



# SS&P

Incorporated



*Specialized Services & Personnel, Inc.*

April/May/June 2021 – Volume 4 – Issue 2



## April is Autism Awareness Month

Autism Spectrum Disorder (ASD) is a developmental disorder that causes issues with communication, social, verbal, and motor skills.

The most important thing to know about autism is that it is a spectrum disorder, meaning its effects vary from person to person. No two people with autism have the same symptoms. Symptoms generally appear in the early stage of childhood before the age of three. Symptoms can vary from mild to severe.

Early intervention has proven to be one of the most effective strategies to raising a child with autism. The American Autism Association has an abundance of information and resources offered to anyone interested in learning about autism spectrum disorders (ASD), including Asperger's Syndrome, and its symptoms. Please visit <https://www.myautism.org/information-kits> or contact them on an Autism Help Hotline 877-654-GIVE

## AUTISM STATISTICS & FACTS

- In 2020, the CDC reported that approximately 1 in 54 children in the U.S. is diagnosed with an autism spectrum disorder (ASD), according to 2016 data.
  - 1 in 34 boys identified with autism
  - 1 in 144 girls identified with autism
- Boys are four times more likely to be diagnosed with autism than girls.
- Most children were still being diagnosed after age 4, though autism can be reliably diagnosed as early as age 2.
- 31% of children with ASD have an intellectual disability (intelligence quotient [IQ] <70), 25% are in the borderline range (IQ 71–85), and 44% have IQ scores in the average to above average range (i.e., IQ >85).
- Autism affects all ethnic and socioeconomic groups.

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- Minority groups tend to be diagnosed later and less often.
- Over the next decade, an estimated 707,000 to 1,116,000 teens (70,700 to 111,600 each year) will enter adulthood and age out of school-based autism services.
- Teens with autism receive healthcare transition services half as often as those with other special healthcare needs. Young people whose autism is coupled with associated medical problems are even less likely to receive transition support.
- Research demonstrates that job activities that encourage independence reduce autism symptoms and increase daily living skills.
- An estimated 40 percent of people with autism are nonverbal.
- Nearly half of those with autism wander or bolt from safety.
- Nearly 28 percent of 8-year-olds with ASD have self-injurious behaviors. Head banging, arm biting and skin scratching are among the most common.
- For more information, please go to <https://www.autismspeaks.org/resource-guide>



American  
Autism Association

**"IF THEY CAN'T  
LEARN THE WAY  
WE TEACH, WE  
TEACH THE WAY  
THEY LEARN."**

DR. ØIVAR LOVÅAS

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# HAPPY BIRTHDAY



## APRIL

- 4 - 2 Malloy, Jameka
- 4 - 5 Gatewood, Cindy
- 4-10 Cheechov, Terri
- 4 - 12 Johnson, Shontae
- 4 - 12 Jones, Sabrina
- 4 - 15 Jenkins, Brandon
- 4 - 18 Wall, Kanestra
- 4 - 18 Braswell, Gwynn
- 4-18 Campbell, Grayson
- 4 - 19 O'Geary, Loretta
- 4 - 21 Ogega, Beavon
- 4 - 26 Davis, Brenda
- 4 - 28 Moore, Donna
- 4 - 29 Isaac, Henry



## MAY

- 5 - 4 Mitchell, Karen
- 5 - 8 Chambers, Sharon
- 5 - 8 Campbell, Avery
- 5 - 9 Sullivan, Mary
- 5 - 11 Vestal, Crystal
- 5 - 12 Robinson, Eleaha S.
- 5 - 12 Jefferson, Rosalyn
- 5 - 13 McDougald, Tenaejah
- 5 - 20 Blount, Monica
- 5 - 22 Alexander, Melanie
- 5 - 22 Bartolon-Morales, Dany
- 5 - 29 Murchison, Jashante

## JUNE

- 6 - 2 Bassett, Vera
- 6 - 5 Currall, Kathleen
- 6 - 5 Ojo, Adebayo
- 6 - 8 Lackey, Linda
- 6 - 9 Brockington, Bettie
- 6 - 9 Jacobs, Gladys
- 6 - 10 Ingram, Demetris
- 6 - 10 Evington, Hailey
- 6 - 19 Spencer, Thomasina
- 6 - 22 Bledsoe, Kimberly
- 6 - 23 Evans, Robert
- 6 - 29 Johnson, Latifah





