try some roasted cauliflower or Brussels Sprouts. Other foods high in vitamin C: mango, pineapple, kiwi, broccoli, kale, and green pepper.