

## Meet Drew



During Drew's two-month well visit, his pediatrician noticed a flat spot developing on the right side of his head. She said Drew might have a mild case of Torticollis, and stressed the importance of doing lots of tummy time in order to strengthen his neck.

Torticollis means "twisted neck," and results from tightness in the muscle that connects the collar bone to the skull. Infants with Torticollis have a tilt and favor one side, which can usually be corrected with the help of physical therapy. Drew favors his right side and tilts toward his left shoulder because of the way he was positioned while in the womb.

I tried to get Drew doing more tummy time, but he would not tolerate it or attempt to lift his head. I also began to notice that he wasn't tracking objects or people.

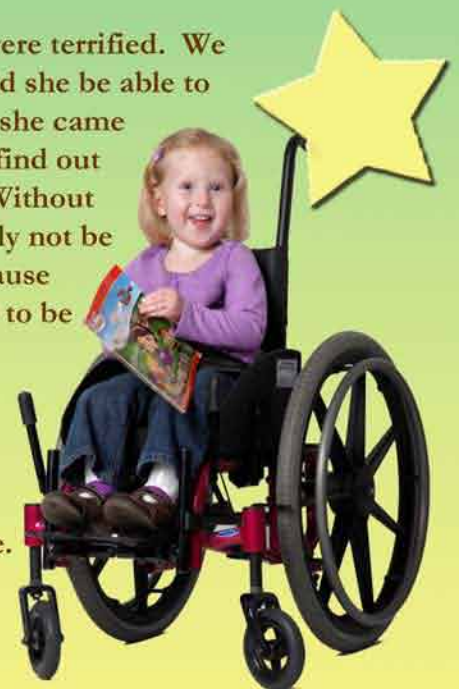
Having worked for DDS several years ago, I decided to contact MH/MR and have Drew evaluated. The evaluation showed he had a delay and would need physical therapy. That's when I knew that Sue Maurer would be able to work her magic, and I requested that she become Drew's physical therapist.

In June 2010, Drew started weekly, hour-long physical therapy sessions. Soon after therapy started, Drew was tolerating tummy time and lifting his head. He also began turning his head to track toys and people's faces. I am confident that due to Sue's hard work and dedication, Drew's tilt has decreased and he has been meeting age appropriate milestones such as rolling over and sitting unassisted. - *Michele Shireman*

## Meet Kiersten

When we first found out that Kiersten was going to have Spina Bifida we were terrified. We didn't know what to expect. Would she be able to walk on her own? Would she be able to play with other kids? So many questions raced through our minds. When she came into the world we were just happy that she was healthy. We were happy to find out that we would be getting services through Early Intervention from DDS. Without having physical therapy Kiersten's muscles would tighten up and essentially not be able to walk. Her weekly visits from Sue Maurer, although sad at first because she has to work, are a great motivator to get her on the path that she needs to be going. She has progressed leaps and bounds from the early days when we weren't sure she would be able to walk. When Kiersten isn't "trying" to walk with her walker she is motoring around in her "Vroom Vroom" (wheelchair). She loves that she can get around just like any other child can. She is a happy, go-lucky little girl and she doesn't let her disabilities get her down. Whenever you look at her she always has a smile on her face.

- *Jen Powell*



In the next issues of the Independent Star, you will meet Joanna, Dillan and Karen.

DDS is a not-for profit charitable organization. Its mission is to empower children with developmental delays and persons with disabilities to lead more productive, satisfying and/or independent lives.

Since 1961, DDS has provided training, educational and therapeutic services to hundreds of persons with disabilities living in Lebanon County. DDS remains committed to helping individuals achieve greater independence for a happier healthier life.

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#### DDS Programs

- Physical, Speech, Occupational & Developmental Therapies
- Community Based Early Intervention (children birth - 3)
- Alley Learning Center Preschool (children 3-5)
- Community Based Job-Coaching (adults)
- The Elks Home Service Nurse (children and adults)
- Accessible Communities Today (adults and caregivers)
  - Brave Art Studio (adults)
- Summer Stars Day Camp (school age children)
- Special Needs Scout Troop (boys 11 years and older)
- Special Needs Cub Scout Pack (boys in grades 1-5)
- Recreational Programs

# Guess Who's Turning 50?

In 2011, DDS will celebrate its 50th Anniversary. It is amazing how far the organization has grown in 50 years. When its doors opened in February of 1961 there were four students. Today, DDS serves 100 children: 70 children from birth to age three in their homes and 30 children in the preschool.

#### Where was DDS in 1961?

DDS was founded as United Cerebral Palsy (UCP) of Lebanon County in 1961. The Pennsylvania UCP recognized the need for Lebanon County to have a developmental classroom for "children unable to attend regular school and to help them reach their maximum potential." (1961-UCP Annual Report)



Alyce Krause, pictured right with students from the '60's, was hired and charged with getting the Lebanon County UCP program up and rolling. She served the dual role of director and teacher. The first developmental class began in February 1961. The class met twice a week at Saint James Lutheran Church and served 4 students: two children between the ages of two and six and two 12-year old boys. By 1963, there were two classrooms operating four days a week.