APRIL

Ardrenna McCrimmon	9 Years
Loretta O'Geary 	8 Years
Jameka Malloy	8 Years
Melanie Alexander	5 Years
Sheila Orr	5 Years
Gladys Jacobs	5 years
Juanita Watson	3 Years
Brandon Jenkins	3 Years



MAY

Sandra Pate	24 Years
Wincey Marshall 	21 Years
Adebayo Ojo	12 Years
Segun Folajin	12 Years
David Mogaka	12 Years
Rachel Grant	9 Years
Demetris Ingram	8 Years
Rosalyn Jefferson 	8 Years
Toni Howlett	6 Years
Vera Bassett	6 Years
Barry McCrimmon	4 Years

JUNE

Arnecia Pretty	24 Years
Karen Stockwell	23 Years
Pamela Turner	11 Years
Michelle Watkins	10 Years
Jeffrey Knight	9 Years
Sandra Vamper	8 Years
Thelma Esslinger	4 Years
Dana Bryant	3 Years
Cheryl Hines	2 Years
Gary Price	2 Years
Christopher Messer	2 Years



And we would like to extend our warmest welcome to our new staff:

Tenaejah McDougald	Avery Campbell
Charity Chege	Sylvia Ballentine-Knight



Sunday, 4 April

# Happy Easter

GODNESS TO YOU

Easter Sunday 2021



NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

## GIANT EASTER EGG

M • A • Z • E

START



FINISH





EARTH DAY is celebrated on April 22nd every year.

U.S. Senator Gaylord Nelson, the "Father of Earth Day", initiated and promoted environmental actions and activities beginning in 1962. He convinced then President John F. Kennedy to tour the nation in support of environmental concerns. This initial effort did not spark national concern at a political level to effect change. But Senator Gaylord continued his pursuit of increased environmental concern and action. He proposed a National Earth day in 1970. It was to be the



first nationwide environmental protest "to shake up the political establishment and force this issue onto the national agenda". On April 22, 1970, the timing was right, and the first Earth Day protest received astounding support. On that first Earth Day, an estimated 20 million Americans took to the street in support of the environment and in protest harmful environmental practices. Never mind that "protests" were in vogue at the time. This effort produced a lasting impact on the

environment and brought about greater awareness that our planet had limited resources, and that our eco-system was self-contained and finite. The things we are putting in the air, water and earth were impacting us.

Did you know?

The Environmental Protection Agency (EPA) was formed as a direct result of this first Earth Day in 1970.

The Earth Day celebrated in the U.S. is different from the [International Earth Day](#).

Today's Deep Thought: "Try to leave the Earth a better place than it was when you arrived." - -

Sidney Sheldon

### Some Simple things to do to celebrate Earth

#### Day:

- Plant Something
- Ride Your Bike
- Buy Reusable bags
- Recycle
- Use a refillable water bottle
- Get produce from a local farmer's market
- Shop smart for clothes
- Unsubscribe to catalogs
- Pick up litter
- Spend time outside





On May 5, 1862, the Mexican army defeated the French army at the Battle of Puebla. This single military battle signified defeat of a European colonial power, and a victory for the Mexican people. This single battle was the roots of Cinco de Mayo.

Note: Cinco de Mayo is not the celebration of Mexican Independence which is celebrated on September 16th.

What Cinco de Mayo has come to be, is much more than one battle in the colonial history of Mexico. Rather, it has come to signify Hispanic and Mexican pride and a time to celebrate the rich culture. Today, this holiday is celebrated by Mexicans, and especially the Hispanic community in the U.S. It is a time of song, dance, partying, and in general a time to be proud to be of Hispanic descent.

Why not try making some Restaurant Style Salsa to celebrate?

#### Ingredients:

- 2 x 10 oz cans chopped tomatoes with green chilies
- 1 x 20 oz can whole tomatoes with juice
- ½ cup fresh cilantro leaves
- ¼ cup chopped onion
- 1 clove garlic, minced
- 1 whole jalapeno, quartered and sliced thin, with seeds and membrane
- ¼ tsp ground cumin
- ¼ tsp salt
- ¼ tsp sugar
- ½ whole lime, juiced



#### Method

1. Combine the diced tomatoes, whole tomatoes, cilantro, onions, garlic, jalapeno, cumin, salt, sugar and lime juice in a blender or food processor. (This is a very large batch. Use a 12-cup food processor, or you can process the ingredients in batches and then mix everything together in a large mixing bowl.)
2. Pulse until you get the salsa to the consistency you would like. About 10 to 15 pulses. Test seasonings with a tortilla chip and adjust as needed.
3. Refrigerate for at least an hour before serving.



