



McMAINS CHILDREN'S DEVELOPMENTAL CENTER



MEET OUR STAFF

Melissa Samuels celebrates her eighth year with McMains this August! She also volunteers at Camp Dream Street, a five day, four night camp for children with physical disabilities and enjoys cuddling with her blanket-burrowing dog.

Anne's Update

Life...my sister often says, "you can't make this stuff up," and she is right. I don't think any of us ever thought that something could bring everyone and everything to a screeching halt, but here we are. With all the craziness, it is even more important for us to take care of ourselves. Here are some ways to do that:

- Identify your feelings. It is not uncommon to feel anxiety and stress during these days.
- Know that you are not alone. We are all feeling similar feelings.
- Stay informed but limit the amount of information that you are taking in.
- Try to stay on a schedule especially with kids out of school and people working from home.
- Exercise, it is one of the best ways to help us physically and mentally.
- Stay connected with people with technology. Have a video chat with a friend while having a cup of coffee.
- Most of all, remain hopeful. We will get through this together!

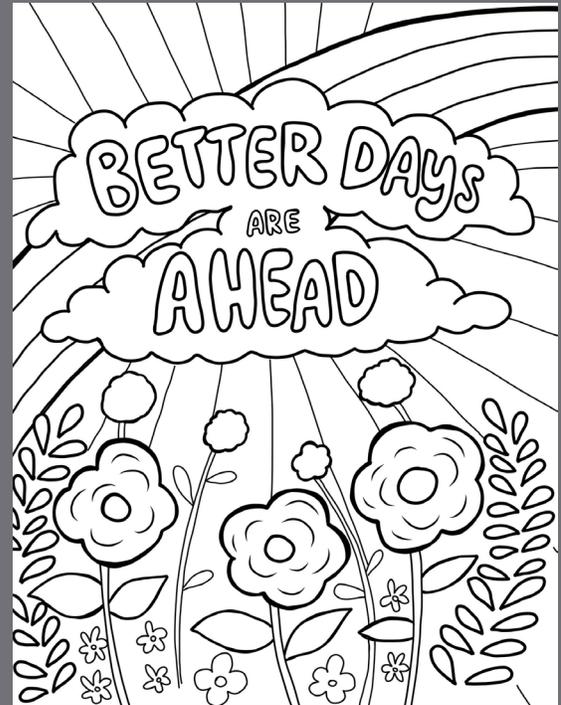
Free Apps to try-Solitaire, Smiling Mind, Colorfly, Lumosity, White Noise Generator.



Anne Hindrichs
Executive Director

ACTIVITY CORNER

An art project can help develop language skills and giving and following directions says Speech-Language Pathologist Kacey. Click the image for a printable version!



Have you ever taken a tour of McMains? If not you may not know about our amazing 6-week Capable Play program that takes place in our Inclusion House. Set up like a home environment this program provides assistive equipment to families so that children with significant multiple disabilities can participate in everyday activities such as helping cook dinner and participating in family game night.

