A Message from the Executive Director

Summer and fall have been exciting and busy times at DCIU. For example, the Crisis and Response Team hosted a full week of resources and trainings in September as part of Suicide Awareness Week. You can read more details about this and the other exciting things happening in this combined summer/fall issue of the DCIU Update.

It is also a pleasure to welcome Karen Pflugh and Sergio Anaya to the DCIU family. Karen will join DCIU as the new Director of Career and Technical Education. She will take the place of current director, Dr. Phil Lachimia, who will be retiring in February 2018. Sergio will serve as the first director of DCIU’s newest department, Teaching, Learning, and Innovation.

Finally, as the Thanksgiving holiday will be here before we know it, I am grateful for the dedication and hard work you each give DCIU every day.

Warmest regards,
Dr. Maria Edelberg, Executive Director
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Announcements and Upcoming Events

Welcome to the 2017-2018 school year! Here’s some exciting things coming up in the next few weeks.

MACEY’S VILLAGE - CHATTER SPLATTER PLAYGROUP - JANUARY 13 (6-8PM)

Bring your children, grandchildren, nieces, and nephews to enjoy two hours of open play at Chatter Splatter in Conshohocken! Chatter Splatter is best suited for infants (6 months) to age 8. Tickets are $5 per person and will benefit the Cystic Fibrosis Foundation. You can RSVP and purchase tickets through directly through DCIU Math Teacher, Daniel Imhoff. Please send him an email (dimhoff@dcIU.org) to reserve a spot. There will also be face painting and raffle items!

TAX SHELTERED ANNUITY (403B) ENROLLMENT

DCIU offers to all employees the opportunity to enroll in a tax sheltered annuity (403B) plan. A 403B is a retirement plan that allows public school employees to make tax deferred contributions to annuity contracts or custodial accounts. The employee elects to make contributions to an approved vendor by use of a salary reduction agreement. For more information, please contact Joanne Matteucci at 610-938-9000 ext. 2003 or jmatteucci@dciu.org.
JOSEPH WALLEKENDEH, CUSTODIAN, MED

Nominated by Jennifer Watkin, Simone Widetto, and Gina Kane, Coordinators Service

Joseph deserves recognition for supporting the staff by keeping the facility neat and orderly. He also goes above and beyond to help staff that work late and work after hours for evaluations and IEP meetings. For example, he has helped staff that have been accidentally locked out of the building and offered to help carry things for others. He is pleasant and diligent. He is friendly and will often be found smiling and listening to music in the halls or in the rooms while he works.

In conversations, we learned that Joseph works to provide support for his family both here and in Liberia. We have observed Joseph to go above and beyond his duties by keeping every detail of the parent waiting room in order (organizing the books, stacking the papers, reorganizing toys).

EMMA BROMLEY

Nominated by the Staff of the Family Center

When Emma Bromley began her volunteerism at the Family Center, she was about to enter the 11th grade at Garnet Valley High School. As a sophomore, she was a straight-A’s and honors student bursting with energy! She was willing to assist in any needed capacity and was not afraid of hard work. Well... work hard is what she did! Our Summer Play Dates are fun-filled and family friendly... AND... they require a LOT of work! However, Emma was open to helping us set up, clean up, and everything in between. In addition, she offered suggestions on programs and crafts.

Also, Emma skillfully played her guitar each week to the delight of the children and parents alike. It was apparent that Emma enjoyed interacting with the children as they waited excitedly in anticipation of what songs Ms. Emma would play each week.

To our pleasure, Emma decided to return this past summer... for more hard work. We were honored and thrilled to have Emma return, and this year, she extended her volunteer hours. She has proven to be committed to the mission of the DCIU Family Center. Her dedication positively supports the families and
children we serve, and empowered each to emphasize their strengths.

Emma is kind and conscientious, and always willing to lend a helping hand. Beyond the Play Dates, Emma stepped up to the plate to assist with so many day-to-day operations. She is a hard worker, always on time, and a positive team player. She has the ability to take on a wide range of tasks and has a great way of connecting with the children and families we serve.

CHELSEA CONNER

Nominated by the Staff of the Family Center

Chelsea has been a consistent and bright mentor and volunteer to the DCIU Family Center Always Sisters Program for the past eight years. Chelsea started as a participant in the Always Sisters Mentor Program when she was just 11 years old and when she aged out of the program at the age of 14, Chelsea promised that she would come back to help or “give back to her Always Sisters” as she so frequently stated.

Chelsea started coming just to speak to the upcoming group of Always Sisters and their parents at our “Get to Know You” events and would share her experience in this program. Then, she started showing up on meeting days to lend some extra help. And, of course, she helped with serving food and clean-up.

The summer prior to her senior year at Central High in Philadelphia, Chelsea was promoted from a Special Volunteer to a “Mentoring Assistant Extraordinaire” when, in the unexpected absence of the Always Sisters facilitator, she was asked to carry out the 2-hour agenda with the assistance of the facilitator via FaceTime on the iPad. She was able to make this happen without missing a beat.