Memorial Day is officially celebrated on the last Monday during the month of May. Memorial Day is dedicated to service men and women who gave their lives for freedom and country. It is also a time to remember loved ones who have passed away. The roots of Memorial Day observance go back to 1865 and the end of the Civil War. Memorial Day was traditionally held on the 30th of May. In 1971, Congress changed it to the last Monday, in order to afford a three-day holiday weekend. Regardless of the date, people often follow Memorial Day traditions: attending a parade, and visiting a cemetery to honor and remember our serviceman.

Did you Know? Memorial Day was first called Decoration Day. It was changed to Memorial Day in 1882.

In 1918, inspired by the poem below, [YWCA](#) worker [Moina Michael](#) attended a YWCA Overseas War Secretaries' conference wearing a silk poppy pinned to her coat and distributed over two dozen more to others present. In 1920, the National American Legion adopted it as their official symbol of remembrance.

**In Flanders Fields  
John McCrae**

**In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.**

**We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie  
In Flanders fields.**

**Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields.**



Remember -  
our fallen heros.  
They are the reason  
that we are free.

## RED, WHITE AND BLUEBERRY TRIFLE

*A heavenly mixed berry trifle made with fresh summer blueberries and strawberries, white chocolate pudding, angel food cake, and whipped cream!*

Prep Time: 15 Mins

Cook Time: 0 Mins

Total Time: 1Hr 15Mins

### INGREDIENTS

10 oz Angel Food Cake, cut into 1" cubes

2 pints strawberries, sliced

2 pints blueberries

### For the Cream Filling:

6 Tbsp. fat-free sweetened condensed milk

1 ½ cups cold water

1 4 oz package white chocolate or cheesecake instant pudding mix

12 oz frozen whipped topping, thawed

### METHOD

1. Whisk the condensed milk and water in a bowl. Then whisk in the pudding mix for 2 minutes.
2. Let stand for a further 2 minutes, or until soft set; fold in the whipped topping.
3. Arrange half of the cake in the bottom of a 14 cup trifle dish or large clear bowl. Sprinkle evenly with a layer of blueberries.
4. Spread half of the cream mixture over the blueberries & gently spread (or pipe if you would prefer). Top with a layer of strawberries.
5. Layer the remaining cake cubes on top of the strawberries, then add more blueberries and top with the remaining cream mixture.
6. Finish with the remaining strawberries and blueberries, arranging them in a pretty pattern.
7. Cover and refrigerate for at least 1 hour.



# MEMORIAL DAY

word scramble

BREVA \_\_\_\_\_

REIDP \_\_\_\_\_

GLAF \_\_\_\_\_

ESCAPE \_\_\_\_\_

SETUAL \_\_\_\_\_

ROWLD \_\_\_\_\_

YUTD \_\_\_\_\_

DRSIOEL \_\_\_\_\_

TYBIREL \_\_\_\_\_

NOHRO \_\_\_\_\_

MAYR \_\_\_\_\_

FREIG \_\_\_\_\_

DAGUR \_\_\_\_\_

EPRADA \_\_\_\_\_

REYMOM \_\_\_\_\_

VIESL \_\_\_\_\_





## EPIC SUMMER SALAD

Perfect accompaniment for when you are grilling outside or having a buffet, this is an assembly of gorgeous ingredients - no cooking required!

Prep: 10 Mins Serves: 6

### Ingredients

- 14 oz Black Beans
- 2 large handfuls baby spinach, roughly chopped
- 17 g tomatoes, chopped into large chunks
- ½ cucumber, halved lengthwise, seeds scooped out and sliced
- 1 mango, peeled and chopped into chunks
- 1 purple onion, halved and finely sliced
- 6 - 8 radishes, sliced
- 2 avocados, peeled and sliced
- 3 ½ oz feta cheese, crumbled

### For the Dressing

- Large bunch mint
- Small bunch of basil and cilantro
- 1 green chili, deseeded and chopped
- 1 garlic clove
- 3 ½ oz Olive Oil
- 2 limes, zested and juiced
- 2 tbsp. white wine vinegar
- 2 tsp honey

### Method

Make the dressing by blending all of the ingredients in a food processor (or very finely chop them), saving a few herb leaves for the salad. You can make the dressing up to 24 hours before serving.

Scatter the beans and spinach over a large platter or bowl. Arrange the tomatoes, cucumber, mango, onion, and radishes on top and gently toss together. Top the salad with the avocados, feta, and herbs, and serve the dressing on the side.