#### Are you a DDS Alumni?

Please join us in celebrating this momentous occasion by sharing your stories with DDS. If you or a family member have ever received services by DDS, or worked for DDS, kindly submit a brief story or memory along with a photograph, name and contact information. Mail to: DDS Anniversary Celebration, 1126 Walnut St., Lebanon, PA 17042. Information may also be submitted by email to [vpdevelopment@ddslebanon.org](mailto:vpdevelopment@ddslebanon.org).

## Beaujolais Nouveau

DDS would like to extend its sincere gratitude to Gary and Cindy Matthew for once again opening their home to host the annual Beaujolais Nouveau. This year's sold-out event was a great success, generating over \$17,000. Funds raised through this event ensures 15 children between the ages of three and five with developmental delays will receive special instruction at the DDS-Alley Learning Center Preschool for nine months.

The success of this event is further made possible by the contributions of our Business Partners: Wine Expert, Averill Shepps, who donated her services and expertise for this special event: Vickie and Eric Hoover of Country Fare Restaurant for making and donating the beautiful desserts and to: Elaine Hartleib for donating the delicious rum cakes. And, special thanks to volunteers Elaine, Leida, Pam, Jared and Erica for assisting in the running of this event.

*Thank you to everyone who attended and participated in this event!*

# Cold for a Cause Campaign

## 21st Annual Polar Bear Plunge at Willow Springs Park

Hundreds of Polar Bears will go *Cold for a Cause* this year and raise important funds for the DDS Foundation. Last year the campaign raised over \$11,000, largely in part due to the Bears who brave the cold and collected pledges from family, friends and co-workers.

Owners Tom and Joya Morrissey welcome Polar Bears, scuba divers and spectators to the *21st Annual Polar Bear Plunge at Willow Springs Park on January 1, 2011*. Gates will open at 9 a.m. for tailgating and pre-plunge party with DJ Dave Kaley. The plunge will be held at high noon. Food sales will be provided by Fryers on Tires.



Because parking on the grounds is limited we are requesting a \$20 donation to park on the quarry grounds. Passes may be obtained in advance at the DDS-Alley Learning Center located on 12th and Walnut Streets, Lebanon, or call 717-274-3493. Polar Bears who pre-register to collect pledges will be issued a free parking pass- just our way of saying thank you for helping to raise these important funds. Pledge forms are on our web site ([www.ddslebanon.org](http://www.ddslebanon.org)) and are available at Turkey Hill Stores in Lebanon and Western Berks counties. Free parking is available at Dutchway Farmers Market. A bus shuttle will run from 10:30 a.m to 12:30 p.m.

### Mike Yiengst Bear with a Mission

Last year, Mike Yiengst took the plunge for the first time. He accepted the challenge with bravado knowing that if his sons, Michael and Aaron, could overcome the numerous obstacles to get to where they are today, he could bare the cold for a few minutes on January 1st. Mike and his wife Devon know how important early intervention services are to children born with developmental delays and disabilities.



Michael and Aaron were the 2009-2010 DDS-Ambassadors; they graduated from the Alley Learning Center Preschool in the summer of 2010. DDS provided early intervention services to the twins for the first five years of their lives. As a cub, Mike raised over \$1,200 in sponsorships. Now that he is a full-fledged bear, he plans to raise even more funds by taking the plunge this year.

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DDS is proud to be a member of



United Way  
of Lebanon County



*Ensure that DDS services will be available for future generations, remember the DDS Foundation, Inc. in your will!*

## Brave Art Studio Spreads Holiday Cheer



Members of the Brave Art Studio were busy playing Santa's elves this fall by crafting various Christmas cards, ornaments and decorations. The items are on display and available for sale at the DDS-Alley Learning Center Mon.-Fri. between 8 a.m. and 4 p.m. Sales of Brave Art items go to support the studio, which is offered to individuals 18 and older who enjoy art and run by a group of dedicated volunteers. There is no fee for participants. On December 23rd, members of the Brave Art Studio will continue to spread the holiday cheer by Christmas Caroling. *Wishing you a Merry Christmas!*

## DDS Announces 2010-2011 Poster Campaign



The 2010-2011 Campaign celebrates five of our VIPs while challenging others to be a VIP for people with disabilities living in our

community. Pictured clockwise from left are Joanna Horst (Pink), Kiersten Powell (Purple), Karen Ream (Red) Drew Shireman (Yellow) and Dillan Brandt (Green).

By looking at the impact DDS services have had on these five individuals, we hope to illustrate how important DDS programs are to real people and their families. Each year, DDS serves more than 350 children and adults with a full array of educational and therapeutic services.