You might think that once Ms. Conner completed high school and began her matriculation at Neumann University, she would be too busy to come back to Always Sisters. But, she has returned for the past three years. She has also become an intricate part of planning, implementing, and attending field trips and instructing during different aspects of the Always Sisters Summer Program.

Thank you all for your hard work!
ALOHA from The Family Center

DCIU Family Center had lots of fun this summer!

DCIU Family Center celebrated its BIG Adventure Island summer finale Hawaiian style on August 22, and while this might have been a fun-filled finale, it certainly wasn’t the only fun thing they did this summer!

On August 23, Always Sisters went on a field trip to the African American Museum in Philadelphia and Project ELECT students enjoyed a day at Sesame Place on August 3rd.
Literacy Camp at Marple Education Center

The students at the 2017 Literacy Camp investigated the Land Down Under this summer! The 25 students attending the camp represented school districts throughout and beyond Delaware County, coming from as far away as New Jersey.

On Wednesday, August 2, Samantha Snyder, a SLP at Marple Education Center, shared some of her experiences with the group from her time studying abroad in Australia. She even brought in some artifacts from her trip to pass around and some tasty Australian treats to try!

On August 8, Joe Flynn, Supervisor of Act 89 and Government Programs (pictured left), presented to the students on the unusual rock formations and other physical features of Australia. He did a fantastic job!

Literacy Camp students celebrated Closing Day on August 10 with a host of fun activities, including a parents vs. students round of Australia trivia (the students won), giving news reports about animals down under, and even reading their best jokes!

DCIU Literacy Camp provides students with intensive instruction in reading, spelling, and writing.
DCIU Hosts Second Annual Suicide Prevention Week

For the second time, DCIU is proud to support Suicide Awareness Week. For each day, DCIU’s Crisis and Response Team offered wonderful resources and trainings to the county on Suicide Awareness and Prevention. It was a very informative week!

CHILDREN’S MENTAL HEALTH EXPO

Over 15 providers throughout the county gathered to share and provide information regarding mental health services and programs available to parents, and families in Delaware County.

QPR: QUESTION, PERSUADE, REFER

In QPR, the general public learns about the known warning signs of a suicide crisis: expressions of hopelessness, depression, giving away prized possessions, talking of suicide, securing lethal means, and then are taught how to respond.

ASIST TRAINING

Applied Suicide Intervention Skills Training (ASIST) training was a two-day intensive, interactive, and practice-dominated course designed to help caregivers learn how to intervene to prevent the immediate risk of suicide and provide safety-for-now.

THE ELEPHANT IN THE ROOM: ASSESSMENT AND MANAGEMENT OF SUICIDE RISK

This session focused on identifying warning signs and risk factors, effectively conducting suicide risk assessments, and determining level of risk. Participants learned how to monitor suicidal behavior over time, plan for safety, and protect oneself from vicarious traumatization.
TECH FEST

On Saturday, October 21, DCTS teachers and students presented Tech Fest at the Springfield Mall. Tech Fest is an outreach event hosted by the Delaware County Technical High Schools.

Tech Fest was a free, fun, hands-on event where students have an opportunity to explore innovation and technology for tomorrow's careers and to learn about the high school programs available free to any Delaware County student.

The tables were busy for this fun and successful day!

Some of the features and activities for the day included:

- Learning to spray paint and weld in a virtual world and exploring automotive diagnostics;
- Getting blood pressure screenings and trying health, medical, and emergency technologies;
- Exploring computers and digital forensics;
- Learning how to solder with Engineering students;
- Creating your own vinyl car decal;
- Tasting many delicious creations made by Culinary Arts students;
- Embellishing your nails and hair with art and extensions;
- Building your own wind chime;
- Learning construction techniques for home efficiency;
- Learning how to dust for fingerprints; and
- Arts and crafts for preschoolers presented by the Early Childhood Education Students.
19th Annual Golf Outing

The 19th Annual Golf Outing to support the Delaware County Education Foundation took place on September 18. On a beautiful, sunny day, over 70 golfers and several DCIU volunteers gathered at the Springhaven Club to support education at DCIU and in Delaware County. The proceeds from this annual event help fund grants to enhance student learning in DCIU’s many programs.

The Foundation would like to thank it’s Platinum sponsor, Delta-T, and all of this year’s sponsors. The success of the golf outing and the Foundation are in large part because of their generosity.

Another big thanks to everyone who supported the basket raffle and to the DCIU volunteers!
"No matter your age or your weight, exercising for more than an hour each day will reduce your risk of developing breast cancer."

Women who are physically active for more than an hour each day reduce their breast cancer risk by 12 percent, according to a meta-analysis of 37 existing studies that looked at breast cancer and activity. The reason for this protective effect is unclear, though. Because women with higher and lower BMIs are able to lower their risk, experts feel that exercise provides protection that goes beyond weight.

Exercise has already been shown to have a protective effect against selected cancers and cardiovascular disease. It also makes you feel great! One way to start? Lace up your walking shoes and work your way up to 10,000 steps per day (that's the American Heart Association Recommendation)!