

June 2024



Summer Parks & Rec Activities



The June newsletter is full of different types of parks & rec summer events, programs, and activities in each of the 5 regions of the Commonwealth suitable for individuals with intellectual and developmental disabilities (IDD).

Region 1:

- State Arboretum of Virginia, Boyce – <https://blandy.virginia.edu/content/state-arboretum-virginia#>
- Albemarle County Parks & Rec - Adaptive Recreation - <https://www.albemarle.org/government/parks-recreation/programs/adaptive-recreation>
- Lynchburg Parks & Rec - <https://www.lynchburgparksandrec.com/>
- Therapeutic Recreation Wednesdays – <https://www.lynchburgparksandrec.com/programs-and-activities/therapeutic-recreation-wednesdays/>
- Harrisonburg Parks & Rec - <https://harrisonburgva.gov/parks-recreation>
- The Canteen Harrisonburg - Recreational and social programs for teens 16 yrs. and adult individuals with IDD; 540-433-2474. <https://www.harrisonburgva.gov/special-programs>
- Edith J Carrier Arboretum, Harrisonburg - <https://www.jmu.edu/arboretum/index.shtml>



Region 2:

- Arlington County Parks & Rec - <https://www.arlingtonva.us/Government/Departments/Parks-Recreation>
- Arlington Therapeutic Recreation (TR) Programs - <https://www.arlingtonva.us/Government/Departments/Parks-Recreation/Programs/Therapeutic-Recreation>
- City of Alexandria Parks & Rec - <https://www.alexandriava.gov/Recreation>
- Fairfax Therapeutic Recreation Programs - <https://www.fairfaxcounty.gov/neighborhood-community-services/news/2023/0418a>
- Meadowlark Botanical Gardens, Vienna - <https://www.novaparks.com/parks/meadowlark-botanical-gardens>
- Prince William County Parks & Rec - <https://www.pwcva.gov/department/parks-recreation>
- Loudoun County Parks & Rec - <https://www.loudoun.gov/4119/Parks-Recreation-Community-Services>



Region 3:

- The Coomes Recreation Center, Abingdon - <https://www.coomescenter.com/>
- Town of Blacksburg Parks & Rec - <https://www.blacksburg.gov/departments/departments-l-z/parks-and-recreation>
- City of Bristol Parks & Rec - <https://www.bristolva.org/147/Parks-Recreation>
- Danville Parks & Rec - <https://www.danvilleva.gov/1847/Parks-and-Recreation>
- Galax Parks & Rec - <https://www.galaxparks-rec.com/>
- Halifax County Parks & Rec - <https://www.halifaxcountyva.gov/192/Parks-Recreation>
- Pittsylvania County Parks & Rec - <https://www.pittsylvaniacountyva.gov/government/departments/parks-and-recreation>
- William King Arts Museum: <https://www.williamkingmuseum.org/>



Region 4:

- Richmond War Memorial: <https://vawarmemorial.org/>
- Virginia Capital Trail: <https://www.virginiacapitaltrail.org/>
- Capitol Square: <http://www.vacapitol.org/square.htm>
- Chesterfield Parks & Rec - <https://www.chesterfield.gov/150/Parks-and-Recreation>
- Hanover County Parks & Rec - <https://www.hanovercounty.gov/149/Parks-Recreation>
- James River State Park - <https://www.dcr.virginia.gov/state-parks/james-river>
- Goochland County Parks & Rec - <https://www.goochlandva.us/236/Parks-Recreation>

Region 5:

- Free ferry ride across the James River - <https://www.vdot.virginia.gov/about/our-system/ferries/>
- Colonial Williamsburg, Bruton Parish Church - <https://www.bruntonparish.org/history>
- Freedom Park/Williamsburg Botanical Gardens - <https://williamsburgbotanicalgarden.org/>
- Grommet Island Park - <https://www.virginia.org/listing/its-grommet-island-park/6992/>
- JT's Camp Grom - <https://www.ymcashr.org/camps/ymca-its-camp-grom>
- Newport News Parks & Rec - <https://nnparksandrec.org/>
- Suffolk Parks & Rec - <https://www.suffolkva.us/266/Parks-Recreation>



Please direct any questions or concerns regarding the Office of Integrated Health Supports Network "Health Trends" newsletter to communitynursing@dbhds.virginia.gov



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ALZHEIMER'S ASSOCIATION

June is Alzheimer's and Brain Awareness Month

Each June, Alzheimer's and Brain Awareness Month is recognized as a time to raise awareness about Alzheimer's disease and other dementias.

On June 21st people around the world will be joining in fundraising activities to fight the darkness of Alzheimer's disease. The name of the campaign is the "Longest Day" held on the summer solstice which is the longest day of sunlight each year.



To find out more go to the Alzheimer's Association at <https://www.alz.org/abam/overview.asp#takeActionBox>

Dementia in adults with intellectual and developmental disabilities will generally be the result of Alzheimer's disease, but they may also have dementia due to other causes.

Early signs may include changes in health, with the possibly of developing later-age seizures. Other changes may include the loss of skills for dressing, self-care, and completing multiple-step tasks. Loss of language skills and memory are other signs that changes may be connected to dementia.

Speak to the individual's primary care provider (PCP) about any changes in condition which might be dementia related (1).

Some helpful links:

- The U.S. Department of Health and Human Services (HHS) - [health.gov](https://www.health.gov).
- The U.S. Department of Health and Human Services My Health Finder - <https://www.health.gov/myhealthfinder>.
- Healthy People 2030 - <https://www.health.gov/healthypeople>.

References:

1. Maler, M. (n.d.) *Dementia in Adults with Intellectual Disabilities: Caregiver Tips & Tools*. California Central Coast Chapter Alzheimer's Association. Volume 97.

ABA Snippets ...

Cultural Responsiveness

A behavior support plan includes many elements. An often-overlooked element is cultural considerations for the person, but this should not be the case. B.F. Skinner's (3) text, *Science and Human Behavior* makes many references to culture, including the impact culture has on "the Scientist and individual" (p.41), culturally specific ways of laughing, cries of pain (p.161), and how we understand "friendliness" or "aggressiveness" (p. 302).

Jimenez-Gomez and Beaulieu (2) expand upon the importance of cultural considerations, "The learning histories of members of the community shape what are considered conforming behaviors and hence, profoundly impact a range of behaviors including communication, social behavior, daily routines, traditions, values, and beliefs. Thus, to deliver socially meaningful behavior-analytic services, the role of culture *must be considered at every step of behavior-analytic services and research* [italics added for emphasis]" (pp. 650-651).

They continue, "Cultural responsiveness avoids gross generalizations (e.g., stereotypes) and stresses the importance of focusing on the individual and the distinct intersecting cultural variables impacting the individual's behavior. This term also highlights the importance of identifying aspects of the environment (i.e., cultural variables) that impact the behavior and effective care. Further, cultural responsiveness embodies relationship building and working collaboratively with clients to achieve effective and meaningful outcomes" (2, p. 651).

The importance of cultural considerations and responsiveness cannot be overemphasized. In addition to being part of the DBHDS/DMAS Practice Guidelines for Behavior Support Plans (5), culture is stressed in both the BACB (code 1.07, 1) and PBSF (code E.5.b., 4) ethics codes. Beyond ethical or regulatory requirements, we know that the environment must be examined to understand behavior, and this includes examination of, and considerations related to culture.

You may contact DBHDS about these efforts via the following: brian.phelps@dbhds.virginia.gov

References

1. Behavior Analyst Certification Board (2020). Ethics Code for Behavior Analysts. <https://www.bacb.com/wpcontent/uploads/2020/11/Ethics-Code-for-Behavior-Analysts-2102010.pdf>
2. Jimenez-Gomez, C., & Beaulieu, L. (2022). Cultural responsiveness in applied behavior analysis: research and practice. *Journal of Applied Behavior Analysis*, 55(3), 650-673. Doi: 10.1002/jaba.920
3. Skinner, B.F. (1953). *Science and human behavior*. Macmillan.
4. VCU Virginia Positive Behavior Supports Code of Ethics (2016). Virginia Positive Behavior Support - Virginia Commonwealth University. <https://vapbs.vcu.edu/>
5. Virginia Department of Behavioral Health and Developmental Services & Virginia Department of Medical Assistance Services (2021). Practice guidelines for behavior support plans. https://www.townhall.virginia.gov/UploadFile.cfm?File=C:\TownHall\docroot\GuidanceDocs\602\GDoc_DMAS_7024_v1.pdf

Announcing a NEW COVLC Training

Recognizing Changing or Declining Health & Medical Emergencies Among Individuals with DD

Email dbhdsconvlchelpdesk@dbhds.virginia.gov

to set up a FREE Commonwealth of Virginia Learning Center Account